



Week#1

December 28, 2009
Thru
January 1, 2010

Welcome To Uptown Gourmet!

Mathworks

Hours of Operation
 Breakfast 7:30 - 10:30
 Lunch 11:30 - 2:00
 Break 10:30 - 11:30



	MONDAY December 28, 2009	TUESDAY December 29, 2009	WEDNESDAY December 30, 2009	THURSDAY December 31, 2009	FRIDAY January 1, 2010
Morning Glory			<u>COMPANY BREAKFAST</u> Belgian Waffles Strawberries and Whipped Cream		
Soups' On	<u>Tomato Corn and Basil</u> <u>Curried Chicken and Rice</u>	<u>Carribien Chicken and Coconut</u> <u>Artichoke Bisque</u>	<u>Lemon Chicken and Orzo</u> <u>Sweet Potato & Caramelized Onion</u>	<u>Cheddar Corn Chowder with Pancetta</u> <u>Mediteranean Chick Pea with Rice</u> With Rice and Basil	<u>New England Clam Chowder</u> Creamy Chowder with Chunks of Potato, Clams, Celery & Onion <u>Chefs Choice</u>
Main Event	<u>Tarragon Chicken</u> Sauteed Chicken with mushrooms and a Tarragon Cream Sauce	<u>General Tso's Chicken</u> with Chunks of Chicken Broccoli and Peppers	<u>Chicken with mushroom cream sauce</u>	<u>Cranberry Oregano Chicken</u> Fresh Oregano, Garlic and Olive Oil Marinated Chicken with Cranberries and Capers	<u>Pizza By The Slice</u> A Variety of Hand Stretched Pizza By The Slice
Main Event	<u>Stuffed Flank Steak</u> With Roasted Red Pepper Sauce	<u>Spicy Garlic Beef and Snow Peas</u> with Oriental Veggies	<u>Turkey Stuffed Peppers</u> Ground Turkey and Herb Stuffed Jumbo Peppers	<u>Sauteed Chicken Marsala</u> with Domestic and Imported Mushrooms and Sweet Marsalla Wine Sauce	<u>Chicago Deep Dish</u>
Vegetarian	<u>Quinoa with Roasted Winter Vegetables</u> and fresh Fennel	<u>Falafel Gyros</u> Red Bean Falafels with Homemade Yogurt Sauce	<u>Chickpea Potato Curry</u>	<u>Veggie Burger Burritos</u> Homemade Vegetarian Crumble Cut Garden Veggies in a Flour Tortilla With Salsa and Sour cream	<u>SE Olson's House Specialty</u> Maryland Crab Cake with Chioplte Sauce
Side Dishes	Southwest Rice Caesar Salad Steamed Green Beans	House Fried Rice Steamed Broccoli Greek Salad	Red Beans and Rice Steamed Broccoli Fiesta Garden Salad	Wild Rice House Salad Steamed Green Beans	Caesar Salad Steak Fries Cole Slaw
Grab & Go	<u>Beef Fajita Wrap</u> Julienne Beef, Onions, Peppers and South of the Border Spices Lettuce & Tomato	<u>Chicken Caesar Wrap</u> Grilled Breast of Chicken, Romaine Lettuce, Parmesan Cheese & Caesar Dressing	<u>Turkey Club Wrap</u> Sliced Breast of Turkey, American Cheese Bacon, Lettuce & Tomato	<u>Ham, Turkey, Swiss, Onion Wrap</u> Sliced Ham, Breast of Turkey, Swiss Cheese, Red Onion, Lettuce & Tomato	<u>Italian Cold Cut Wrap</u> A Variety of Italian Cold Cuts, Provolone Cheese, Lettuce & Tomato
Grill Fire	<u>Buffalo Chicken Paninni</u> Battered Chicken Coated with Hot & Zesty Buffalo Sauce Served With French Fries	<u>Hot Pastrami Panini</u> Sliced Pastrami with Mustard and Swiss on Rye Bread	<u>Chicken Pesto & Gouda Panini</u> 5oz Breast of Chicken Served With French Fries	<u>BBO Roast Beef Sub</u> Sliced Roast Beef and BBQ Sauce on a Roll With American Cheese	<u>Dijon Swiss Chicken Burger</u> Grilled Chicken Burger with Dijon Mustard and Swiss Cheese Served With French Fries
On a Roll	<u>Giant Subs by the Inch</u> (1)Turkey, Ham & Pepper Jack Cheese (2)Italian Cold Cuts American Cheese & Balsamic	<u>Grilled Chicken Club</u> Grilled Chicken Breast with Bacon, Lettuce and Tomato American Cheese	<u>Grilled Vegetable Greek Poket</u> Grilled Vegetables with Feta Cheese, Black Olives and Peppercini	<u>Alabamba Smoked Chicken</u>	<u>Chef's Choice</u>

Contact Jim Riley at x7528 for Catering Requests



600 Calories or Less
 Less than 600mg of Sodium
 Less than 35% Calories from Fat
 Less than 7% Saturated Fat

Less than 100 mg Cholesterol
 Whole Grains and Low Fat Dairy
 Lean Proteins
 Less than 50 Calories from Added Sugars

