

Weekly Menu for Tobey-Kendel Dining Room

Week of October 5 - 11, 2009

Breakfast

- Mon 10/5** Entrées: Eggs/Omelettes to Order, Waffles, Eggs Benedict, Canadian Bacon, Potatoes O'Brien
Pastries: Raisin Bran Muffins
- Tue 10/6** Entrées: Eggs/Omelettes to Order, Waffles, Buttermilk or Chocolate Chip Pancakes, Bacon, Hashbrowns
Pastries: Apple Streusel Coffee Cake
- Wed 10/7** Entrées: Eggs/Omelettes to Order, Waffles, French Toast Sticks, Grilled Ham, Breakfast Potatoes
Pastries: Apple Strudel Sticks
- Thu 10/8** Entrées: Eggs/Omelettes to Order, Biscuits with Meatless or Sausage Gravy, Sausage Links, Western Potatoes, Waffles
Pastries: Banana Bread
- Fri 10/9** Entrées: Eggs/Omelettes to Order, Ham Egg and Cheese English Muffins, Sausage Patties, Potato Pancakes, Waffles
Pastries: Pear and Toasted Almond Scones

Lunch

- Mon 10/5** Soup: Curry Cauliflower Soup
Home Plate: BBQ Pork Sandwiches, Caesar Salad Wraps
Wok & Roll: Emperor Chicken, Brown Rice, *Stir-Fry Veggies
The DASH: Baked Tilapia, Steamed Rice, Black Beans
Que Pasa: Beef Fajrito Burritos, Spanish Rice, Refried Beans
Grille: Beef Gyros, Grilled Cheese, Curly Fries
Dessert: Apple Crisp
- Tue 10/6** Soup: Creamy Tarragon Chicken Soup
Home Plate: Catfish Strips, *Etoufee, Zucchini Creole, Rice
Pizzeria: Sausage Link & Black Olive, Bell Pepper & Mushroom
The DASH: Caribbean BBQ Pork Loin, Grilled Sweet Potatoes
Grille: Santa Fe Chicken Sandwich, Sour Cream & Onion Fries
Panini Grill: Specialty Muffaletta or Ultimate Cheese Panini
Dessert: Assorted Cookies
- Wed 10/7** Soup: Turkey and Wild Rice Soup
Home Plate: Super Spudtacular Bar
Prima Pasta: Italian Sausage Mostaccioli, *Pasta Bar
Wok & Roll: *Veggie Pakora, Pasanda Curry Lamb, Basmati Rice
The DASH: Chicken Corn Saute, Amaranth Potatoes, Veggies
Grille: Sloppy Joes, Grilled Cheese, Spicy Waffle Fries
Dessert: Mint Frosted Brownies^{TOH}
- Thu 10/8** Soup: Broccoli & Cheese Soup
Home Plate: Chicken Strips, Mac & Cheese, *Veggie Blend
Pizzeria: Pepperoni, Cheese, Jalapeno Cheddar, Sausage
The DASH: Asparagus Beef Saute, Wilted Spinach w/ Garlic
Grille: Italian Link Sausage & Pepper Sandwiches, Bear Fries
Panini Grill: Turkey Bacon or Ultimate Cheese Panini
Dessert: Assorted Cookies
- Fri 10/9** Soup: Pumpkin Bisque
Home Plate: Hot Beef Sandwiches, *California Blend Veggies
Pizzeria: Pepperoni, Cheese, Double Sausage, or PB&J Pizza
Wok & Roll: Sushi, Miso Soup
The DASH: Green Tea Poached Chicken, Brown Rice Pilaf
Grille: Build Your Own Fajita Salad
Dessert: M&M Brownies
- Sat 10/10** Soup: Soup Du Jour
Home Plate: Carved Prime Rib, Mashed Potatoes, *Veggie Blend
Wok & Roll: Fresh Fruit Smoothie Bar
The DASH: Southwest Beef Pot Roast, Oven Brown Potatoes
Que Pasa: Breakfast Burritos, *Green Chili, Arroz A La Mexicana
Grille: Eggs/Omelettes to Order, Grilled Cheese, Waffle Bar
Dessert: Fruit Filled Danishes, Chocolate Cake
- Sun 10/11** Soup: Soup Du Jour
Home Plate: Sweet Potato Pancakes, Sausage Links, Tri Tators
Pizzeria: Italian Grilled Chicken, or Artichoke Sundried Tomato
Wok & Roll: Frappuccino Bar
The DASH: Honey Pineapple Chicken, Quinoa Pilaf
Grille: Eggs/Omelettes to Order, Grilled Cheese, Waffles
Dessert: Apple Turnovers, Carrot Cake w/ Cream Cheese Icing

Dinner

- Mon 10/5** Soup: Italian Wedding Soup
Home Plate: Beef Stroganoff, Stuffed Zucchini Ratatouille, Corn
Prima Pasta: Chicken Piccata, *Pasta Bar, *Veggie Pasta
Wok & Roll: Thai Peanut Pork, Steamed Rice, *Veggie Blend
The DASH: Herbed Pork Loin, Brown Rice w/ Red Beans
Grille: Beer Battered Cod, Fries, Grilled Cheese
Dessert: German Chocolate Cake
- Tue 10/6** Soup: French Onion Soup
Home Plate: Almond Crumb Chicken, Spinach Feta Pie
Wok & Roll: Sweet Soy Pork, Sunshine Rice, *Stir-Fry Veggies
The DASH: Citrus Ginger Salmon, Quinoa Pilaf, *Veggies
Que Pasa: Green Chile Pork Burritos, Cumin Rice, Ranch Beans
Grille: BBQ Short Ribs, Creamy Smoked Cheddar Polenta
Dessert: Fruit of the Forest Pie
- Wed 10/7** Soup: Cream of Tomato Soup
Home Plate: Assorted Meatloaf, Mashed Potatoes & Gravy
Prima Pasta: Old Fashioned Soda Shoppe
Wok & Roll: Egg Foo Young, Steamed Rice, *Egg Rolls
The DASH: Crunchy Cod, *Veggie Kebabs, Sweet Potato Fries
Grille: Hamburgers, Hot Dogs, Infinity Fries
Dessert: Raspberry Chiffon Pie, Apple Pie, Whoopie Pie
- Thu 10/8** Soup: New England Clam Chowder
Home Plate: Pork Chops, Italian Vegetable Pie, Cabbage
Prima Pasta: Roasted Red Pepper Tilapia, *Pasta Bar
Wok & Roll: Jade Beef, Fried Rice, *Stir-Fry Veggies
The DASH: Cuban Ropa Vieja Beef, Rice & Black Beans
Grille: Blackened Chicken, Grilled Cheese, Hush Puppies
Dessert: Pumpkin Pie
- Fri 10/9** Soup: Hearty Vegetable Beef Soup
Home Plate: Sautéed Herb Chicken, Mushroom Pot Pie, Rice
Pizzeria: Pepperoni, Cheese, Alfredo Tomato, or Hawaiian Pizza
Wok & Roll: Sesame Beef, Brown Rice, Stir-Fry Veggies
The DASH: Cornmeal Crusted Catfish, Wild Rice, *Veggie Blend
Grille: BBQ Pork Cutlet, Sweet Corn Cakes, Grilled Cheese
Dessert: Southern Peach Cobbler
- Sat 10/10** Soup: Meatless Chili
Home Plate: Chef's Choice Entree, Polenta Stuffed Peppers
Prima Pasta: Italian Sausage Mostaccioli, *Pasta Bar
Wok & Roll: Baked Thai Coconut Fish, Steamed Rice
The DASH: Braised Beef Ragout, Mashed Sweet Potatoes
Grille: Herbed Chicken Sandwiches, Scalloped Potatoes
Dessert: White Cake w/ Chocolate Icing
- Sun 10/11** Soup: Creamy Roasted Red Pepper Soup
Home Plate: Carved Pork Loin, Basil Risotto Cake, Carrots
Pizzeria: Pineapple Ham Pizza, White Spinach & Mushroom
Wok & Roll: Mongolian Beef, Sticky Rice, Stir-Fry Veggies
The DASH: Spicy Baked Salmon, Brown Rice, *Veggies
Grille: Sautéed Chicken, Grilled Cheese, Rice Pilaf, Zucchini
Dessert: Blueberry 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 October 5
thru October 11, 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!"

