

# Weekly Menu for Holmes Dining Hall

Week of August 24-30, 2009

## Breakfast

- Mon 8/24** Entrées: Eggs/Omelettes to Order, Sausage, Breakfast Potatoes, Buttermilk Pancakes, Waffles  
Pastries: Banana Nut Muffins
- Tue 8/25** Entrées: Eggs/Omelettes to Order, Sausage or Plain Breakfast Braids, Ham, Hashbrowns, Waffles  
Pastries: Lemon Blueberry Bread
- Wed 8/26** Entrées: Eggs/Omelettes to Order, Biscuits with Meatless or Sausage Gravy, Bacon, Breakfast Potatoes, Waffles  
Pastries: Chocolate Chip Muffins
- Thu 8/27** Entrées: Eggs/Omelettes to Order, Canadian Bacon, French Toast, Lyonnaise Potatoes, Waffles  
Pastries: Cinnamon Rolls
- Fri 8/28** Entrées: Eggs/Omelettes to Order, Cornbeef Hash, Cheese Grits, Egg & Cheese English Muffins, Hashbrowns, Waffles  
Pastries: Blueberry Muffins

## Lunch

- Mon 8/24** Soup: Cream of Tomato Soup  
Home Plate: Braised Red Chile Beef, Quiche, Green Beans  
Pizzeria: Pepperoni, Cheese, Double Sausage, \*Grilled Veggie  
Wok & Roll: Thai Basil Pork, Sticky Rice, \*Veggie Blend  
The DASH: Grilled Catfish, Broccoli, Beans & Tomatoes  
Grille: Italian Chicken, Grilled Eggplant Sandwiches, Fries  
Dessert: Assorted Cookies
- Tue 8/25** Soup: Clam Chowder  
Home Plate: Fish & Chips, \*Veggie Pot Pie, \*Veggie Blend  
Prima Pasta: Chicken Fettuccini Alfredo, Breadsticks  
Que Pasa: Chipotle Pork Burritos, Spanish Rice, Red Beans  
The DASH: Mojo Beef Kebabs, Quinoa Pilaf, Grilled Tomatoes  
Grille: Wild West Buffalo Chicken, \*Buffalo Tofu Sandwiches  
Dessert: Chocolate Brownies
- Wed 8/26** Soup: Pumpkin Bisque  
Home Plate: BBQ Pork Sandwich, \*Potato Skins, Baked Beans  
Pizzeria: Pepperoni, Cheese, Deep Dish Sausage or Tomato Basil  
Que Pasa: Super Nacho Bar  
The DASH: Lemon Basil Chicken, Brown Rice, Steamed Veggies  
Grille: Hot Dogs, Beer Bratwurst, Battered Mushrooms  
Dessert: Assorted Cookies
- Thu 8/27** Soup: Cauliflower & Cheese Soup  
Home Plate: Chicken Wing Bar, Stuffed Zucchini Ratatouille  
Prima Pasta: Gnocchi, Prosciutto Yellow Squash Pasta Bowl  
Wok & Roll: \*Vegetable Pakora, Curry Lamb or Chicken, Rice  
The DASH: Caribbean BBQ Pork Loin, Oven Fries, Veggie Blend  
Grille: Chicken or Cheese Quesadillas, Fried Sopapillas  
Dessert: Breckenridge Bars
- Fri 8/28** Soup: Creamy Tarragon Chicken Soup  
Home Plate: Corn Dogs, Mac & Cheese, Peas & Carrots  
Wok & Roll: Mandarin Chicken, Sticky Rice, \*Veggie Blend  
Que Pasa: Beef Taco Salad  
The DASH: Baked Cod, Wild Rice Blend, Asparagus  
Grille: Burgers, Veggie Burgers, Spicy Waffle Fries  
Dessert: Chocolate Cupcakes
- Sat 8/29** Soup: Lentil Stew  
Home Plate: Monte Cristo Sandwich, Sausage, Potato Pancakes  
Prima Pasta: Assorted Tortini Di Patate, Waffles  
Wok & Roll: Frappuccino Bar  
The DASH: Rosemary Dijon Beef, Baked Sweet Potatoes  
Grille: Eggs/Omelettes to Order, Grilled Cheese, Waffles  
Dessert: Cheesecake, Banana Bread
- Sun 8/30** Soup: Cream of Broccoli Soup  
Home Plate: \*Breakfast Strata, Sausage, Rissolle Potatoes  
Pizzeria: Pepperoni, Cheese, Cook's Specialty Meat or Veggie  
Wok & Roll: Fresh Fruit Smoothie Bar  
The DASH: Carved Pork Loin, Citrus Brown Rice, Corn  
Grille: Eggs/Omelettes to Order, Grilled Cheese, Waffles  
Dessert: Dutch Apple Pie, German Apple Coffee Cake

## Dinner

- Mon 8/24** Soup: Cilantro Chicken Chowder  
Home Plate: Mashed Potato Bar  
Pizzeria: Pepperoni, Cheese, Chicken Alfredo, White Spinach  
The DASH: Grilled Turkey, New Potatoes, Mixed Veggies  
Que Pasa: Pork Molé Burritos, Cumin Rice, Black Beans  
Grille: Beef Gyros, Falafels, Grilled Cheese, Battered Zucchini  
Dessert: Dutch Apple Pie
- Tue 8/25** Soup: Chicken Noodle Soup  
Home Plate: Meatloaf, BBQ Tofu, Wild Rice Blend, Veggies  
Wok & Roll: Thai Basil Chicken, Sticky Rice, Veggie Blend  
The DASH: Herbed Pork Loin, Citrus Brown Rice, Asparagus  
Qué Pasa: Cilantro Lime Chicken Burritos, Ancho Rice, Beans  
Grille: Grilled Salmon, Grilled Cheese, Sweet Corn Cake  
Dessert: Chocolate Cake
- Wed 8/26** Soup: Cream of Wild Mushroom Soup  
Home Plate: Ribs, \*Stuffed Peppers, Green Bean Casserole<sup>TOH</sup>  
Prima Pasta: Chicken Parmesan, \*Pasta Bar, \*Veggie Pasta  
Wok & Roll: Cashew Chicken, Sticky Rice, Stir-Fry Veggies  
The DASH: Baked Tilapia, Brown Rice, Zucchini & Squash  
Grille: Pork Chops, Broccoli Bake, Rissolle Potatoes  
Dessert: Apple Strudel
- Thu 8/27** Soup: Cream of Chicken Soup  
Home Plate: Chicken Cordon Bleu, Veggie Ratatouille  
Prima Pasta: Flagolet Bean Risotto, Breadsticks  
Wok & Roll: Sweet & Sour Pork, Sticky Rice, Stir-Fry Veggies  
The DASH: Grilled Salmon, Quinoa Pilaf, Stewed Tomatoes  
Grille: Beef Kebabs, Sesame Green Beans, Rice Pilaf  
Dessert: Marble Cake
- Fri 8/28** Soup: Minestrone Soup  
Home Plate: Parmesan Pork Chops<sup>TOH</sup>, Baked Ziti<sup>TOH</sup>, Fried Bacon Rice<sup>TOH</sup>, Green Beans, Veggie Blend  
Wok & Roll: Hunan Beef, Jasmine Rice, Stir-Fry Veggies  
The DASH: Grilled Cape Capensis, Mashed Sweet Potatoes  
Que Pasa: Chicken Frito Burritos, Cilantro Rice, Beans  
Grille: Sauteed Cilantro Chicken, Roasted Veggie Blend  
Dessert: Baker's Choice
- Sat 8/29** Soup: Creamy Potato Chive Soup  
Home Plate: Chef's Choice Entrees and Sides  
Pizzeria: Italian Grilled Chicken, \*Olive & Tomato  
Wok & Roll: Mongolian Beef, Sticky Rice, Stir-Fry Veggies  
The DASH: Beef Barbacoa Tacos, Spanish Brown Rice  
Grille: Cheese Fry Basket Bar, Grille Ham & Cheese  
Dessert: Baker's Choice
- Sun 8/30** Soup: Italian Vegetable Soup  
Home Plate: Lemon Chicken, Spinach Pie, Herbed Tomatoes  
Prima Pasta: \*Pasta Bar, \*Veggie Pasta, Breadsticks  
Dash: Tomato Basil Lamb, Quinoa, Wilted Spinach  
Qué Pasa: Beef & Pepper Burritos, Ancho Rice, Refried Beans  
Grille: Lemon Ginger Mahi Mahi, Grilled Zucchini & Squash  
Dessert: Banana Cream 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](http://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](http://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 August 24  
thru August 30, 2009**

For daily menus, please call the FoodLine at 970.351.FOOD (3663) or visit [www.unco.edu/dining](http://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](mailto:diningservices@unco.edu)

**"We Feed the Bears!"**

