

# Weekly Menu for Tobey-Kendel Dining Room

Week of October 12 - 18, 2009

## Breakfast

- Mon 10/12** Entrées: Eggs/Omelettes to Order, Waffles, French Toast, Canadian Bacon, Breakfast Potatoes  
Pastries: Blueberry Muffins
- Tue 10/13** Entrées: Eggs, Waffles, Cinnamon Raisin or Buttermilk Pancakes, Italian Style Breakfast Sausage, Tri Tators  
Pastries: Cinnamon Twist
- Wed 10/14** Entrées: Eggs/Omelettes to Order, Waffles, Breakfast Bagel Sandwiches, Bacon, Hashbrowns  
Pastries: German Apple Coffee Cake
- Thu 10/15** Entrées: Eggs/Omelettes to Order, Breakfast Burritos, \*Green Chili, Grilled Ham, Tater Tots  
Pastries: Apple Turnovers
- Fri 10/16** Entrées: Eggs, Baked Eggs with Ham & Onion or Tomato & Basil, Waffles, Sausage Patties, Potatoes O'Brien  
Pastries: Zucchini Bread

## Lunch

- Mon 10/12** Soup: Potato Corn Chowder  
Home Plate: Chef's Choice Entree, 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 10/13** 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: KC BBQ Brisket Sandwiches, Spicy Waffle Fries  
Panini Grill: Specialty Cuban or Ultimate Cheese Panini  
Dessert: Assorted Cookies
- Wed 10/14** Soup: Brazilian Lentil Soup  
Home Plate: Macaroni & Cheese Bar  
Prima Pasta: Jambalaya Pasta<sup>TOH</sup>, 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 10/15** 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, Fries  
Panini Grill: Beef Cheddar & Sundried Tomato or Ultimate Cheese  
Dessert: Candy Bar Brownies
- Fri 10/16** 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 10/17** 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 10/18** 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 10/12** Soup: \*Vegetarian Posole  
Home Plate: Blazin' Red Fish, \*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 10/13** 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 10/14** 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 10/16** Soup: Soup Du Jour  
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 10/17** 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<sup>TOH</sup>, Red Chile Rice  
Grille: Pork Chops, Grilled Cheese, Spicy Waffle Fries  
Dessert: Peach Pie
- Sun 10/18** 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](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 October 12  
thru October 18, 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!"**

