

Weekly Menu for Holmes Dining Hall

Week of August 31 thru September 6, 2009

Breakfast

- Mon 8/31** Entrées: Eggs/Omelettes to Order, Canadian Bacon, Hashbrowns, French Toast Sticks, Waffles
Pastries: Pumpkin Muffins^{TOH}
- Tue 9/1** Entrées: Eggs/Omelettes to Order, Bacon, Ham Egg & Cheese Pockets, Tri Tators, Waffles
Pastries: Bear Claws
- Wed 9/2** Entrées: Eggs/Omelettes to Order, Buttermilk or Blueberry Pancakes, Sausage Links, Potato Pancakes, Waffles
Pastries: Fruit Filled Danish
- Thu 9/3** Entrées: Eggs/Omelettes to Order, Bacon or *Veggie Breakfast Strata, Bacon, Western Potatoes
Pastries: Pineapple Nut Bread
- Fri 9/4** Entrées: Eggs/Omelettes to Order, Biscuits and Sausage or Meatless Gravy, Sausage Patties, Breakfast Potatoes
Pastries: Orange Cranberry Muffins

Lunch

- Mon 8/31** Soup: White Chicken Chili
Home Plate: Mango BBQ Chicken, Polenta Pie, Asparagus Blend
Prima Pasta: Cook's Specialty Pasta Bowl, *Pasta Bar
Wok & Roll: BBQ Wings, Pad Thai Shrimp or Tofu, Jasmine Rice
The DASH: Broiled Sesame Cod, Brown Rice, Squash & Peppers
Grille: Charbroiled Hamburgers, *Veggie Burgers, Steak Fries
Dessert: Peanut Butter Chocolate Chip Brownies
- Tue 9/1** Soup: Spanish Three Bean Soup
Home Plate: Build Your Own BLT, Spicy Waffle Fries
Pizzeria: Pepperoni, Cheese, BBQ Chicken, Red Pepper & Basil
Que Pasa: Beef Burritos, Ancho Rice, Black Beans & Tomatoes
The DASH: Salmon with Tomato Basil Salsa, Citrus Brown Rice
Grille: Orange Flatbread Chicken Salad, Mozzarella Sticks
Dessert: Assorted Cookies
- Wed 9/2** Soup: Split Pea Soup
Home Plate: Italian Chicken Strips, Cheesy Potatoes, Veggies
Pizzeria: Pepperoni, Cheese, Italian Sausage or Grilled Veggie
Que Pasa: Super Spudtacular Bar
The DASH: Peruano Beans & Pork, Herbed Rice, Wilted Spinach
Grille: Philly Steak Sandwiches, Sour Cream & Onion Fries
Dessert: Marble Cake
- Thu 9/3** Soup: Green Chili with Tortilla Soup
Home Plate: Mac & Cheese Bar, Battered Zucchini, Green Beans
Wok & Roll: Beef Lo Mein, Steamed Rice, Veggie Blend
Que Pasa: Chili Relleno, *Green Chili, Spanish Rice, Beans
The DASH: Chicken Kebabs, Jasmine Rice, Curry Eggplant
Grille: Hot Cuban Sandwiches, Grilled Cheese, Fried Yucca
Dessert: Rocky Road Brownies
- Fri 9/4** Soup: Black Bean & Chorizo Soup
Home Plate: Club Sandwich Wraps, Chili Cheese Tofu Squares
Wok & Roll: Lemon Chicken, Sticky Rice, Stir-Fry Veggies
Que Pasa: Mandarin Orange Chicken Salad
The DASH: Asparagus Beef Saute, Quinoa Medley, Carrots
Grille: Beer Battered Cod, Salmon Burgers, Grilled Cape Capensis
Dessert: Coconut Cream Pie
- Sat 9/5** Soup: Florentine Cream Soup
Home Plate: Eggs Benedict, Kielbasa, Potato Pancakes
Prima Pasta: Southwestern or Chicken Fried Steak Breakfast Bowl
Wok & Roll: Fresh Fruit Smoothie Bar
The DASH: Carved Turkey, Roasted Sweet Potatoes, Green Beans
Grille: Eggs/Omelettes to Order, Grilled Cheese, Waffles
Dessert: Bread Pudding, Apple Turnover
- Sun 9/6** Soup: Ale Cheese Soup
Home Plate: Chocolate Chip Pancakes, Sausage Links, Potatoes
Pizzeria: Pepperoni, Cheese, Cook's Specialty Meat or Veggie
Wok & Roll: Frappuccino Bar
The DASH: Carved Beef Flank Steak, Brown Rice, Corn
Grille: Eggs/Omelettes to Order, Grilled Cheese, Waffles
Dessert: Cherry Pie, Banana Bread

Dinner

- Mon 8/31** Soup: Bell Pepper Wild Rice Soup
Home Plate: Meatloaf, BBQ Tofu, Homestyle Mashed Potatoes
Pizzeria: Pepperoni, Cheese, BLT, *Veggie Supreme
The DASH: Pork Loin, Brown Rice & Red Beans, Roasted Beets
Que Pasa: Pork & Green Chile Burritos, Cilantro Lime Wild Rice
Grille: Blackened Chicken, Breaded Okra, Grilled Cheese
Dessert: Coconut Cream Pie
- Tue 9/1** Soup: Creamy Garden Vegetable Soup
Home Plate: Chicken Fried Chicken, Italian Green Beans
Prima Pasta: Chicken Broccoli Roasted Red Pepper Pasta Bowls
Wok & Roll: *Veggie Pakora, Pasanda Lamb, Steamed Rice
The DASH: Grilled Beef, Oven Fried Potatoes, Broccoli Florets
Grille: Basil Crusted Cape Capensis, Zucchini Blend, Rice
Dessert: Black Forest Layer Cake
- Wed 9/2** Soup: Colorado Lamb Stew
Pizzeria: Pepperoni, Cheese, Cook's Specialty Meat or *Veggie
Wok & Roll: Szechwan Beef, Fried Rice, Stir-Fry Veggies
The DASH: Grilled Salmon, Mashed Sweet Potatoes
Que Pasa: Chorizo Burritos, Bacon, Scrambled Eggs, Potatoes
Grille: BBQ Chicken, Corn on the Cob, Grilled Cheese
Dessert: Chocolate Cupcakes
- Thu 9/3** Soup: Creamy Roasted Red Pepper Soup
Home Plate: Pork Chops, Grilled Stuffed Mushrooms
Pizzeria: Pepperoni, Cheese, Deep Dish Sausage or Tomato
Wok & Roll: Stir-Fried Chicken, Steamed Rice, *Veggie Blend
The DASH: Grilled Mahi Mahi, Quinoa Pilaf, Acorn Squash
Grille: Beef or *Veggie Fajitas, Spanish Rice, Grilled Cheese
Dessert: German Chocolate Cake
- Fri 9/4** Soup: Chicken & Dumpling Soup
Home Plate: Kahlua Pig, *Hawaiian French Toast, Sweet Potato
Prima Pasta: Lemon Chicken with Almond Pesto Risotto
The DASH: Grilled Trout, Brown Rice, Ratatouille Nicoise
Que Pasa: Beef Enchilada Burritos, Cumin Rice, 3 Bean Blend
Grille: Hot Dogs, Beer Bratwurst, Polish Sausage, Waffle Fries
Dessert: Baker's Choice
- Sat 9/5** Soup: Bacon & Cheddar Potato Soup
Home Plate: Chef's Choice Entree & Sides
Pizzeria: Pepperoni or White Bacon Pizza, Cheese French Bread
Wok & Roll: Sesame Chicken, Brown Rice, Stir-Fry Veggies
The DASH: Chardonnay Poached Chicken, New Red Potatoes
Grille: Charbroiled Hamburgers, Infinity Fries
Dessert: Blueberry Dessert^{TOH}
- Sun 9/6** Soup: Hearty Vegetable Stew
Home Plate: California Lemon Sole, Polenta Stuffed Peppers
Prima Pasta: Southwest Chicken Pasta Bowls, Breadsticks
Dash: Braised Beef Ragout, Quinoa Pilaf, Carrots
Qué Pasa: Tacos, Cilantro Rice, Pinto Beans
Grille: Chicken Wing Bar, Carrots & Celery, Infinity Fries
Dessert: Chocolate Mousse

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 August 31
thru September 6, 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!"

