

# Weekly Menu for University Center Food Court

Week of September 21 - 25, 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

## 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.

**Mon 9/21**

Soup: \*Minestrone Soup  
Display: \*Manicotti, \*Pasta Bar, Meatballs, \*Veggie Blend, Breadsticks  
Du Jour: Chicken Strips, Club Sandwich Wrap, Infinity Fries, Mac & Cheese  
Pizza: Pepperoni Pizza, Cheese Pizza  
The DASH: Asparagus Beef Saute, Quinoa Roasted Corn and Carmelized Onion  
Medley, Minted Baby Carrots  
Dessert: Assorted Cookies

**Tue 9/22**

Soup: Cream of Broccoli  
Display: Chicken Tortellini Pesto Pasta, Italian Sausage & Peppers, \*Veggie Pasta  
Du Jour: Charbroiled Hamburgers, \*Veggie Burgers, Battered Wedge Fries, Sautéed Peppers and Onions, Mozzarella Sticks  
Pizza: Pepperoni, Cheese, Specialty Pizza, Sausage or Black Olive Calzones  
The DASH: Carved Pork Loin, \*Stuffed Cabbage Rolls, \*Veggie Blend  
Dessert: Pumpkin Swirl Cheesecake<sup>TOH</sup>

**Wed 9/23**

Soup: Spanish Three Bean Soup  
Display: Meat Lasagne, \*Pasta Bar, \*Veggie Pasta  
Du Jour: Chicken & Cheese Flautas, Pork Tamales, Spicy Waffle Fries, \*Green Chili  
Pizza: Pepperoni Pizza, Cheese Pizza  
The DASH: Cornmeal Crusted Catfish, \*Vegetarian Stuffed Peppers, \*Red Beans with Rice, \*Wilted Spinach with Cherry Tomatoes  
Dessert: Chocolate Cake

**Thu 9/24**

Soup: New England Clam Chowder  
Display: Parmesan Pesto Gnocchi, Italian Sausage & Peppers, \*Veggie Pasta  
Du Jour: Honey Stung Chicken, Barbecued Pork Sandwiches, Battered Wedge Fries, Cheesy Potatoes  
Pizza: Pepperoni Pizza, Cheese Pizza, Pepperoni or Green Pepper Calzones  
The DASH: Carved Turkey, Grilled Red Pepper Polenta, Baked Sweet Potatoes  
Dessert: Chocolate Brownies

**Fri 9/25**

Soup: Soup Du Jour  
Display: Southwest Chicken Macaroni & Cheese, \*Pasta Bar, \*Veggie Pasta  
Du Jour: Hot Dogs, Corn Dogs, Beer Bratwurst, Infinity Fries, \*Baked Beans  
Pizza: Pepperoni Pizza, Cheese Pizza  
The DASH: Tomato Basil Salmon, \*Vegetarian Stuffed Peppers, \*Broccoli & Mushroom Stir-Fry, Brown Rice with Green Onions, Ratatouille Nicoise  
Dessert: Baker's 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.

### 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

# University Center Food Court

**Week of September 21  
thru September 25, 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!"**

