

Weekly Menu for Tobey-Kendel Dining Room

Week of September 14-20, 2009

Breakfast

- Mon 9/14** Entrées: Eggs/Omelettes to Order, Waffles, French Toast, Canadian Bacon, Breakfast Potatoes
Pastries: Blueberry Muffins
- Tue 9/15** Entrées: Eggs, Waffles, Cinnamon Raisin or Buttermilk Pancakes, Italian Style Breakfast Sausage, Tri Tators
Pastries: Cinnamon Twist
- Wed 9/16** Entrées: Eggs/Omelettes to Order, Waffles, Breakfast Bagel Sandwiches, Bacon, Hashbrowns
Pastries: German Apple Coffee Cake
- Thu 9/17** Entrées: Eggs/Omelettes to Order, Breakfast Burritos, *Green Chili, Grilled Ham, Tater Tots
Pastries: Apple Turnovers
- Fri 9/18** Entrées: Eggs, Baked Eggs with Ham & Onion or Tomato & Basil, Waffles, Sausage Patties, Potatoes O'Brien
Pastries: Zucchini Bread

Lunch

- Mon 9/14** Soup: Potato Corn Chowder
Home Plate: Italian Meatloaf Sandwiches, Cheesy Potatoes
Pizzeria: Cheese, Pepperoni, Sausage & Pepperoni, & Cinnamon
Wok & Roll: Yakisoba, Brown Rice, Stir-Fry Veggies
The DASH: Moroccan Chicken, Quinoa Pilaf, Carrots
Grille: Chicken or Cheese Quesadillas, Spanish Rice, Beans
Dessert: Blonde Brownie Delight
- Tue 9/15** Soup: Creamy Wild Mushroom Soup
Home Plate: Chili Bar
The DASH: Chipotle Honey Pork Loin, Baked Acorn Squash
Que Pasa: Chicken Mole Burritos, Cumin Rice, Frijoles Negros
Grille: Charbroiled Hamburgers, *Veggie Burgers, Infinity Fries
Panini Grill: Specialty Cuban or Ultimate Cheese Panini
Dessert: Assorted Cookies
- Wed 9/16** Soup: Brazilian Lentil Soup
Home Plate: Macaroni & Cheese Bar
Prima Pasta: Jambalaya Pasta^{TOH}, Breaded Ravioli
Wok & Roll: Moo Goo Gai Pan, Sticky Rice, Stir-Fry Veggies
The DASH: Spicy Baked Salmon, Wild Rice, Peas & Carrots
Grille: Blackened Chicken Sandwiches, Hushpuppies
Dessert: White Cupcakes
- Thu 9/17** Soup: Italian Vegetable Soup
Home Plate: Bacon Cheddar Chicken, Broccoli Rice Casserole
Pizzeria: Cheese, Pepperoni, BLT, Bell Pepper Alfredo
The DASH: Mojo Beef Kebabs, Oven Fries, Grilled Veggies
Grille: Sausage Bar, Corn Dogs, Grilled Cheese, Infinity Fries
Panini Grill: Beef Cheddar & Sundried Tomato or Ultimate Cheese
Dessert: Candy Bar Brownies
- Fri 9/18** Soup: Chicken & Dumpling Soup
Home Plate: Parmesan Steak, *Eggplant Rolatini, Wild Rice
Wok & Roll: Cheng Du Chicken, Fried Rice, Veggie Blend
The DASH: Peruano Bean & Pork, Baked Yams, Wilted Spinach
Que Pasa: Chili Relleno, *Green Chili, Ancho Rice, Red Beans
Grille: Hot Italian Chicken & Pepper Sandwiches, Fries
Dessert: Assorted Cookies
- Sat 9/19** Soup: Soup Du Jour
Home Plate: Eggs Benedict, Kielbasa, Hashbrowns, Waffles
Pizza: Pepperoni, Cheese, Pepperoni & Ham, or Tomato Herb
Wok & Roll: Flambeed Peach & Mint, or Berry Medley Crepes
The DASH: Beef Flank Steak, Brown Rice, Roasted Veggies
Grille: Eggs/Omelettes to Order, Grilled Cheese
Dessert: Bear Claws, Angel Food Cake w/ Chocolate Frosting
- Sun 9/20** Soup: Soup Du Jour
Home Plate: Egg & Cheese Pockets, Sausage, Potatoes, Waffles
Wok & Roll: Fruit Smoothie Bar
The DASH: Carved Turkey, Citrus Brown Rice, Green Beans
Que Pasa: Breakfast Burritos, Chipotle Rice, 3 Bean Blend
Grille: Eggs/Omelettes to Order, Grilled Cheese
Dessert: Cherry Turnovers, Chocolate Cream Pie

Dinner

- Mon 9/14** Soup: *Vegetarian Posole
Home Plate: Baked Cod, *Veggie Strudel, Wild Rice Blend
Prima Pasta: Meatball Bar, *Pasta Bar, *Veggie Pasta
Wok & Roll: Thai Basil Chicken, Sticky Rice, Stir-Fry Veggies
The DASH: Beef Barbacoa Tacos, Spanish Brown Rice, Carrots
Grille: Jerk Chicken, Grilled Cheese, SW Scalloped Potatoes
Dessert: Marble Cake
- Tue 9/15** Soup: Hearty Vegetable Beef Soup
Home Plate: Turkey Pot Pie, Two Cheese Noodle Bake, Veggies
Wok & Roll: Beef Lo Mein, Fried Rice, Stir-Fry Veggies
The DASH: Grilled Mahi Mahi, Grilled Sweet Potatoes
Que Pasa: Mixiote Pork, Herbed Rice, Spicy Red Beans
Grille: Grecian Chicken, Hungarian Saffron Rice, Grilled Veggies
Dessert: Black Forest Layer Cake
- Wed 9/16** Soup: Navy Bean Soup
Home Plate: Chicken Fried Chicken, Mashed Potatoes & Gravy
Pizzeria: Cheese, Pepperoni, Sausage & Olive, & *Veggie Pizza
The DASH: Asparagus Beef Saute, Brown Rice, Broccoli
Grille: Tuna Steak, Fried Yucca, Broccoli w/ Red Peppers
Panini Grill: Turkey Pesto Swiss or Ultimate Cheese Panini
Dessert: Angel Food Cake w/ Strawberry Glaze
- Thu 6/17** Soup: Chicken Noodle Soup
Home Plate: Turkey Marsala, Basil Risotto Cakes, Veggies
Prima Pasta: Braised Beef Ragout, *Pasta Bar, Veggies
Wok & Roll: Emperor Chicken, Sticky Rice, Stir-Fry Veggies
The DASH: Chardonnay Poached Chicken, Potatoes, Beans
Grille: Sausage Links, French Toast Sticks, Tri Tators
Dessert: White Cake
- Fri 9/18** Soup: Tomato Bisque
Home Plate: Carved Smoked Brisket, Tofu Quiche, Corn
Pizzeria: Cheese, Pepperoni, Cook's Specialty Meat or *Veggie
Wok & Roll: Teriyaki Pork, Steamed Jasmine Rice, Veggies
The DASH: Lemon Chicken, Quinoa Pilaf, Grilled Tomatoes
Grille: Citrus Ginger Glazed Salmon, Roasted Sweet Potatoes
Dessert: Chocolate Boston Cream Cake
- Sat 9/19** Soup: Spanish Three Bean Soup
Home Plate: Sauteed Beef, Stuffed Acorn Squash, Veggies
Wok & Roll: Mandarin Chicken, Steamed Rice, *Wok Veggies
The DASH: Grilled Turkey Cutlets, Baked Sweet Potatoes, Corn
Que Pasa: Cheese Chicken Enchiladas^{TOH}, Red Chile Rice
Grille: Pork Chops, Grilled Cheese, Spicy Waffle Fries
Dessert: Peach Pie
- Sun 9/20** Soup: Chicken Andouille Gumbo
Home Plate: Honey Stung Chicken, Swiss Mac & Cheese
Prima Pasta: Arrabiata Pork, *Pasta Bar, *Veggie Pasta
Wok & Roll: Hanoi Style Fish, Sticky Rice, Veggie Blend
The DASH: Baked Tilapia, White Beans, Wilted Spinach
Grille: Chicken Fajitas, Black Beans & Tomatoes, Cilantro Rice
Dessert: Coconut 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.

University Center Food Court

Lunch: Mon - Fri, 11:00 a.m. - 1:00 p.m.

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

Tobey-Kendel Dining Room

**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!"

