

# Weekly Menu for University Center Food Court

Week of October 26 - 30, 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 10/26**

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 10/27**

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 10/28**

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 10/29**

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 10/30**

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](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 October 26  
thru October 30, 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!”**

