

Weekly Menu for Tobey-Kendel Dining Room

Week of October 19 - 25, 2009

Breakfast

- Mon 10/19** Entrées: Eggs/Omelettes to Order, Waffles, Sausage Patties, Hashbrowns, Buttermilk Pancakes
Pastries: Orange Cranberry Muffins
- Tue 10/20** Entrées: Eggs/Omelettes to Order, Waffles, Egg & Cheese Biscuits, Bacon, Lyonnaise Potatoes
Pastries: Cheese Danishes
- Wed 10/21** Entrées: Eggs/Omelettes to Order, Waffles, Biscuits with Sausage or Meatless Gravy, Sausage Links, Home Fries
Pastries: Cinnamon Rolls
- Thu 10/22** Entrées: Eggs/Omelettes to Order, Waffles, Apple or Buttermilk Pancakes, Kielbasa, Breakfast Potatoes
Pastries: Pumpkin Muffins^{TOH}
- Fri 10/23** Entrées: Eggs/Omelettes to Order, Waffles, Caramel Soaked French Toast^{TOH}, Grilled Ham, Tri Tators
Pastries: Chocolate Chip Muffins

Lunch

- Mon 10/19** 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 10/20** 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 10/21** 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 10/22** 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 10/23** 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 10/24** 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 10/25** 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 10/19** 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 10/20** 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 10/21** 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 10/22** 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 10/23** 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^{TOH}
- Sat 10/24** 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 10/25** 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 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 19
thru October 25, 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!"

