

Weekly Menu for Holmes Dining Hall

Week of November 2 - 8, 2009

Breakfast

- Mon 11/2** Entrées: Eggs/Omelettes to Order, Waffles, Croissant
Breakfast Sandwiches, Grilled Ham, Home Fries
Pastries: Assorted Muffins
- Tue 11/3** Entrées: Eggs/Omelettes to Order, Bacon, French Toast,
Lyonnais Potatoes, Waffles
Pastries: Fruit Filled Danishes
- Wed 11/4** Entrées: Eggs/Omelettes to Order, Biscuits with Meatless or
Sausage Gravy, Sausage Links, Hashbrowns, Waffles
Pastries: Cinnamon Rolls
- Thu 11/5** Entrées: Eggs/Omelettes to Order, Buttermilk or Apple
Pancakes, Kielbasa, Breakfast Potatoes, Waffles
Pastries: Pumpkin Bread
- Fri 11/6** Entrées: Eggs/Omelettes to Order, Baked Eggs with Ham &
Onion or Tomato & Basil, Cornbeef Hash, Tri Tators, Waffles
Pastries: Chocolate Chip Muffins

Lunch

- Mon 11/2** Soup: American Bounty Vegetable Soup
Prima Pasta: *Eggplant Parmesan, *Pasta Bar, *Veggie Pasta
Wok & Roll: Cheng Du Chicken, Citrus Rice, Stir-Fry Veggies
The DASH: Beef Barbacoa Tacos, Spanish Brown Rice, Beans
Que Pasa: BBQ Pork Burritos, Ancho Rice, Spicy Red Beans
Grille: Beef Gyros, Grilled Cheese, Sour Cream & Onion Fries
Dessert: Assorted Cookies
- Tue 11/3** 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 11/4** 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 11/5** Soup: Cream of Mushroom Soup
Home Plate: Chicken Stroganoff^{TOH}, Grilled Veggie Melt, Noodles
Prima Pasta: Fettuccini, Pasta Bowls, Breadsticks
The DASH: Dijon Beef Skewers, White Beans, Baked Squash
Que Pasa: Chicken Soft Tacos, *Red Chile Rice, *Refried Beans
Grille: Burgers, *Veggie Burgers, Grilled Cheese, Infinity Fries
Dessert: Assorted Cookies
- Fri 11/6** 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 11/7** Soup: Crab Bisque
Home Plate: Cinn. Raisin French Toast, Sausage Links, Potatoes
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 11/8** Soup: Potato Chowder
Home Plate: Eggs Benedict, Sausage Patties, Hashbrowns
Pizzeria: Breakfast Pizza or Artichoke Sundried Tomato Feta Pizza
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 11/2** 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 11/3** 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 11/4** Soup: *Ginger Carrot Soup
Home Plate: Lamb Stew, Boxy Pancakes, *Cabbage Rolls
Prima Pasta: Meat Lasagna, *Pasta Bar, *Veggie Pasta
Wok & Roll: Crispy Almond 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 11/5** 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 11/6** 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^{TOH}, Cilantro Wild Rice
Grille: Philly Steak Sandwiches, Grilled Cheese, Ranch Potatoes
Dessert: German Chocolate Cake
- Sat 11/7** 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 11/8** Soup: Spiced Almond Acorn Bisque
Home Plate: Roast Turkey, Green Bean Casserole^{TOH}, 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 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 November 2
thru November 8, 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!"

