







Week#5

January 25, 2010
Thru
January 29, 2010

Welcome To Uptown Gourmet! MathWorks

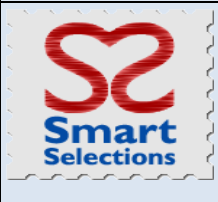
Hours of Operation
 Breakfast 7:30 - 10:30
 Lunch 11:30 - 2:00
 Break 10:30 - 11:30



	MONDAY January 25, 2010	TUESDAY January 26, 2010	WEDNESDAY January 27, 2010	THURSDAY January 28, 2010	FRIDAY January 29, 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 & Green Peppers	<u>WEDNESDAY BREAKFAST</u> French Toast Served with Maple Syrup	<u>Grecian Omelet</u> A Fluffy Omelet with Olives Onions, Peppers and Feta Cheese	<u>Huevos Rancheros</u> Scrambled Eggs Served with a Spicy Sauce of Potatoes, Green Chili's, Tomatoes and Black Olives
Soups' On	<u>(V) Moroccan Lentil Soup</u> With Cinnamon & Cilantro <u>Sweet and Sour Chicken Chili</u>	<u>(V) Garden Vegetable Soup</u> <u>Sweet Potato and Sausage Soup</u>	<u>(V) Egg Drop Soup</u> Veggie Broth with Eggs and Scallions <u>Tortilla Soup</u>	<u>Smoked Turkey and Split Pea</u> <u>(V) Tomato Corn and Basil Soup</u>	<u>New England Clam Chowder</u> <u>(V) Vegetarian Chili</u>
Main Event	<u>Chicken Vegetable Stir Fry</u>	<u>Pan Seared Tilapia</u> With Balsamic Butter 	<u>Fried Calamari Mediterranean</u> In Roasted Garlic Herb Oil With Fire Roasted Peppers	<u>Chicken Parmesan</u> Golden Fried Chicken Breast Topped with Marinara, Parmesan & Mozzarella	<u>Pizza by the Slice</u> All of your favorites!
Main Event	<u>Stuffed Meatloaf</u>	<u>Chinese Shrimp Stir Fry</u>	<u>Baked Potato Bar</u> Served with All the Toppings	<u>Pan Seared Marsalla Pork Chops</u> With a Mushroom And Marsala Wine Sauce	<u>Individual Chicago Deep Dish</u>
Vegetarian	<u>Chickpea and Spinach Curry</u> Spicy Vegan Vegetables Over Brown Rice 	<u>Pan- Fried Tofu</u> with spicy peanut sauce	<u>Three Mushroom Wellingtons</u> With Wild Mushroom Sauce	<u>Eggplant Parmesan</u> Golden Fried Fresh Eggplant Topped with Marinara, Parmesan & Mozzarella	<u>Artichoke & Spinach Lasagna</u>
Side Dishes	House Salad Mashed Potatoes Roasted Vegetables	Jasmine Rice Summer Squash and Zucchini Spinach Salad	Steak Fries Corn O'Brien Cole Slaw	Penne Pasta Roasted Italian vegetables Arugula Salad	House Salad Chef's Choice Vegetables
Grab & Go	<u>Curried Chicken Salad Wrap</u> Curried Chicken and Grape Salad, Lettuce & Tomato	<u>Roast Beef Club Wrap</u> Sliced Roast Beef Bacon, Lettuce & Tomato	<u>Blackened Chicken Caesar Wrap</u> House Specialty Caesar Salad with Blackened Chicken	<u>Smoked Turkey & Mango Wrap</u> Smoked Turkey, Rice & Romaine Wrapped in a Flour Tortilla With Cilantro Mayo & Mango Salsa 	<u>Cajun Seafood Salad Wrap</u> Surimi Blended with Mayonnaise, Cajun Seasoning, Lemon, Celery Lettuce & Tomato
Grill Fire	<u>Hot Pastrami Panini</u> Sliced Lean Pastrami with Mustard And Swiss Cheese on Rye Bread Served with French Fries or Salad	<u>Eggplant, Tomato & Mozzarella</u> Roasted Eggplant, Tomato And Mozzarella Cheese Served with French Fries or Salad	<u>Gorgonzola Burger</u> A Grilled Burger on a Bulky Roll Topped with Gorgonzola Served with French Fries or Salad	<u>Grilled Lamb Burger</u> Topped with Mint Aioli Served with French Fries or Salad	<u>Hot Italian Meatball Sandwich</u> Italian Meatballs Served on a Hoagie Roll with Marinara Sauce Served with French Fries or Salad
On A Roll	<u>Giant Sub by the inch</u> (1) Chicken, Roasted Peppers, American Served With Basil Mayonnaise (2) Fried Eggplant, Lettuce & Tom, Mozz	<u>Pancetta Turkey Club Sandwich</u> Sliced Roast Turkey with Crisp Italian Pancetta Lettuce and Tomato	<u>Greek Salad Sandwich</u> Greek Salad with Grilled Chicken Feta Cheese and Pepperoncini 	<u>Roast Beef on Focaccia</u> Roast Beef, Red Onions Russian Dressing Provolone Cheese	<u>Chef's 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

