

# Weekly Menu for University Center Food Court

Week of August 17-23, 2009

## Lunch

The UC Food Court is open for lunch only, Monday through Friday. You are welcome to use your meal plans in any of the following locations:

### Breakfast (Monday-Friday):

Tobey-Kendel Dining Room  
Holmes Dining Hall

### Lunch (Monday-Friday):

Tobey-Kendel Dining Room  
Holmes Dining Hall  
University Center Food Court

### Dinner (Monday-Sunday):

Tobey-Kendel Dining Room  
Holmes Dining Hall

### Brunch (Saturday-Sunday):

Tobey-Kendel Dining Room  
Holmes Dining Hall

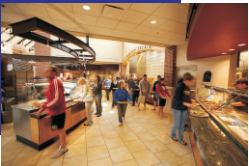
Welcome to UNC!

Fall Meal Plans begin at Dinner on  
Thursday, August 20th,  
at Tobey-Kendel Dining Room & Holmes Dining Hall.

The UC Food Court accepts meal plans  
starting at lunch on Friday, August 21st.

# 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  
Salad Bar available daily.

Menu subject to change due to product availability.

**Wed 8/19**

Display: Manicotti, Eggplant Parmesan, Italian Sausage & Peppers  
Du Jour: Emperor Chicken, Broccoli Beef, Mini Pork Eggrolls, Steamed Rice  
Pizza: Pepperoni, Cheese, or Specialty Pizza  
The DASH: Carved Pork Loin, Pesto Prosciutto Roasted Pork Loin, Beans  
with Artichokes, Garlic Green Beans  
Dessert: Rice Krispie Treats

**Thu 8/20**

Display: Parmesan Pesto Gnocchi, Pepperoni Cavatini, \*Pasta Bar  
Du Jour: Chicken Strips, Grilled Chicken Sandwiches, Infinity Fries, Veggies  
Pizza: Pepperoni, Cheese, or Specialty Pizza  
The DASH: Rosemary Dijon Beef Tips, Polenta, Vegetarian Eggplant  
Ratatouille, Wild Rice Blend, Sautéed Baby Carrots and Peppers  
Dessert: Chocolate Brownies

**Fri 8/21**

Display: Fettuccini Primavera, Italian Sausage & Peppers, \*Veggie Pasta  
Du Jour: Beer Battered Cod, Roasted Red Pepper Tilapia on Southwest  
Orzo, Hush Puppies, Spicy Waffle Fries  
Pizza: Pepperoni, Cheese, or Specialty Pizza  
The DASH: Turkey Cutlets with Mango Salsa, Quinoa Medley with Roasted  
Corn and Carmelized Onions, Grilled Eggplant, Spaghetti Squash  
Dessert: Bakers Choice

Lunch @ The University Center Food Court

# 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.

*(Brunch replaces breakfast and lunch on weekends)*

### **University Center Food Court**

Lunch: Mon - Fri, 11:00 a.m. - 1:00 p.m.

*(Closed for breakfast, dinner, and weekends.)*

## 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

# University Center Food Court

**Week of August 17  
thru August 23, 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!”**

