



Week#2

**January 4, 2010
Thru
January 8, 2010**

Welcome To Uptown Gourmet! Mathworks

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



	MONDAY January 4, 2010	TUESDAY January 5, 2010	WEDNESDAY January 6, 2010	THURSDAY January 7, 2010	FRIDAY January 8, 2010
Morning Glory	<u>Sausage & Potato Omelet</u> A Fluffy Omelet Filled with Potatoes Sausage, Onions and Red Peppers	<u>Denver Sandwich on a Muffin</u> Eggs Scrambled with Ham, Onions and Pepper On an English Muffin	<u>COMPANY BREAKFAST</u> Hot Oatmeal Served with Brown Sugar & Raisins	<u>Fine Herb Omelet</u> A Fluffy Omelet Seasoned with Parsley, Tarragon, and Chives	<u>Blueberry Pancakes</u> Buttermilk Pancakes Flavored with Whole Blueberries
Soups' On	<u>(V) Mushroom and Lentil</u> <u>Black Bean and Sausage</u>	<u>(V) Spicy Hot and Sour Soup</u> <u>Egg Drop Soup</u>	<u>Sausage Minestrone</u> <u>Asparagus Potato Herb</u>	<u>Carrot and Ginger</u> <u>Sweet Potato Chicken and Barley</u>	<u>Manhattan Clam Chowder</u> <u>(V) Soup du Jour</u>
Main Event	<u>Parmesan Crusted Chicken</u> SE Olson's Baked Parmesan Crusted Chicken Breast	<u>Pad Thai</u> Sauteed Rice Sticks with Tamarind Based Sauce	<u>Southwest Stew on a Stick</u>	<u>Moroccan Style Chicken Pie</u>	<u>Pizza By The Slice</u> A Variety of Hand Stretched Pizza By The Slice
Main Event	<u>Curried Lamb</u> Curried Lamb in a Sweet Coconut Curry Sauce	<u>Sesame Garlic Chicken</u> with Oriental Veggies	<u>Oven Roasted Turkey</u>	<u>Baked Chicken Pesto Lasagna</u>	<u>Pepper Crusted Cat Fish</u>
Vegetarian	<u>Stuffed Eggplant Rollers</u> Fresh Baked Eggplant Slices Rolled with Ricotta Cheese and Fresh Herbs -- Finished with Plum Tomato Sauce	<u>Veggie Lo Mein</u> with Oriental Veggies	<u>Stuffed Acorn Squash</u> Roasted Corn and Quinoa Stuffed Squash With Fresh Herbs and Seasonings	<u>Meditaranean Style Quinoa</u>	<u>Rustic Calzones</u>
Side Dishes	Steamed Basmati Rice Roasted Root Vegetables Caesar Salad	Steamed Green Beans Spinach Salad Fried Rice	Butternut Squash Arugula Salad Mashed Potatoes	Basmati Rice Steamed Veggie Medley House Salad	Seasoned French Fries Blended Veggies Caesar Salad
Grab & Go	<u>Smoked Turkey/Mango Wrap</u> Smoked Turkey, Rice & Romaine Wrapped in a Flour Tortilla With Cilantro Mayo & Mango Salsa	<u>Grilled Italian Vegetable Wrap</u> Grilled Squash, Mushrooms, Carrots Onions & Peppers in a Flour Tortilla With Lettuce & Tomato	<u>Roast Beef Club Wrap</u> Sliced Roast Beef Bacon, Lettuce & Tomato	<u>Curried Chicken Salad Wrap</u> Curried Chicken Salad, Lettuce & Tomato	<u>Cajun Seafood Salad Wrap</u> Surimi Blended with Mayonnaise, Cajun Seasoning, Lemon, Celery Lettuce & Tomato
Grill Fire	<u>Fajita Burger</u> Hand Formed Beef Burger with Onions, Green Peppers & Spices Served with French Fries or Salad	<u>Baked Ham and Provolone Panini</u> Served with Honey Mustard Lettuce & Tomato Served with French Fries or Salad	<u>Hot Pastrami Panini</u> Sliced Pastrami with Mustard and Swiss Cheese on Rye Bread Served with French Fries or Salad	<u>Chef's Choice</u> Served with French Fries or Salad	<u>Tuna Melt Panini</u> With American Cheese, & Sliced Tomatoes Served with French Fries or Salad
On A Roll	<u>Giant Sub by the inch</u> (1)Italian Cold Cuts (2)Smoked Turkey, Tomato, Provolone & Tarragon Mayonnaise	<u>Roasted Vegetable Wraps</u> With Feta and Greek Dressing	<u>Spicy Chicken and Black Bean</u> With Cilantro Dressing	<u>Seafood Salad Wrap</u>	<u>Chefs Choice</u>

Uptown News

Contact Jim Riley at x7528 for Catering Requests



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

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

