

Weekly Menu for University Center Food Court

Week of October 12 - 16, 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 10/12

Soup: *Cream of Tomato Soup
Display: Stuffed Shells, Italian Sausage & Peppers, *Veggie Pasta
Du Jour: Charbroiled Hamburgers, *Veggie Burgers, Infinity Fries
Pizza: Pepperoni, Cheese, or Specialty Pizza
The DASH: Grilled Jerk Chicken, Grilled Red Pepper Polenta, Mashed Sweet Potatoes, Wilted Spinach with Garlic
Dessert: Assorted Cookies

Tue 10/13

Soup: Chicken Noodle Soup
Display: Italian Sausage Mostaccioli, Meatballs, *Pasta Bar, *Veggie Pasta
Du Jour: Honey Stung Chicken, Spicy Wings, Waffle Fries, Cheesy Potatoes
Pizza: Pepperoni or Cheese Pizza, Mushroom or Sausage Calzones
The DASH: Carved Beef Flank Steak, *Vegetarian Shepherd's Pie, *Brown Rice Pilaf with Green Onion, *Stuffed Zucchini Ratatouille
Dessert: Apple Pie

Wed 10/14

Soup: Potato Chowder
Display: *Eggplant Parmesan, Italian Sausage & Peppers, *Veggie Pasta
Du Jour: Emperor Chicken, Broccoli Beef, Mini Pork Eggrolls, Steamed Rice
Pizza: Pepperoni, Cheese, or Specialty Pizza
The DASH: Prosciutto Pesto Roasted Pork Loin, *Grilled Stuffed Mushrooms, Beans with Artichokes, Garlic Green Beans
Dessert: Rice Krispie Treats

Thu 10/15

Soup: Chili with Meat
Display: Pepperoni Cavatini, Meatballs, *Pasta Bar, *Veggie Pasta
Du Jour: Chicken Strips, Grilled Chicken Sandwiches, Infinity Fries, Veggies
Pizza: Pepperoni or Cheese Pizza, Pepperoni or Extra Cheese Calzones
The DASH: Rosemary Dijon Beef Tips, *Vegetarian Eggplant Rolatini, Wild Rice Blend, Sauteed Baby Carrots and Peppers
Dessert: Apple Raisin Spice Cake with Maple Frosting

Fri 10/16

Soup: Soup Du Jour
Display: Fettuccini Primavera, Italian Sausage & Peppers, *Veggie Pasta
Du Jour: Beer Battered Cod, Roasted Tilapia, Hushpuppies, Waffle Fries
Pizza: Pepperoni, Cheese, or Specialty Pizza
The DASH: Turkey Cutlets with Mango Salsa, Grilled Eggplant Stacks, Spaghetti Squash with Tomatoes, Carrots with Cumin & Basil
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 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 12
thru October 16, 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!”

