



Week#6

**February 1, 2010
Thru
February 5, 2010**

Welcome To Uptown Gourmet! MathWorks

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



	MONDAY February 1, 2010	TUESDAY February 2, 2010	WEDNESDAY February 3, 2010	THURSDAY February 4, 2010	FRIDAY February 5, 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>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>Escarole Soup</u> <u>(V) Roasted Corn, Basil and Tomato</u>	<u>(V) French Onion Soup</u> <u>Wonton Soup</u>	<u>Vegetable Beef and Barley</u> <u>(V) Soup du Jour</u>	<u>Caribbean Pork Stew</u> <u>(V) Hearty Bean and Pasta</u>	<u>(V) Sweet Potato and Smoked Onion</u> <u>Matzah Ball Soup</u>
Main Event	<u>Sauteed Chicken Breast</u> with sweet & sour melon sauce	<u>Pu Pu Platter</u>	<u>Mushroom Garlic & Chicken Lasagna</u>	<u>Grilled Chicken Kabobs</u> Savory Grilled Chicken Skewered with Fresh Veggies Marinated and Grilled	<u>Pizza By The Slice</u> A Variety of Hand Stretched Pizza By The Slice
Main Event	<u>Baked Manicotti</u>	<u>Chinese Orange Chicken</u> Orange Glazed Chicken Breast With Cilantro-Orange Sauce	<u>Sauteed Chicken Breast</u> With Shitake Mushrooms Sun Dried Tomatoes and Pine Nuts In a Balsamic Cream Sauce	<u>Turkey Breast</u> with glazed roasted vegetables	<u>Individual Chicago Deep Dish</u> Chicago Pan Pizzas
Vegetarian	<u>Root Vegetable Pie</u> With Mushrooms And Rosemary Biscuit Topping	<u>Spicy Veggie Delight</u> Stir-Fried Tofu and Shitake In Spicy Black Bean Sauce	<u>Southern-Style Stuffed Eggplant</u> Baked Eggplant Stuffed with Beans, Vegetables & Rice & Topped With Cheddar Cheese	<u>Penne Pasta Stir Fry</u> With Broccoli Rabe, Roasted Walnuts And Pecorino Mushrooms	<u>Jamaican Jerk Salmon</u> With Sauteed Plantains
Side Dishes	House Salad Steamed Baby Carrots Wild Rice	Brown Rice Caesar Salad Steamed Oriental Vegetables	House Salad Basmati Rice Grilled Veggies	Spinach Salad Brown Rice Steamed Broccoli	Roasted Potatoes Whole Kernel Corn Sauteed Plantains
Grab & Go	<u>Beef Taco Salad Wrap</u> Sliced Roast Beef, Lettuce, Tomato, Onion & Cumin Infused Sour Cream	<u>Chef Salad Wrap</u> Sliced Turkey, Ham, Roast Beef Lettuce & Tomato	<u>Beef Taco Salad Wrap</u> Sliced Roast Beef, Lettuce, Tomato, Onion & Cumin Infused Sour Cream	<u>Chef Salad Wrap</u> Sliced Turkey, Ham, Roast Beef Lettuce & Tomato	<u>House Chicken Salad Wrap</u> House Chicken and Grape Salad Lettuce & Tomato
Grill Fire	<u>Grilled Cheese & Tomato Soup</u> Grilled Cheese on Texas Toast With French Fries or Side Salad	<u>Philly Panini Forno</u> Philly Steak, Marinara, Onions and Peppers Served with French Fries or Salad	<u>Grilled Chicken Panini</u> Tomato and Pepper with Tarragon Mayonnaise With French Fries or Side Salad	<u>Chef's Choice</u> Served with French Fries or Salad	<u>Fenway Italian Sausage Sub</u> Grilled Italian Sausage Served With Grilled Onions & Peppers With French Fries or Side 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>Focaccia Sandwich</u> Ham, Mozzarella, Artichoke, Dijon Mustard & Mesculin Greens	<u>Buffalo Chicken Wraps</u> Sauteed Buffalo Chicken with Bleu Cheese, Green Leaf And Ripe Red Tomato	<u>Greek Chicken Pockets</u> Chicken Breast with Feta, Olives, Lettuce and Peppercini In a Greek Pita Pocket	

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

