

Weekly Menu for Holmes Dining Hall

Week of September 14 - 20, 2009

Breakfast

- Mon 9/14** Entrées: Eggs/Omelettes to Order, Waffles, Quiche Lorraine, Sausage Patties, Potato Pancakes
Pastries: Blueberry Muffins
- Tue 9/15** Entrées: Eggs/Omelettes to Order, Waffles, Cheese Grits, Breakfast Burritos, *Green Chili, Breakfast Potatoes
Pastries: Cinnamon Twist
- Wed 9/16** Entrées: Eggs/Omelettes to Order, Waffles, English Muffin Breakfast Sandwiches, Bacon, Tri Tators
Pastries: Cherry Coffee Cake
- Thu 9/17** Entrées: Eggs/Omelettes to Order, Waffles, Buttermilk or Pecan Pancakes, Kielbasa, Breakfast Potatoes
Pastries: Apple Turnovers
- Fri 9/18** Entrées: Eggs/Omelettes to Order, Waffles, Breakfast Braid, Grilled Ham, Tater Tots
Pastries: Zucchini Bread

Lunch

- Mon 9/14** Soup: Vegetable Dumpling Soup
Home Plate: Carved Brisket Sandwiches, Fresh Fried Chips
Pizzeria: Pepperoni, Cheese, Sausage & Pepperoni, Veggie Pesto
Wok & Roll: Curry Chicken, Steamed Jasmine Rice
The DASH: Honey Mustard Pork Loin, Spaghetti Squash
Grille: Chicken or *Veggie Fajitas, Chipotle Rice, Red Beans
Dessert: White Cupcakes
- Tue 9/15** Soup: Cheese and Chili Soup
Home Plate: Meat or Veggie Stromboli, Broccoli & Cauliflower
Prima Pasta: Clam Onion & Pepper Pasta Bowls, *Pasta Bar
The DASH: Broiled Sesame Cod, Brown Rice Pilaf, Green Beans
Que Pasa: Tostadas, Cilantro Wild Rice, Frijoles Negros
Grille: Grilled Chicken, Portabella Mushroom Sandwiches
Dessert: Chocolate Brownies
- Wed 9/16** Soup: Cream of Tomato Soup
Home Plate: Orange Honey Chicken, Mashed Potatoes & Gravy
Wok & Roll: Orange Pepper Pork, Brown Rice, Stir-Fry Veggies
The DASH: SW Beef Pot Roast, Quinoa Medley, Carrots
Que Pasa: Super Tostada Bar
Grille: Burgers, *Veggie Burgers, Spicy Waffle Fries
Dessert: Assorted Cookies
- Thu 9/17** Soup: Vegetable Beef Soup
Home Plate: Macaroni & Cheese Bar
Prima Pasta: Grilled Eggplant & Spinach Bowls, *Pasta Bar
Dash: Green Tea Poached Chicken, Brown Rice, *Veggie Blend
Que Pasa: Beef Barbacoa Torta, Red Chile Rice, 3 Bean Blend
Grille: Corn Dogs, Chicago Dogs, Grilled Cheese, Fried Chips
Dessert: Pumpkin Bars
- Fri 9/18** Soup: Tortilla Soup
Home Plate: Chicken Nuggets, Cheesy Potatoes, Veggie Blend
Pizzeria: Pepperoni or Tomato Basil Deep Dish Pizza
Wok & Roll: Kung Pao Beef, Steamed Rice, *Veggie Blend
Dash: Chicken Charoses, Baked Yams, Braised Brussel Sprouts
Grille: Fish Tacos, *Veggie Soft Tacos, Steak Fries
Dessert: Assorted Cookies
- Sat 9/19** Soup: Hamburger Chowder
Home Plate: Biscuits and Gravy, Breakfast Potatoes, Bacon
Prima Pasta: Eggs Benedict or Bears Special Breakfast Bowl
Wok & Roll: Fresh Fruit Smoothie Bar
Dash: Carved Pork Loin, Roasted Red Potatoes, Zucchini
Grille: Eggs/Omelettes to Order, Grilled Cheese, Waffles
Dessert: Cinnamon Rolls, Cherry Pie
- Sun 9/20** Soup: Chicken Gumbo Creole Soup
Home Plate: Egg & Cheese Pockets, Sausage Links, Hashbrowns
Pizzeria: Sausage & Tomato or Mushroom & Pepper Pizza
Wok & Roll: Frappuccino Bar
Dash: Carved Turkey, Brown Rice, Corn
Grille: Eggs/Omelettes to Order, Grilled Cheese, Waffles
Dessert: Apple Strudel Sticks, Peanut Butter Pie^{TOH}

Dinner

- Mon 9/14** Soup: Chicken Enchilada Soup
Home Plate: Chicken Fried Chicken, Glazed Acorn Squash
Pizzeria: Pepperoni, Cheese, Chicken Pesto, or Pepper Alfredo
Wok & Roll: Emperor Chicken, Steamed Rice, *Stir-Fry Veggies
The DASH: Apple Stuffed Pork Loin, Brown Rice & Red Beans
Que Pasa: Chicken Mole, *Veggie Rice, Three Bean Blend
Dessert: Chocolate Cake w/ Chocolate Icing
- Tue 9/15** Soup: Key West Chowder
Home Plate: Beef Bourignonne, Eggplant Parmesan, Noodles
Prima Pasta: Seafood Lasagne, *Pasta Bar, Breadsticks
Wok & Roll: Teriyaki Pork, Sticky Rice, *Veggie Blend
The DASH: Grilled Chicken Breast, Oven Fried Potatoes
Grille: Scrambled Eggs, Sausage, French Toast, Hashbrowns
Dessert: Banana Cream Pie
- Wed 9/16** Soup: Spanish Three Bean Soup
Home Plate: Pork Chops, SW Hashbrown Casserole, *Veggies
Wok & Roll: Sesame Chicken, Brown Rice, Stir-Fry Veggies
The DASH: Sauteed Beef Au Poivre, Mashed Sweet Potatoes
Que Pasa: Cilantro Chicken Burritos, Spanish Rice, Beans
Grille: Pork Schnitzel, Beer Bratwurst, German Sausage
Dessert: Pumpkin Mousse
- Thu 9/17** Soup: Chicken Rice Soup
Home Plate: Beef Pot Pie, *Polenta Pie, Baby Lima Beans
Prima Pasta: Roasted Butternut Squash Risotto, Breadsticks
The DASH: Salmon w/Tomato Basil Salsa, Quinoa Pilaf, Beans
Que Pasa: Cranberry Spinach Walnut Salad
Grille: Lemon Pepper Chicken Pitas, Rice & Wheat Berry Pilaf
Dessert: Apple Raisin Spice Cake with Maple Frosting
- Fri 9/18** Soup: Beef Barley Soup
Home Plate: Chicken & Shrimp Paella, Assorted Tapa, Calamari
Pizzeria: Pepperoni, Cheese, Beef Fajita, or Zucchini Tomato
The DASH: Peruano Beans & Pork, Brown Rice, Peas
Que Pasa: SW Beef Pockets, Ancho Rice, Refried Beans
Grille: Jamaican Jerk Chicken, Green Beans, Corn on the Cob
Dessert: Baker's Choice
- Sat 9/19** Soup: Chili with Meat
Home Plate: Chef's Choice Entrees and Sides
Pizzeria: Sausage Link & Black Olive, *Veggie Supreme
Wok & Roll: Polynesian Chicken, Sticky Rice, *Veggies
Dash: Chardonnay Poached Chicken, Golden Mashed Potatoes
Grille: Carved Flank Steak Sandwiches, Broccoli Bake
Dessert: Baker's Choice
- Sun 9/20** Soup: Oriental Chicken and Vegetable Soup
Prima Pasta: Chicken Carbonara Pasta Bowl, *Pasta Bar
Wok & Roll: Pork or *Tofu Pad Thai, Jasmine Steamed Rice
Dash: Grilled Mahi Mahi, Wild Rice Blend, Carrots
Que Pasa: Red Chile Pork Burritos, Chipotle Rice, Red Beans
Grille: Turkey Avocado Swiss Burgers, Fresh Fried Chips
Dessert: Blueberry 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 September 14
thru September 20, 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!”

