



Week#3

January 11, 2010
Thru
January 15, 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 January 11, 2010	TUESDAY January 12, 2010	WEDNESDAY January 13, 2010	THURSDAY January 14, 2010	FRIDAY January 15, 2010
Morning Glory	<u>Bacon & Potato Omelet</u> A Fluffy Omelet Filled with Bacon, Potatoes & Tomatoes	<u>Western Scrambled Eggs</u> Eggs Scrambled with Diced Ham, Yellow Onions And Green Peppers	<u>COMPANY BREAKFAST</u> Vegetable Frittata Whipped Eggs and Fresh Veggies	<u>Grecian Omelet</u> A Fluffy Omelet with Roasted Onion and Peppers, Feta Cheese and Olives	<u>Huevos Rancheros</u> Scrambled Eggs Served with a Spicy Sauce of Potatoes, Green Chilies, Tomatoes and Black Olives
Soups' On	<u>Hearty Beef and Barley</u> (V) <u>Carrot Soup</u>	(V) <u>Mulagatawny Stew</u> <u>Lentils and Black Bean</u>	<u>Minestrone</u> Veggies and Italian Seasonings (V) <u>Potato and Roasted Pepper</u>	(V) <u>Butternut Bisque</u> With Cinnamon and Cream <u>Turkey Vegetable with Barley</u>	(V) <u>Tomato and Rice</u> <u>Chef's Choice</u>
Main Event	<u>Sauteed Chicken Crowley</u>	<u>Pu Pu Platter</u> Teriyaki Chicken Dumpling Pork Spare Ribs Veggie Spring Rolls	<u>Oven Roasted Turkey Breast</u> Served with Stuffing Cranberry Sauce, Smashed Potatoes and Gravy	<u>Cajun Shrimp Fricasee</u> Spicy cajun shrimp & Peppers served over rice	<u>Pizza By The Slice</u>
Main Event	<u>Linguini & Turkey Saute</u>	<u>Spicy Sesame Chicken</u> Chicken, Broccoli, Red Peppers Onions and Sesame Seeds In a Spicy Sesame Sauce	<u>Honey-Mustard Chicken</u> with Fettuccini	<u>Mexican Chicken Taco Salad</u> Fried Flour Tortilla Bowl With South-West Seasoned Chicken Variety of Delicious Toppings	<u>Salmon Cakes</u> With Lemon Aioli
Vegetarian	<u>Tomatoes Stuffed with CousCous</u>	<u>Spicy Tofu Stir Fry</u> with Straw Mushrooms	<u>Vegan Baja Black Bean Cakes</u> with Spicy Sweet Potato Sauce	<u>Tofu Taco Salad</u> Fried Flour Tortilla Bowl With South-West Seasoned Tofu Variety of Delicious Toppings	<u>Risotto with Mushrooms</u> & Sugar Snap Peas
Side Dishes	Wild Rice Steamed Peas and Baby Carrots Spinach Salad	Brown Rice Arugala Salad Steamed Oriental Vegetables	Red Bliss Smashed Potatoes Broccoli Spears House Salad	Corn O'Brien Dirty Rice Mixed Green Salad	Roasted Corn Steak Fries Cole Slaw
Grab & Go	<u>Beef Taco Salad Wrap</u> Sliced Roast Beef, Lettuce, Tomato, Onion And Cumin Infused Sour Cream	<u>Chef Salad Wrap</u> Sliced Turkey, Ham, Roast Beef Lettuce & Tomato	<u>Tuna Salad Wrap</u> House Tuna Salad Lettuce & Tomato	<u>Turkey & Cheddar Club</u> Roasted Turkey, Yellow Cheddar Crisp Bacon, Lettuce & Tomato On a Tomato Wrap	<u>House Chicken Salad Wrap</u> House Chicken and Grape Salad Lettuce & Tomato
Grill Fire	<u>Grilled Cheese & Tomato Soup Combo</u> Grilled Cheese on Texas Toast With French Fries or Salad	<u>Philly Panini Forno</u> Philly Steak, Marinara Sauteed Onions and Peppers With French Fries or Salad	<u>Fenway Italian Sausage Sub</u> Grilled Italian Sausage Served With Grilled Onions & Peppers With French Fries or Salad	<u>BBQ on th Patio</u> With French Fries or Salad	<u>Turkey Gobbler Panini</u> With Stuffing, Cranberry Mayo Tomato and Cheddar Cheese With French Fries or Salad
On A Roll	<u>Giant Subs by the Inch</u> (1)Turkey, Lettuce, Tomato, Bacon (2)Roast Beef, Swiss, Lettuce, Tomato & Red Onion	<u>Foccacia Sandwich</u> Ham, Mozzarella, Artichoke, Dijon & Mesculin Greens	<u>Pan Bagna Sandwich</u> Pesto Chicken, American Cheese, Lettuce & Tomato	<u>Foccacia Sandwich</u> Ragin' Cajun Chicken With Lettuce & Tomato	

Uptown News

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

