

Weekly Menu for Holmes Dining Hall

Week of October 5 - 11, 2009

Breakfast

- Mon 10/5** Entrées: Eggs/Omelettes to Order, Waffles, Croissant
Breakfast Sandwiches, Grilled Ham, Home Fries
Pastries: Assorted Muffins
- Tue 10/6** Entrées: Eggs/Omelettes to Order, Waffles, Bacon, French Toast, Lyonnaise Potatoes
Pastries: Fruit Filled Danishes
- Wed 10/7** Entrées: Eggs/Omelettes to Order, Waffles, Biscuits with Meatless or Sausage Gravy, Sausage Links, Hashbrowns
Pastries: Cinnamon Rolls
- Thu 10/8** Entrées: Eggs/Omelettes to Order, Waffles, Buttermilk or Apple Pancakes, Kielbasa, Breakfast Potatoes
Pastries: Pumpkin Bread
- Fri 10/9** Entrées: Eggs/Omelettes to Order, Waffles, Baked Eggs with Ham & Onion or Tomato & Basil, Cornbeef Hash, Tri Tators
Pastries: Chocolate Chip Muffins

Lunch

- Mon 10/5** Soup: American Bounty Vegetable Soup
Prima Pasta: *Eggplant Parmesan, *Pasta Bar, *Veggie Pasta
Wok & Roll: Cheng Du Chicken, Citrus Rice, Stir-Fry Veggies
The DASH: Beef Barbacoa Tacos, Spanish Brown Rice, Beans
Que Pasa: BBQ Pork Burritos, Ancho Rice, Spicy Red Beans
Grille: Beef Gyros, Falafels, Sour Cream & Onion Fries
Dessert: Assorted Cookies
- Tue 10/6** Soup: Chicken Andouille Gumbo
Home Plate: Chicken or Vegetarian Etoufee, Hush Puppies
Prima Pasta: Spicy Italian Meatball Pasta Bowls, *Pasta Bar
The DASH: Asian Pork Loin, *Brown Rice Pilaf, *Veggie Blend
Que Pasa: Chipotle Beef Burritos, Spanish Rice, 3 Bean Blend
Grille: Hot Italian Chicken & Pepper Sandwiches, Zucchini
Dessert: Rice Krispie Treats
- Wed 10/7** Soup: Chicken Noodle Soup
Home Plate: BBQ Beef Sandwiches, Mac & Cheese, Baked Beans
Pizzeria: Pepperoni, Cheese, Italian Chicken, or Alfredo Tomato
The DASH: Grilled Cape Capensis, Wild Rice, Squash & Peppers
Que Pasa: Build Your Own Taco Salad Bar
Grille: Seafood Basket Bar, Green Rice, Grilled Cheese
Dessert: Double Fudge Brownies
- Thu 10/8** Soup: Cream of Mushroom Soup
Home Plate: Chicken Stroganoff^{TOH}, Grilled Veggie Melt, Noodles
Prima Pasta: Fettuccini, Pasta Bowls, Breadsticks
The DASH: *Stuffed Zucchini Ratatouille, White Beans, Squash
Que Pasa: Chicken Soft Tacos, *Red Chile Rice, *Refried Beans
Grille: Breaded Chicken Sandwiches, Fries
Dessert: Assorted Cookies
- Fri 10/9** Soup: French Onion Soup
Home Plate: Stewed Turkey, *Veggie Pot Pie, Buttermilk Biscuits
Wok & Roll: Broccoli Beef, Steamed Rice, *Stir-Fry Veggies
The DASH: Chipotle Honey Pork Loin, Grilled Red Pepper Polenta
Que Pasa: Chicken Fajita Salad
Grille: BBQ Glazed Salmon, Grilled Cheese, Spicy Waffle Fries
Dessert: Bakers Choice
- Sat 10/10** Soup: Crab Bisque
Home Plate: Carved Prime Rib, Mashed Potatoes, *Veggie Blend
Prima Pasta: Assorted Tortini Di Patate
Wok & Roll: Frappuccino Bar
The DASH: Carved Rosemary Dijon Beef, Baked Acorn Squash
Grille: Eggs/Omelettes to Order, Grilled Cheese, Waffles
Dessert: Cheesecake, Cinnamon Rolls
- Sun 10/11** Soup: Potato Chowder
Home Plate: Eggs Benedict, Sausage Patties, Hashbrowns
Pizzeria: Can. Bacon & Pineapple, Artichoke Sundried Tomato Feta
Wok & Roll: Fresh Fruit Smoothie Bar
The DASH: Carved Pork Loin, Chili Roasted Yukon Gold Potatoes
Grille: Eggs/Omelettes to Order, Grilled Cheese, Waffles
Dessert: Dutch Apple Pie, Assorted Coffee Cake

Dinner

- Mon 10/5** Soup: Manhattan Clam Chowder
Home Plate: Beef Pastitsio, *Moussaka, Grecian Chicken
Pizzeria: Pepperoni, Cheese, Southwest Chicken, Tomato Herb
The DASH: Cod En Papillote, Amaranth Pilaf, Grilled Tomatoes
Que Pasa: Chicken & Green Chile Burritos, Cumin Rice
Grille: Grilled Turkey on Cornbread, Zucchini & Squash
Dessert: Cherry Pie
- Tue 10/6** Soup: Cilantro Corn Chowder
Home Plate: Jamaican Jerk Pork Loin, *Potato Skins
Wok & Roll: *Veggie Pakora, Chicken Kebabs, Curry Vegetables
The DASH: Chicken Roulade, Amaranth Potatoes, Green Beans
Que Pasa: Carne Asada Burritos, Spanish Rice, Frijoles Negros
Grille: Grilled Trout, Ginger Chili Veggies, Scalloped Potatoes
Dessert: Carrot Cake with Cream Cheese Icing
- Wed 10/7** Soup: Cream of Tomato Soup
Home Plate: Assorted Meatloaf, Mashed Potatoes & Gravy
Prima Pasta: Old Fashioned Soda Shoppe
Wok & Roll: Egg Foo Young, Steamed Rice, *Egg Rolls
The DASH: Crunchy Cod, *Veggie Kebabs, Sweet Potato Fries
Grille: Hamburgers, Hot Dogs, Infinity Fries
Dessert: Raspberry Chiffon Pie, Apple Pie, Whoopie Pie
- Thu 10/8** Soup: Lentil Stew
Home Plate: Almond Crumb Chicken, Mashed Potatoes
Prima Pasta: Risotto Carbonara, Breadsticks
Wok & Roll: French Toast Sticks, Assorted Fritters, Kielbasa
The DASH: Cuban Rope Vieja Beef, Rice & Black Beans
Grille: Cajun Catfish, Collard Greens, Grilled Cheese
Dessert: Spiced Rum Bread Pudding
- Fri 10/9** Soup: Broccoli Cheese Soup
Pizzeria: Pepperoni, Cheese, Assorted Deep Dish Pizza
Wok & Roll: Sweet & Sour Chicken, Steamed Rice, Veggies
The DASH: Cod Veracruz, Steamed New Red Potatoes
Que Pasa: Cheesy Chicken Enchiladas^{TOH}, Cilantro Wild Rice
Grille: Philly Steak Sandwiches, Grilled Cheese, Ranch Potatoes
Dessert: German Chocolate Cake
- Sat 10/10** Soup: Chicken Andouille Gumbo
Home Plate: Chef's Choice Entree and Sides
Pizzeria: Pepperoni, Cheese, Pineapple Ham, Mushroom/Olive
Wok & Roll: Sesame Beef, Jasmine Rice, Stir-Fry Veggies
The DASH: Moroccan Chicken, Wild Rice, Baby Carrots
Grille: Pork Loin Sandwiches, Grilled BBQ Tofu, Curly Fries
Dessert: Bakers Choice
- Sun 10/11** Soup: Spiced Almond Acorn Bisque
Home Plate: Roast Turkey, Green Bean Casserole^{TOH}, Carrots
Prima Pasta: Braised Beef Ragout, Wilted Spinach, Breadsticks
Dash: Baked Tilapia, Brown Rice, Broccoli Spears
Qué Pasa: Chipotle Chicken Burritos, *Green Chili, Rice
Grille: Braised Beef Tips w/ Noodles, Southwestern Grilled Corn
Dessert: Pumpkin Pie

Sign Me Up for a Bear Plan!!



Enjoy fresh & healthy meals in the dining rooms with your friends!!

Dining Services has the Perfect Meal Plan For You!

Bear Plan Pricing

160 Bear Plan	(averages 10 meals/week)	\$1,450
120 Bear Plan	(averages 7-8 meals/week)	\$1,110
80 Bear Plan	(averages 5 meals/week)	\$ 740
50 Bear Plan	(averages 3 meals/week)	\$ 470
25 Bear Plan	(averages 1-2 meals/week)	\$ 235

* = Featured Vegetarian Entrée

TOH = Featured Taste of Home Recipe
Salad Bar available daily.

Menu subject to change due to product availability.

Hours of Operation

Dining Room Hours

Tobey-Kendel Dining Room (Central Campus) and Holmes Dining Hall (West Campus)

Breakfast: Mon - Fri, 7:00 a.m. - 9:30 a.m.

Lunch: Mon - Fri, 11:00 a.m. - 1:30 p.m.

Brunch: Sat & Sun, 11:00 a.m. - 1:00 p.m.

Dinner: Sun - Thur, 5:00 p.m. - 7:00 p.m.

Dinner: Fri - Sat, 5:00 p.m. - 6:30 p.m.

(Brunch replaces breakfast and lunch on weekends)

University Center Food Court

Lunch: Mon - Fri, 11:00 a.m. - 1:00 p.m.

(Closed for breakfast, dinner, and weekends.)

Gourmet To Go Hours

Holmes & Tobey-Kendel

Breakfast: Mon - Fri, 7:00 a.m. - 9:30 a.m.

Lunch: Mon - Fri, 11:00 a.m. - 1:30 p.m.

Dinner: Mon - Thurs, 4:30 p.m. - 7:00 p.m.

Dinner: Fri, 4:30 p.m. - 6:30 p.m.

Retail Dining Hours

Starbucks® Coffee

Mon - Thur, 7:00 a.m. - 9:00 p.m.

Fri, 7:00 a.m. - 4:00 p.m.

Sun, 6:00 p.m. - 9:00 p.m.

Taco Bell® Express

Mon - Thur, 10:30 a.m. - 7:00 p.m.

Fri, 10:30 a.m. - 4:00 p.m.

Subway®

Mon - Thur, 10:30 a.m. - 9:00 p.m.

Friday, 10:30 a.m. - 4:00 p.m.

Sat, 11:00 a.m. - 3:00 p.m.

Sun, 6:00 p.m. - 9:00 p.m.

Einstein Bros® Bagels

Mon - Fri, 7:30 a.m. - 4:00 p.m.

Sat, 9:00 a.m. - 12:00 p.m.

UC Food Court Express

Mon - Fri, 11:00 a.m. - 1:00 p.m.

Coffee Corner @ Kepner

Mon - Fri, 7:30 a.m. - 2:30 p.m.

Coffee Corner @ Michener

Mon - Thur, 8:00 a.m. - 8:00 p.m.

Fri, 8:00 a.m. - 4:00 p.m.

Coffee Corner @ Turner

Mon - Thur, 7:30 a.m. - 11:30 a.m.

Sun - Thur, 7:00 p.m. - 10:00 p.m.

Fri, 7:30 a.m. - 11:30 a.m.

UNC Dining Services serves and uses the following products in meal preparation: milk, eggs, peanuts, tree nuts, fish, shellfish, wheat, and products containing gluten and soy. For allergy concerns, please contact the unit manager or the Dining Services main office located in Tobey-Kendel Hall, room 120.



Please see www.mypyramid.gov for more information on the new Food Guide Pyramid.

DINING DOLLARS

Where to use your Dining Dollars on campus:

- ~ Starbucks® Coffee @ the UC
- ~ Taco Bell® Express @ the UC
- ~ Subway® @ the UC
- ~ Einstein's Bros.® Bagels @ the UC
- ~ 3 Coffee Corners @ Turner @ Michener @ Kepner
- ~ Food Court Express @ the UC

Visit our website at www.unco.edu/dining for more info!



UNC Dining Services is now part of the Smart Meal Seal program. Look for more information at the Dash at Tobey-Kendel, Holmes, & the UC Food Court. The **Smart Meal Seal** is 1 of 4 initiatives from the Colorado Department of Public Health and Environment's Smart Steps for Healthy Leaps Program. Restaurants all over Colorado are making the decision to offer healthier choices to their customers.

Our Promise to You:

UNC Dining Services is committed to providing quality food and service in a professional manner to the UNC campus community and guests. We support the mission of the University by promoting nutritional awareness and meeting diverse culinary needs while emphasizing value for all customers.

Weekly Menu

Holmes Dining Hall

**Week of October 5
thru October 11, 2009**

For daily menus, please call the FoodLine at 970.351.FOOD (3663) or visit www.unco.edu/dining

Dining Services @ UNC

Dining Services at the University of Northern Colorado

Tobey-Kendel Hall, Room 120

Office Hours: Mon-Fri, 8am-5pm

Phone: 970-351-2652, Fax: 970-351-2754

E-mail: diningservices@unco.edu

"We Feed the Bears!"

