

David's Soundview Catering

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

Thursday, Mar. 11, 2010

Homemade Soups

Small \$3.75 Large \$4.75

Egg Drop Soup

• Mexican Black Bean Soup

• Bowl of Chili with Mexican Cheeses

Delicious Hot Entree Specials

Chef Special	Mexican Marinated Grilled Steak Served over Yellow Rice, Refried Beans, Sautéed Onions and Peppers and Topped with Poblano Pepper Salsa	\$10.25
Big Bowl Special	Tuscany Chicken—Boneless Chicken Breast Topped with Fresh Mozzarella, Sliced Tomato, Pesto and Light Lemon Sauce Served with White and Wild Rice and Fresh Vegetables	\$10.25
Cliff's Diet Special	Grilled Boneless Breast of Chicken Choice of Herb Grilled, Teriyaki or Blackened Served with Brown Rice and Fresh Seasonal Vegetables	\$8.75

Bountiful Fresh Salads

Shrimp Santa Fe	Grilled Shrimp over Romaine Lettuce, Black Beans, Corn, Mango, Tomato, Cucumber, Avocado, Shredded Pepper Jack Cheese and Balsamic Vinaigrette	\$10.25
Sonoma Spinach Salad	Grilled Chicken over Baby Spinach with Gorgonzola Cheese, Pine Nuts, Fresh Peppers, Tomato, Cucumber and Tomato Basil Vinaigrette	\$10.25
Garden Mesclun	Blackened Chicken over Mesclun Greens, Cucumber, Fresh Mozzarella, Fresh Peppers, Shredded Carrots and Honey Mustard Vinaigrette	\$10.25
Chef Salad	Boars Head Turkey, Ham, Cheddar Cheese over Romaine Lettuce with Carrots, Cucumber, Hard Boiled Egg and Russian Dressing	\$10.25

Gourmet Style Sandwiches

Low Fat Special	Low Calorie Tuna Vinaigrette in Whole Wheat Bread with Lettuce and Tomato	\$6.75
Classic BLT	Crispy Bacon with Iceberg Lettuce, Local Grown Tomatoes, Mayo in a Toasted White Bread	\$7.25
Blackened Chicken Wrap	Blackened Chicken Breast with Fire Roasted Tomato Salsa, Brown Rice in a Wrap	\$8.25
Country Ham Sandwich	Baked Virginia Ham with Swiss Cheese and Mustard on Whole Wheat Bread	\$7.50
Home-style Chicken Salad	Fresh Chicken Salad On a Walnut Raisin Bread	\$7.50
Tuna Wrap	With Lettuce and Onion on a Wrap	\$6.75
Roast Beef BLT	Shaved Roast Beef with Crispy Bacon, Lettuce and Mayo on a Rye Bread	\$7.50
Turkey Pita	Fresh Roasted Turkey with Crispy Bacon, Lettuce, Tomato and Honey Mustard Sauce	\$7.50
Chicken Caesar Wrap	Grilled Chicken Breast and Caesar Salad Hand Tossed with our House Caesar Dressing Rolled in a Flour Tortilla	\$8.25

Warm Sandwich Specials

The Deli Special	Chicken Cutlet, Warm Goat Cheese, Sweet Italian Pepper, Lettuce in a Onion Roll	\$8.25
Southwest Wrap	Blackened Chicken with Yellow Rice, Fresh Guacamole, Black Beans, Melted Jack & Cheddar Cheese, Home made Salsa in a Wrap	\$8.25
Cilantro Chicken Wrap	Marinated Grilled Chicken Breast with Soundview's Chipotle Dressing, Shredded Lettuce and Tomato in a Wrap	\$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

Salad Toppings (extra):

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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