

Weekly Menu for Holmes Dining Hall

Week of September 21-27, 2009

Breakfast

- Mon 9/21** Entrées: Eggs/Omelettes to Order, Sausage, Breakfast Potatoes, Choc. Chip or Buttermilk Pancakes, Waffles
Pastries: Banana Nut Muffins
- Tue 9/22** Entrées: Eggs/Omelettes to Order, Sausage or Plain Breakfast Braids, Ham, Hashbrowns, Waffles
Pastries: Lemon Blueberry Bread
- Wed 9/23** Entrées: Eggs/Omelettes to Order, Biscuits with Meatless or Sausage Gravy, Bacon, Breakfast Potatoes, Waffles
Pastries: Chocolate Chip Muffins
- Thu 9/24** Entrées: Eggs/Omelettes to Order, Canadian Bacon, French Toast, Lyonnaise Potatoes, Waffles
Pastries: Cinnamon Rolls
- Fri 9/25** Entrées: Eggs/Omelettes to Order, Cornbeef Hash, Cheese Grits, Egg & Cheese English Muffins, Hashbrowns, Waffles
Pastries: Blueberry Muffins

Lunch

- Mon 9/21** 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 9/22** Soup: Clam Chowder
Home Plate: Fish & Chips, *Veggie Pot Pie, *Veggie Blend
Prima Pasta: Chicken Fettuccini Alfredo, Breadsticks
The DASH: Mojo Beef Kebabs, Quinoa Pilaf, Grilled Tomatoes
Que Pasa: Chipotle Pork Burritos, Spanish Rice, Red Beans
Grille: Wild West Buffalo Chicken, *Buffalo Tofu Sandwiches
Dessert: Chocolate Brownies
- Wed 9/23** Soup: Pumpkin Bisque
Home Plate: BBQ Pork Sandwich, *Potato Skins, Baked Beans
Pizzeria: Pepperoni, Cheese, Deep Dish Sausage or Tomato Basil
The DASH: Lemon Basil Chicken, Brown Rice, Steamed Veggies
Que Pasa: Super Nacho Bar
Grille: Hot Dogs, Beer Bratwurst, Battered Mushrooms
Dessert: Assorted Cookies
- Thu 9/24** 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 9/25** Soup: Creamy Terragon Chicken Soup
Home Plate: Corn Dogs, Mac & Cheese, Peas & Carrots
Wok & Roll: Mandarin Chicken, Sticky Rice, *Veggie Blend
Que Pasa: Taco Salad Bar
The DASH: Baked Cod, Wild Rice Blend, Asparagus
Grille: Burgers, Veggie Burgers, Spicy Waffle Fries
Dessert: Chocolate Cupcakes
- Sat 9/26** 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 9/27** 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 9/21** 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 9/22** 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 9/23** Soup: Cream of Wild Mushroom Soup
Home Plate: Ribs, *Stuffed Peppers, Green Bean Casserole^{TOH}
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 9/24** 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 9/25** Soup: Minestrone Soup
Home Plate: Parmesan Pork Chops^{TOH}, Baked Ziti^{TOH}, Fried Bacon Rice^{TOH}, Green Beans, Veggie Blend
Wok & Roll: Hunan Beef, Jasmine Rice, Stir-Fry Veggies
The DASH: Grilled Cape Capensis, Mashed Sweet Potatoes
Que Pasa: Chicken Farrito Burritos, Cilantro Rice, Beans
Grille: Sauteed Cilantro Chicken, Roasted Veggie Blend
Dessert: Baker's Choice
- Sat 9/26** Soup: Creamy Potato Chive Soup
Home Plate: Chef's Choice Entrees and Sides
Pizzeria: Pepperoni, 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, Grilled Ham & Cheese
Dessert: Baker's Choice
- Sun 9/27** Soup: Italian Vegetable Soup
Home Plate: Lemon Chicken, Spinach Pie, Herbed Tomatoes
Prima Pasta: *Pasta Bar, *Veggie Pasta, Breadsticks
The 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 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 21
thru September 27, 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!"

