

Weekly Menu for University Center Food Court

Week of October 5 - 9, 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 10/5

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

Tue 10/6

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 or Cheese Pizza, Sausage or Black Olive Calzones
The DASH: Carved Pork Loin, *Stuffed Cabbage Rolls, *Veggie Blend
Dessert: Pumpkin Swirl Cheesecake^{TOH}

Wed 10/7

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

Thu 10/8

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 or Cheese Pizza, Pepperoni or Green Pepper Calzones
The DASH: Carved Turkey, Grilled Red Pepper Polenta, Baked Sweet Potatoes
Dessert: Chocolate Brownies

Fri 10/9

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, Cheese, or Specialty Pizza
The DASH: Tomato Basil Salmon, *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 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

University Center Food Court

**Week of October 5
thru October 09, 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!"

