

# Weekly Menu for Tobey-Kendel Dining Room

Week of September 21 - 27, 2009

## Breakfast

- Mon 9/21** Entrées: Eggs/Omelettes to Order, Waffles, Sausage Patties, Hashbrowns, Buttermilk Pancakes  
Pastries: Orange Cranberry Muffins
- Tue 9/22** Entrées: Eggs/Omelettes to Order, Waffles, Egg & Cheese Biscuits, Bacon, Lyonnaise Potatoes  
Pastries: Cheese Danishes
- Wed 9/23** Entrées: Eggs/Omelettes to Order, Waffles, Biscuits with Sausage or Meatless Gravy, Sausage Links, Home Fries  
Pastries: Cinnamon Rolls
- Thu 9/24** Entrées: Eggs/Omelettes to Order, Waffles, Apple or Buttermilk Pancakes, Kielbasa, Breakfast Potatoes  
Pastries: Pumpkin Muffins<sup>TOH</sup>
- Fri 9/25** Entrées: Eggs/Omelettes to Order, Waffles, Caramel Soaked French Toast<sup>TOH</sup>, Grilled Ham, Tri Tators  
Pastries: Chocolate Chip Muffins

## Lunch

- Mon 9/21** Soup: American Bounty Vegetable Soup  
Home Plate: Chicken Strips, \*Vegan Stuffed Peppers  
Wok & Roll: Broccoli Beef, Fried Rice, Stir-Fry Veggies  
The DASH: Broiled Sesame Cod, Brown Rice, Stir-Fry Veggies  
Que Pasa: Cilantro Lime Chicken Burritos, Spanish Rice  
Grille: Charbroiled Hamburgers, Veggie Burgers, Onion Rings  
Dessert: Assorted Cookies
- Tue 9/22** Soup: Beef Barley Soup  
Home Plate: Blazin' Red Fish, \*Vegetarian Empanadas  
Pizzeria: Chicken Cordon Bleu, or Mushroom & Pepper Pizza  
The DASH: Herbed Pork Loin, New Red Potatoes, Veggie Blend  
Grille: Grilled Southwest Beef Wrap, Battered Zucchini  
Panini Grill: Turkey Bacon Guacamole, Ultimate Cheese  
Dessert: Rice Krispie Treats
- Wed 9/23** Soup: Cheese & Broccoli Soup  
Home Plate: BLT Wraps, Veggie Wraps, Super Spudtacular Bar  
Prima Pasta: \*East West Lasagna, Green Beans w/Mushrooms  
Wok & Roll: Szechwan Beef, Steamed Rice, Veggies  
The DASH: Baked Tilapia, Quinoa Pilaf, Roasted Vegetables  
Grille: Hot Italian Chicken & Pepper Sandwiches, Onion Rings  
Dessert: Double Fudge Brownies
- Thu 9/24** Soup: Turkey Noodle Soup  
Home Plate: Stewed Turkey, Veggie Blend, Sweet Potatoes  
Pizzeria: Cheeseburger Pizza, \*White Spinach & Mushroom  
The DASH: Southwest Beef Pot Roast, Roasted Red Potatoes  
Grille: Asian Pulled Pork Sandwiches, Sweet Potato Fries  
Panini Grill: Chicken w/ Red Peppers, or Ultimate Cheese  
Dessert: Assorted Cookies
- Fri 9/25** Soup: Fisherman's Chowder  
Home Plate: Chicken Wing Bar, Mac & Cheese, Baked Potatoes  
Prima Pasta: \*Eggplant Parmesan, Mixed Peppers  
Wok & Roll: Lettuce Wraps, Sticky Rice  
The DASH: Grilled Jerk Chicken, Cilantro Lime Wild Rice  
Grille: French Dip Sandwiches, Steak Fries  
Dessert: Baker's Choice
- Sat 9/26** Soup: Soup Du Jour  
Home Plate: Eggs Benedict, Sausage Patties, Hashbrowns  
Wok & Roll: Fresh Fruit Smoothie Bar  
The DASH: Spicy Baked Salmon, Brown Rice, Wilted Spinach  
Qué Pasa: \*Breakfast Burritos, Cilantro Rice, Spicy Red Beans  
Grille: Eggs/Omelettes to Order, Grilled Cheese, Waffle Bar  
Dessert: Cinnamon Rolls, Cheesecake
- Sun 9/27** Soup: Soup Du Jour  
Home Plate: Cinnamon Raisin French Toast, Sausage, Potatoes  
Pizzeria: Meat Frenzy, \*Artichoke Sundried Tomato Feta  
Wok & Roll: Frappuccino Bar  
The DASH: Baked Chicken, Baked Butternut Squash, Beans  
Grille: Eggs/Omelettes to Order, Grilled Cheese, Waffle Bar  
Dessert: Coffee Cake, Dutch Apple Pie

## Dinner

- Mon 9/21** Soup: New England Clam Chowder  
Home Plate: Yankee Pot Roast, \*BBQ Tofu, Mashed Potatoes  
Prima Pasta: Italian Sausage & Peppers, \*Pasta Bar  
Wok & Roll: Sesame Chicken, Steamed Rice, Veggies  
The DASH: Apple Orchard Pork Chops, Baked Sweet Potatoes  
Grille: Grecian Beef Pitas, Sautéed Zucchini, Grecian Grain  
Dessert: Pumpkin Pie
- Tue 9/22** Soup: Creamy Potato Chive Soup  
Home Plate: Braised Beef Short Ribs, \*Italian Vegetable Pie  
Pizzeria: White Bacon, \*Vegetable Pesto  
Wok & Roll: Polynesian Chicken, Steamed Jasmine Rice  
The DASH: Cod En Papillote, Quinoa Medley, Green Beans  
Grille: Scrambled Eggs, Sausage Patties, French Toast Sticks  
Dessert: Carrot Cake with Cream Cheese Icing
- Wed 9/23** Soup: Carrot Ginger Soup  
Home Plate: Italian Breaded Pork Chops, \*Moussaka, Corn  
Pizzeria: BBQ Pork Pizza, Olive & Tomato Pizza  
The DASH: Chili-Rubbed Beef Roast, Wild Rice, Veggie Blend  
Grille: Cajun Catfish, Hush Puppies, Red Beans & Rice  
Panini Grill: Specialty Club or Ultimate Cheese Panini  
Dessert: Chocolate Cream Pie
- Thu 9/24** Soup: Lentil Stew  
Home Plate: Jamaican Jerk Pork Loin, \*Vegetables Au Gratin  
Prima Pasta: Chicken Parmesan, Zucchini & Yellow Squash  
Wok & Roll: Kung Pao Beef, Brown Rice, Veggies  
The DASH: \*Curry Eggplant, Jasmine Rice, Stir-Fry Veggies  
Grille: Philly Steak Sandwiches, Herbed Tomatoes, Steak Fries  
Dessert: Dreamsicle Cake
- Fri 9/25** Soup: Cauliflower & Cheese Soup  
Home Plate: Seafood Basket Bar, \*Cabbage Roll, Wild Rice  
Wok & Roll: Moo Shu Pork, Steamed Rice, Veggies  
The DASH: Grilled Beef w/Caramelized Onions, White Beans  
Que Pasa: Ancho Chicken Burritos, Red Chile Rice  
Grille: Reuben Sandwiches, Fried German Potatoes  
Dessert: Bread Pudding<sup>TOH</sup>
- Sat 9/26** Soup: Florentine Cream Soup  
Home Plate: \*Vegetable Shepherd's Pie, Cheesy Potatoes  
Prima Pasta: Spinach & Tofu Lasagna, Broccoli & Peppers  
Wok & Roll: Kung Pao Chicken, Sticky Rice, Veggies  
The DASH: Grilled Trout w/Apple Salsa, Spaghetti Squash  
Grille: Pork Kabobs, Chipotle Honey Carrots, Fried Yucca  
Dessert: Pecan Pie
- Sun 9/27** Soup: Spicy Black Bean & Roasted Corn Soup  
Home Plate: Hot Turkey Sandwich, \*Red Pepper Polenta  
Pizzeria: Pineapple Ham or Veggie Supreme  
Wok & Roll: Sweet & Sour Pork, Steamed Rice  
The DASH: Braised Beef Ragout, Brown Rice, Roasted Beets  
Grille: Mango BBQ Chicken, Mozzarella Sticks, Baked Potato  
Dessert: Cherry 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](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

# Tobey-Kendel Dining Room

**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](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!"**

