

# Weekly Menu for Holmes Dining Hall

Week of September 7 - 13, 2009

## Breakfast

- Mon 9/7** Please join us for BRUNCH today, 11:00 am - 1:00 pm.
- Tue 9/8** Entrées: Eggs/Omelettes to Order, Bacon, French Toast, Lyonnaise Potatoes, Waffles  
Pastries: Fruit Filled Danishes
- Wed 9/9** Entrées: Eggs/Omelettes to Order, Biscuits with Meatless or Sausage Gravy, Sausage Links, Hashbrowns, Waffles  
Pastries: Cinnamon Rolls
- Thu 9/10** Entrées: Eggs/Omelettes to Order, Buttermilk or Apple Pancakes, Kielbasa, Breakfast Potatoes, Waffles  
Pastries: Pumpkin Bread
- Fri 9/11** Entrées: Eggs/Omelettes to Order, Baked Eggs with Ham & Onion or Tomato & Basil, Cornbeef Hash, Tri Tators, Waffles  
Pastries: Chocolate Chip Muffins

## Lunch

- Mon 9/7** Soup: American Bounty Vegetable Soup  
Home Plate: Ham or Meatless Breakfast Croissants, Ham, Fries  
Prima Pasta: \*Eggplant Parmesan, \*Pasta Bar, \*Veggie Pasta  
Wok & Roll: Fresh Fruit Smoothie Bar  
The DASH: Beef Barbacoa Tacos, Spanish Brown Rice, Beans  
Grille: Waffle Bar, Eggs/Omelettes to Order, Grilled Cheese  
Dessert: Assorted Cookies
- Tue 9/8** 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 9/9** 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 9/10** Soup: Cream of Mushroom Soup  
Home Plate: Chicken Stroganoff<sup>TOH</sup>, 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: Burgers, \*Veggie Burgers, Grilled Cheese, Infinity Fries  
Dessert: Assorted Cookies
- Fri 9/11** 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 9/12** 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 9/13** 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 9/7** 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 9/8** 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 9/9** Soup: \*Ginger Carrot Soup  
Home Plate: Lamb Stew, Boxy Pancakes, \*Cabbage Rolls  
Prima Pasta: Meat Lasagna, \*Pasta Bar, \*Veggie Pasta  
Wok & Roll: Thai Peanut Basil Pork, Brown Rice, Veggie Blend  
The DASH: Chili-Rubbed Beef Roast, Brown Rice & Red Beans  
Grille: Reuben Sandwiches, Au Gratin Veggies, Rissolo Potatoes  
Dessert: Chocolate Cream Pie
- Thu 9/10** Soup: Lentil Stew  
Home Plate: Almond Crumb Chicken, Mashed Potatoes  
Prima Pasta: Carbonara Risotto, 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 9/11** 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<sup>TOH</sup>, Cilantro Wild Rice  
Grille: Philly Steak Sandwiches, Grilled Cheese, Ranch Potatoes  
Dessert: German Chocolate Cake
- Sat 9/12** 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 9/13** Soup: Spiced Almond Acorn Bisque  
Home Plate: Roast Turkey, Green Bean Casserole<sup>TOH</sup>, Carrots  
Prima Pasta: Braised Beef Ragout, Wilted Spinach, Breadsticks  
Dash: Baked Tilapia, Brown Rice, Broccoli Spears  
Que Pasa: Chipotle Chicken Burritos, \*Green Chili, Rice  
Grille: Buffalo Meatloaf, 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](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 September 7  
thru September 13, 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!"**

