

On Campus Housing and Meals

Participants who choose to stay on the CU campus must purchase a **housing/meal package**. Two packages are available:

For those attending the Thursday instructor's sessions, the package includes 4 nights lodging (from Wednesday 7/8 to Sunday 7/11). with 4 breakfasts and 3 lunches, on Thursday, Friday, and Saturday. Breakfast only is provided on Sunday.

For regular participants, the package includes 3 nights lodging (from Thursday 7/9 to Sunday 7/11). with 3 breakfasts and 2 lunches, – on Friday and Saturday. Breakfast only is provided on Sunday.

The housing packages allow you to arrive the afternoon/night before class. Checkout is Sunday morning. One extra night lodging can be added to either end of a package, but no meals included.

Housing Info:

The recently renovated **Sewall Hall** (http://housing.colorado.edu/housing/h_sewall.cfm) has been assigned as the residence hall for the 2010 National Ki Aikido Seminar.

Each double/single room contains: extra long twin beds (some in bunk-bed configuration), dressers, desks, bookcases, chairs, closets, and micro-fridge (refrigerator, freezer, and microwave). Community bathrooms are on each floor. Vending machines and laundry facilities are available in the building.

The lodging package provides a bedspread, blanket, sheets, pillow, towel and washcloth, and soap. The housekeeping staff will exchange linens and towels daily (except weekends/holidays). Internet access is available in each room. No air conditioning.

Meals:

Meals will be served in the **Sewall Hall Dining Center** (http://housing.colorado.edu/dining/d_sewall.cfm).

Breakfast is served from 7:00 a.m. – 8:30a.m.

Lunch is served from 11:00 a.m. – 1:30 p.m.

A sample menu:



Premium Service Meal Package Sample Menu

	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
<i>Monday</i>	*Assorted Fruits & Juices *Hot & Cold Cereals Omelets – Chef's Choice Sausage Links *Breakfast Potatoes *Buttermilk Pancakes with Syrups Build-your-own Waffle Bar Bagels Assorted Doughnuts Honey Bran Muffins	Soup du Jour with Artisan Breads Breaded Chicken Breast w/ Dijon Honey & BBQ Sauces, Lettuce & Tomato on a Sesame Kaiser Roll American Goulash *Oven Roasted Tofu w/ Fresh Vegetables *Au Gratin Potatoes *Vegetable du Jour Assorted Salads & Fruits *DELI BAR M&M or Macaroon Cookies	Top Round w/ Sautéed Mushrooms & au Jus Crispy Cod w/ Tartar Sauce *Fresh Vegetable Pasta Primavera *Roasted Garlic Mashed Potatoes *Scandinavian Vegetables *Whole Kernel Corn Dinner Rolls Assorted Salads and Fruits Devil's Food Cake Peach Pie
<i>Tuesday</i>	*Assorted Fruits & Juices *Hot & Cold Cereals Scrambled Eggs Bacon Strips *Breakfast Potatoes *Waffles with Syrups Build-your-own Waffle Bar Bagels Strawberry Coffee Cake Cinnamon Rolls	Soup du Jour with Artisan Breads Grilled Philly Steak Sandwich w/ Peppers & Onions *BBQ Tofu *Baked Potato Bar with Assorted Toppings *Crinkle Cut Fries *Vegetable du Jour Assorted Salads & Fruits *DELI BAR Snickerdoodles or Double Chocolate Butterscotch Cookies	Italian Pasta Bar: Stuffed Shells & Pasta du Jour w/ *Marinara, Chicken Alfredo and *Basil Pesto Sauces Italian Sausage *Oven Roasted Balsamic Vegetables Assorted Salads and Fruits Breadsticks Spanish Bar Cake Cannoli's
<i>Wednesday</i>	*Assorted Fruits & Juices *Hot & Cold Cereals Scrambled Eggs Baked Ham Slices *French Toast with Syrups *Breakfast Potatoes Build-your-own Waffle Bar Bagels Assorted Doughnuts Raisin Bran Muffins	Soup du Jour with Artisan Breads Beef or Vegetable Burritos Jalapeno Poppers Potato Crusted Pollack *Cheese Enchiladas Pork Green Chili *Refried Beans *Spanish Rice *Flour Tortillas Assorted Salads & Fruits *Nacho Chips *DELI BAR Walnut Cookies Rocky Road Nut Brownies	Roast Loin of Pork with Chef's Choice Sauce Grilled Trout Almandine *Stuffed Peppers *Roasted Rosemary Potatoes *Green Peas *Baby Carrots Assorted Salads and Fruits Sesame Rolls Carrot Cake w/ Cream Cheese Icing Apple Pie
<i>Thursday</i>	Assorted Fruits & Juices *Hot & Cold Cereals Omelets – Chef's Choice Bacon Strips *Breakfast Potatoes *Multi Grain Waffles with Syrups Build-your-own Waffle Bar Bagels Assorted Mini Danish Glazed Scones	Beef & Vegan Chili Fish & Chips Hot Dogs *Four Cheese Rigatoni *Garden Burgers *Wedge Fry Bar *Vegetable du Jour Assorted Salads & Fruits *DELI BAR Reese's Pieces Cookies Raspberry Almond Bars	Italian Chicken Breast Baked Herbed Salmon *Sun-dried Tomato Tofu w/ Vegetable Orzo Medley *Wild Rice Blend *Summer Squash & Tomatoes Assorted Salads and Fruits Focaccia Bread Summer Fruit Tart Marsala Cheesecake
<i>Friday</i>	*Assorted Fruits & Juices *Hot & Cold Cereals Scrambled Eggs Biscuits & Sausage Gravy *Breakfast Potatoes *Belgian Waffles with Syrups Build-your-own Waffle Bar Bagels Assorted Doughnuts Pecan Rolls	Soup du Jour with Artisan Breads Asian Bowl w/ Chicken Strips, *Marinated Tofu and *Chef's Choice Noodle or Rice Chef's Choice Assorted Sauces and Broths Sushi *Baked Yams *Vegetable Spring Rolls *Asian Stir Fry Vegetables *DELI BAR Assorted Salads & Fruits Cherry Chip or Chocolate Cookies	BBQ Ribs Chefs Choice Entrees Red Hot Tofu with Rice *Sweet Potato Fries Black-eyed Peas (not vegetarian) *Baby Spinach *Corn on the Cobb Cornbread Assorted Salads and Fruits Lemon Poppy Cake Cherry Pie
<i>Saturday</i>	*Assorted Fruits & Juices *Hot & Cold Cereals Omelets – Chef's Choice Sausage Patties *Breakfast Potatoes *Blueberry Pancakes with Syrups Bagels Breakfast Pastries Build-your-own Waffle Bar	Soup du Jour Chef's Choice Entrees *Broccoli and Rice Bake *Potato du Jour *Vegetable du Jour Assorted Salads & Fruits *DELI BAR Assorted Cookies	Honey Stung Chicken Chef's Choice Entree *Indian Lentils & Orzo *Whipped Potatoes with Gravy *Baby Carrots *Seasoned Broccoli Assorted Salads and Fruits Johnny Cake w/ Honey Butter Chocolate Cream Pie
<i>Sunday</i>	*Assorted Fruits & Juices *Hot & Cold Cereals Scrambled Eggs Bacon Strips *Breakfast Potatoes *Blueberry Waffles with Syrups Bagels Breakfast Pastries Build-your-own Waffle Bar	Soup du Jour Stuffed Croissant Sandwiches – Ham & Swiss or Spinach & Feta Chef's Choice Quiche *Greek Style Eggplant *Roasted Red Potatoes *Hot Vegetable Plate Assorted Salads & Fruits Assorted Cookies	Chicken Tenders w/ BBQ and Sweet & Sour Sauce Grilled Shrimp over Saffron Rice *Chef's Choice Vegetarian Entree *Scallop Potatoes *Vegetable du Jour Assorted Salads and Fruits Biscuits Mixed Fruit Pie

*Denotes Vegetarian Items

Menus subject to change based on market conditions and product availability.