**ABUNDO**

**MON**

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Green eggs and ham</th>
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| Lunch      | Roasted chicken quarter with herb gravy  
              Sweet potato, mushroom and sage casserole (v)  
              Yukon gold mashed potatoes (v), broccoli (v), cauliflower (v) |
| Dinner     | Mushkalitsa—slow-braised pork with peppers, bacon and brown sugar  
              over mashers with feta and braised red cabbage  
              Mushroom-barley stew with artisan dinner roll (v)  
              Braised red cabbage with apples and caraway (v), broccoli (v) |

**TUE**

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Chorizo, pico de gallo with cheddar and jack cheeses scramble</th>
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</thead>
<tbody>
<tr>
<td>Lunch &amp; Dinner</td>
<td>Taco Tuesday—build-your-own taco with beef, pork, chicken, pinto beans, black beans, smoked-tomato rice, cilantro rice, cheese, fajita vegetables, chipotle cream, sour cream, aji amarillo crema, pico de gallo, tomatillo salsa, spicy red salsa, corn salsa, guacamole, lettuce (v, vg and gs available)</td>
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</tbody>
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| Lunch      | Carne asada with ranchero beans, arroz blanco and tortillas  
              Roasted mushroom and poblano pepper tostada (v)  
              Pinto beans with arroz blanco or brown rice (v) |
| Dinner     | Chicken adobo with garlic snap peas and eggplant and jasmine or brown rice  
              Pancit with chicken, pork and shrimp |

**WED**

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<thead>
<tr>
<th>Breakfast</th>
<th>Banana pancakes (v)</th>
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</table>
| Lunch      | Carne asada  
              with ranchero beans, arroz blanco and tortillas  
              Roasted mushroom and poblano pepper tostada (v)  
              Pinto beans with arroz blanco or brown rice (v) |
| Dinner     | Chicken adobo with garlic snap peas and eggplant and jasmine or brown rice  
              Pancit with chicken, pork and shrimp |

**THU**

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<thead>
<tr>
<th>Breakfast</th>
<th>Salami, onion and mozzarella scramble</th>
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</table>
| Lunch      | Cider braised pork loin, warm potato salad and bacon brussels sprouts  
              Sun-dried tomato, spinach and mozzarella quiche with spinach salad |
| Dinner     | Kofta meatloaf with harissa glaze and pearl couscous with beet and orange salad  
              Koshari with flatbread (v) |

**FRI**

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Orange-nutmeg French toast</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lunch</td>
<td>Pasta bar</td>
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</tbody>
</table>

**DELI**

**MON**

| Meatball hero with marinara and provolone |

**TUE**

| Fresh market baguette—ham, Swiss, grain mustard, marmalade, roasted onions and arugula |

**WED**

| Southwest tofu wrap with chipotle mayo and corn salsa (v) |

**THU**

| Muffaletta baguette—ham, salami and olive salad on freshly baked bread |

**FRI**

| Waldorf chicken salad with apple and raisins on choice of bread |

**DUB STREET**

| Chicken Bacon Ranch | Crispy chicken, bacon, ranch, lettuce, tomato and onion |

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gs = gluten sensitive, made in a facility that also prepares wheat-based foods. v = vegetarian. vg = vegan. Eating raw and/or undercooked foods may increase the risk of food borne illness. Menu subject to change without notice. Allergen information for menu items are available and/or posted in each dining location. [www.hfs.washington.edu/dining](http://www.hfs.washington.edu/dining)
Fry of the Week

Sidewinders

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