



Week#4

**January 18, 2010  
Thru  
January 22, 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 18, 2010	TUESDAY January 19, 2010	WEDNESDAY January 20, 2010	THURSDAY January 21, 2010	FRIDAY January 22, 2010
<b>Morning Glory</b>	<u>Sausage &amp; Potato Omelet</u> A Fluffy Omelet Filled with Potatoes Sausage, Onions, Red Peppers	<u>Denver Sandwich on a Muffin</u> Eggs Scrambled with Ham, Onions and Pepper On an English Muffin	<u>COMPANY BREAKFAST</u> <u>Hot Oatmeal</u> 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
<b>Soups' On</b>	<u>Yellow Tomato Soup with Jasmine Rice</u> <u>Escarole</u>	<u>Vidalia Onion Soup</u> <u>Sweet Potato and Caramelized Onion</u>	<u>Cajun Beef &amp; Vegetable Soup</u> <u>Spicy Black Bean and Cilantro</u>	<u>Tomato Parsnip Soup</u> <u>Sundried Tomatoes and White Bean Soup</u>	<u>Spicy White Fish Stew</u> <u>(V)Soup du jour</u>
<b>Main Event</b>	<u>Chicken Legs with Chorizo</u>	<u>Crispy Honey Chicken</u>	<u>Blackened Chicken Enchiladas</u> Blackened Chicken Wrapped In a Flour Tortilla With Homemade Enchilada Sauce	<u>Smoked Brisket Stew with Butternut</u> with Butternut Squash	<u>Pizza By The Slice</u> A Variety of Hand Stretched Pizza By The Slice
<b>Main Event</b>	<u>Chicken Picatta</u>	<u>Szechwan Tofu Stir Fry</u> Roasted Peanuts and Hot Peppers	<u>Blackened Steak Enchiladas</u> Thin Sliced Flank Steak With Homemade Enchilada Sauce	<u>Butternut Squash Ravioli</u> with a hazelnut cream sauce	<u>Rigatoni With Chicken &amp; Roasted Red Peppers</u>
<b>Vegetarian</b>	<u>Aloo Bhare Bandh Gobhi</u> Spicy Potato-Stuffed Cabbage Rolls	<u>Coconut Curry Vegetables</u>	<u>Soybean Miso Cakes</u> with a Sake Soy Reduction	<u>Hoppin John Fritters</u> with Chipotle Aioli	<u>Grilled Swordfish</u> With Smoked Tomato Jam
<b>Side Dishes</b>	Roasted Red Bliss Potatoes Broccoli in Garlic Oil House Caesar Salad	Greek Salad Steamed Green Beans Brown Rice	Brown Rice Steamed Broccoli Spears House Salad	Caesar Salad Mashed Potato Broccoli in Garlic Oil	Steak Fries Chefs Choice Spinach Salad
<b>Grab &amp; Go</b>	<u>Beef Fajita Wrap</u> Julienne Beef, Onions, Peppers and South of the Border Spices Lettuce & Tomato	<u>Ham, Turkey, Swiss, Onion Wrap</u> Sliced Ham, Breast of Turkey, Swiss Cheese, Red Onion, Lettuce & Tomato	<u>Chicken Caesar Wrap</u> Grilled Breast of Chicken, Romaine Lettuce, Parmesan Cheese & Caesar Dressing	<u>Italian Cold Cut Wrap</u> A Variety of Italian Cold Cuts, With Provolone Cheese Lettuce & Tomato	<u>Turkey Club Wrap</u> Sliced Breast of Turkey, American Cheese Bacon, Lettuce & Tomato
<b>Grill Fire</b>	<u>Buffalo Blue Cheese Turkey Burger</u> Grilled Turkey Burger With Buffalo Sauce & Blue Cheese Served With French Fries or Salad	<u>Corned Beef Reuben</u> Sliced Corned Beef, Russian Dressing Sauerkraut and Swiss Cheese Served With French Fries or Salad	<u>Buffalo Chicken Panini</u> Breaded Chicken, Hot Sauce, Blue Cheese & Tomato Served With French Fries or Salad	<u>BBO on the Patio</u>	<u>Chefs Choice</u> Served With French Fries or Salad
<b>On A Roll</b>	<u>Giant Subs By The Inch</u> (1) Turkey & Pepper Jack Cheese, Lettuce & Tomato (2) Italian Cold Cut Sub	<u>Focaccia Sandwich</u> Italian Cold Cuts with E.V. Olive Oil Balsamic Vinegar and Provolone	<u>Pan Bagna Sandwich</u> Smoked Turkey Club With Bacon, Lettuce and Tomato	<u>Focaccia Sandwich</u> Ragin' Cajun Chicken With Lettuce & Tomato	<u>Chefs Choice</u>

**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

