

Weekly Menu for Tobey-Kendel Dining Room

Week of September 28 thru October 4, 2009

Breakfast

- Mon 9/28** Entrées: Eggs/Omelettes to Order, French Toast, Waffles, Sausage Patties, Potato Pancakes
Pastries: Orange Cranberry Muffins
Assorted Juices
- Tue 9/29** Entrées: Eggs/Omelettes to Order, Crab Cake Benedict, Sausage Links, Breakfast Potatoes, Waffles
Pastries: Fruit Filled Danishes
Assorted Juices
- Wed 9/30** Entrées: Eggs/Omelettes to Order, English Muffin Breakfast Sandwiches, Bacon, Waffles, Tri Tators
Pastries: Pecan Caramel Rolls
Assorted Juices
- Thu 10/1** Entrées: Eggs/Omelettes to Order, Bagel Breakfast Sandwiches, Kielbasa, Breakfast Potatoes, Waffles
Pastries: Pumpkin Muffins^{TOH}
Assorted Juices
- Fri 10/2** Entrées: Eggs/Omelettes to Order, Sausage or Plain Breakfast Braids, Grilled Ham, Tater Tots, Waffles
Pastries: Orange Cranberry Muffins
Assorted Juices

Lunch

- Mon 9/28** Soup: Chipotle Vegetable Stew
Home Plate: Swedish Meatballs, *Marinated Eggplant Tofu
Wok & Roll: Spring Rolls, Stir-Fry Veggies
The DASH: Beef w/ Roasted Peppers, Rissoto Cake, Green Beans
Que Pasa: Pork or Tofu Tamales, Arroz A La Mexicana
Grille: Blackened Chicken Sandwiches, Hush Puppies
Dessert: White Cupcakes
- Tue 9/29** Soup: Ale Cheese Soup
Home Plate: Chicken Cordon Bleu, *Potato Skins, Veggie Blend
Pizzeria: Southwest Chicken Pizza, Zucchini & Tomato Pizza
The DASH: Honey Mustard Pork Loin, Grilled Sweet Potatoes
Grille: Italian Sausage Sandwiches, Grille Cheese, Onion Rings
Panini Grill: Southwest Beef, Ultimate Cheese, Fried Chips
Dessert: Chocolate Brownies
- Wed 9/30** Soup: *Soup Du Jour
Home Plate: Super Nacho Bar
Prima Pasta: Italian Sausage Lasagne, *Pasta Bar, Veggie Pasta
Wok & Roll: Tofu Pad Thai, Chicken Pad Thai, Hot & Sour Soup
The DASH: Lemon Basil Chicken, Quinoa Veggie Medley
Grille: Grilled Turkey Bacon Avacodo Swiss Sandwiches, Fries
Dessert: Assorted Cookies
- Thu 10/1** Soup: Spiced Almond Acorn Bisque
Home Plate: Southwest Beef Pockets, Mushroom Quiche
Pizzeria: Colorado Potato Pizza, Cilantro Green Chili Pizza
The DASH: Asian Pork Loin, Brown Rice Pilaf, Stir-Fry Veggies
Grille: Fish Sandwiches, Grilled Cheese, Bear Fries
Panini Grill: Turkey Pesto Swiss, Ultimate Cheese, Fried Chips
Dessert: Pumpkin Bars
- Fri 10/2** Soup: Florentine Cream Soup
Home Plate: Beer Battered Cod, Broccoli Rice Casserole
Wok & Roll: Sweet & Sour Chicken, Sticky Rice, Stir-Fry Veggies
The DASH: Acapulco Catfish, Baked Yams, Grilled Tomatoes
Que Pasa: Chipotle Beef Burritos, Ancho Rice, Anasazi Beans
Grille: Italian Chicken, Grilled Cheese, Sour Cream & Onion Fries
Dessert: Assorted Cookies
- Sat 10/3** Soup: Soup Du Jour
Home Plate: Monte Cristo Sandwiches, Bacon, Hashbrowns
Pizzeria: *Grilled Veggie Pizza, Ham & Pepperoni Pizza
Wok & Roll: Frappuccino Bar
The DASH: Baked Salmon, Wild Rice Blend, Stir-Fry Veggies
Grille: Eggs/Omelettes to Order, Grilled Cheese, Waffle Bar
Dessert: Apple Strudel Sticks
- Sun 10/4** Soup: Soup Du Jour
Home Plate: Quiche, Potato Pancakes, Kielbasa, Waffles
Prima Pasta: Waffle Bar, Eggs/Omelettes to Order
Wok & Roll: Fresh Fruit Smoothie Bar
The DASH: Pork Loin, Roasted Red Potatoes, Baby Carrots
Que Pasa: *Breakfast Burritos, Cumin Rice, *Green Chili
Dessert: Lemon Meringue Pie, Cinnamon Rolls

Dinner

- Mon 9/28** Soup: Meatless Chili
Home Plate: Corned Beef, *Krautburger, Carrots, Cabbage
Wok & Roll: Beef or Veggie Stir-Fry, Steamed Rice
The DASH: Chicken, Spaghetti Squash with Tomatoes, Peas
Que Pasa: Chicken & Green Chile Burritos, Chipotle Rice
Grille: Beef Kebabs, Couscous, Grilled Zucchini, Grilled Cheese
Dessert: Chocolate Cake
- Tue 9/29** Soup: Vegetarian Stew
Home Plate: Beef Stroganoff, Veggie Turnovers, Broccoli Bake
Prima Pasta: Turkey Putenesca, *Pasta Bar, *Veggie Pasta
Wok & Roll: Cashew Chicken, Brown Rice, Stir-Fry Veggies
The DASH: Grilled Cape Capensis, Quinoa Pilaf, Veggie Blend
Grille: Chicken or Cheese Quesadillas, Red Chile Rice, Pepi Corn
Dessert: Banana Cream Pie
- Wed 9/30** Soup: Split Pea Soup
Home Plate: BBQ Chicken, Chili Cheese Tofu, Corn on the Cob
Pizzeria: BBQ Chicken Pizza, Mushroom Marinara Pizza
The DASH: Peruano Beans & Pork, Brown Rice, Spinach
Grille: Scrambled Eggs, Kielbasa, Pancakes
Panini Grill: Specialty Grilled Veggie or Ultimate Cheese
Dessert: Apple Raisin Spice Cake with Maple Frosting
- Thu 10/1** Soup: Hearty Vegetable Beef Soup
Home Plate: Chicken Fried Steak, Peanut Crusted Tofu, Veggies
Wok & Roll: Sesame Shrimp, Sticky Rice, Stir-Fry Veggies
The DASH: Chili-Rubbed Beef Roast, Grilled Polenta
Que Pasa: Chicken Soft Tacos, Red Chile Rice, Spicy Red Beans
Grille: Crab Cakes, Steamed New Potatoes, Corn on the Cob
Dessert: White Cake
- Fri 10/2** Soup: Minestrone Soup
Home Plate: Glazed Ham, Veggie Empanadas, Rice Florentine
Pizzeria: Italian Sausage Link & Roma, Cook's Specialty Veggie
Wok & Roll: Lemon Chicken, Jasmine Rice, Stir-Fry Veggies
The DASH: Grilled Mahi Mahi, Citrus Brown Rice
Grille: Beef or Veggie Fajitas, Refried Beans, Cilantro Rice
Dessert: Strawberry Short Cake
- Sat 10/3** Soup: *Soup Du Jour
Home Plate: Chef's Choice Entrée, Zucchini, Au Gratin Potatoes
Prima Pasta: Meat Lasagne, *Pasta Bar, *Veggie Pasta
Wok & Roll: Hunan Beef, Steamed Rice, Wok Veggies
The DASH: Chicken Charoses, Amaranth Potatoes, Peas/Onions
Grille: Grilled Cheese Bar, Onion Rings, Broiled Herb Tomatoes
Dessert: Coconut Cream Pie
- Sun 10/4** Soup: Chicken & Dumpling Soup
Home Plate: Roast Turkey, Corn Fritters, Wilted Spinach
Pizzeria: Sausage & Pepperoni or Roasted Red Pepper & Basil
Wok & Roll: Peanut Chicken, Sticky Rice, Stir-Fry Veggies
The DASH: Sauteed Beef, Baked Potatoes, Asparagus Blend
Grille: Grilled Pork Chops, Wild Rice Blend, Apple Chutney
Dessert: Blueberry Dessert^{TOH}

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 28
thru October 4, 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!"

