

# Weekly Menu for Holmes Dining Hall

Week of September 28 thru October 4, 2009

## Breakfast

- Mon 9/28** Entrées: Eggs/Omelettes to Order, Canadian Bacon, Hashbrowns, French Toast Sticks, Waffles  
Pastries: Pumpkin Muffins<sup>TOH</sup>
- Tue 9/29** Entrées: Eggs/Omelettes to Order, Bacon, Ham Egg & Cheese Pockets, Tri Tators, Waffles  
Pastries: Bear Claws
- Wed 9/30** Entrées: Eggs/Omelettes to Order, Buttermilk or Blueberry Pancakes, Sausage Links, Potato Pancakes, Waffles  
Pastries: Fruit Filled Danish
- Thu 10/1** Entrées: Eggs/Omelettes to Order, Bacon or \*Veggie Breakfast Strata, Bacon, Western Potatoes  
Pastries: Pineapple Nut Bread
- Fri 10/2** Entrées: Eggs/Omelettes to Order, Biscuits and Sausage or Meatless Gravy, Sausage Patties, Breakfast Potatoes  
Pastries: Orange Cranberry Muffins

## Lunch

- Mon 9/28** 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 9/29** 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 9/30** 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 10/1** 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 10/2** 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 10/3** 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 10/4** 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, Anasazi Baked Beans, Corn  
Grille: Eggs/Omelettes to Order, Grilled Cheese, Waffles  
Dessert: Cherry Pie, Banana Bread

## Dinner

- Mon 9/28** Soup: Bell Pepper Wild Rice Soup  
Home Plate: Beef Stroganoff, BBQ Tofu, 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 9/29** 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 9/30** 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 10/1** 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 10/2** 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, Amaranth, Ratatouille Nicoise  
Que Pasa: Beef Enchilada Burritos, Cumin Rice, 3 Bean Blend  
Grille: Beer Bratwurst, Polish Sausage, Waffle Fries  
Dessert: Baker's Choice
- Sat 10/3** 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, Sticky Rice, Stir-Fry Veggies  
The DASH: Chardonnay Poached Chicken, New Red Potatoes  
Grille: Grilled SW Beef Wraps, Grilled Cheese, Fries  
Dessert: Blueberry Dessert<sup>TOH</sup>
- Sun 10/4** 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](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 28  
thru October 4, 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!"**

