

# David's Soundview Catering

Thursday, Jan. 28, 2010

Fax: 203-363-1524 Tel: 203-363-1522

## Homemade Soups

Small \$3.75

Large \$4.75

Chicken, Vegetable and Israeli Cous  
Cous Soup

• Vegetable Minestrone

• Bowl of Chili with Mexican Cheeses

## Delicious Hot Entree Specials

<b>Chef Special</b>	Potato Crusted Cod Served over Fried Red Bliss Potatoes, Fresh Vegetables and Topped with Lemon Thyme Beurre Blanc	\$10.25
<b>Big Bowl Special</b>	Blackened Chicken Breast Served over Yellow Rice, Sautéed Onions & Peppers, Black Beans and Topped with Fresh Avocado Salsa	\$10.25
<b>Cliff's Diet Special</b>	Teriyaki, Grilled or Blackened Chicken, Brown Rice and Fresh Vegetables	\$8.75

## Bountiful Fresh Salads

<b>Santa Fe Chicken</b>	Blackened Chicken over Romaine Lettuce, Black Beans, Corn, Mango, Tomato, Cucumber, Avocado, Shredded Pepper Jack Cheese and Balsamic Vinaigrette	\$10.25
<b>Mexican Cobb Salad</b>	Grilled Chicken over Romaine with Black Bean, Corn, Tomato, Cucumber, Fresh Avocado, Bacon, Monterey Jack Cheese, Jalapeno & Tomato Basil Vinaigrette	\$10.25
<b>Winter Salad</b>	Grilled Shrimp over Mesclun Greens with Dried Cranberries, Toasted Walnuts, Cucumber, Fresh Mozzarella, Fresh Pear Slices and Tomato Basil Vinaigrette	\$10.25
<b>Otsu Salad</b>	Soba Noodles, Nigari Tofu, Scallion, Cucumber, Snow Peas, Toasted Pumpkin seeds over Mesclun Greens with Brown Rice Vinegar Ginger Dressing	\$10.25

## Gourmet Style Sandwiches

<b>Low Fat Special</b>	Tuna Vinaigrette (Low Calorie) on Whole Wheat with Lettuce and Tomato	\$6.75
<b>BLT</b>	On White Toast	\$7.50
<b>Blackened Chicken Wrap</b>	Blackened Chicken in a Wrap with Rice and Salsa	\$8.25
<b>Baked Virginia Ham</b>	In Whole Wheat with Lettuce, Tomato, Swiss Cheese and Mustard	\$7.50
<b>Classic Chicken Salad</b>	In a Walnut Raisin Bread	\$7.50
<b>Tuna Wrap</b>	With Lettuce, Tomato and Onion on a Wrap	\$6.75
<b>Prosecutor</b>	Roast Beef on Rye with Frizzled Onions and Horseradish Sauce	\$7.50
<b>Turkey Pita</b>	Turkey with Bacon, Lettuce, Tomato and Honey Mustard on a Pita Bread	\$7.50
<b>Chicken Caesar Wrap</b>	Grilled Chicken Caesar Salad on a Wrap	\$8.25

## Warm Sandwich Specials

<b>Grilled Steak Special</b>	Grilled Steak with Sautéed Portobello Mushrooms, Melted Gorgonzola and Sautéed Onions on a Portuguese Roll	\$8.25
<b>Honey Mustard Chicken</b>	Grilled Chicken, Honey Mustard Sauce, Lettuce, Tomato on a Toasted Wedge	\$8.25
<b>Cutlet Mexicano</b>	Homemade Chicken Cutlet with Avocado Lime Mayo, Melted Jalapeno Jack Cheese, Shredded Lettuce and Tomato on a Hard Roll	\$8.25

## Daily Salads

	Small	Large
Caesar Salad	\$6.00	\$7.50
Garden Salad	\$6.00	\$7.50

## Fruit Salad

\$3.50 Small \$6.75 Large

## Soundview Trail Mix

\$2.95

## Vita Water

\$2.50

<b>Salad Toppings (extra):</b>	Grilled Chicken \$2.50
	Tuna Salad \$2.50
	Egg Salad \$2.50

## Fall Fever

Fresh Fruit Topped with Low fat Yogurt or Cottage Cheese with Granola on side \$7.50



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