

THE STERLING CATERING MENU

Whether you're planning a breakfast, lunch or formal dinner, a picnic, holiday party, or boardroom meeting, our team is ready to help you arrange every detail. At the office or at home, our menu or yours, a unique catered event is one phone call away. The finest ingredients coupled with beautiful presentations are delivered with every event by a professional staff.

APPETIZERS

Minimum 10 per order

COLD

Veggie Tray

Fresh vegetables cut and arranged on a tray, served with ranch dip
\$2.95 per person

Cheese & Cracker Tray

Slices of gourmet imported and domestic cheeses arranged on a tray with a select cracker assortment
\$4.50 per person

Fruit & Cheese Tray

Slices of gourmet imported and domestic cheeses arranged on a tray with seasonal fruits
\$5.45 per person

Fruit Tray

Seasonal fruits sliced and arranged on a tray
\$3.95 per person

Fruit Salad

Cubed seasonal fruits served in a bowl
\$3.50 per person

Assorted Finger Sandwiches

\$1.75 each

Gulf Shrimp Cocktail

Served with cocktail sauce and lemon wedges
\$3.50 each

Southwestern Chicken Canapés

Spicy chicken, sun dried tomato mousse on a garlic crouton
\$2.75 each

Portabella Mushroom & Boursin Cheese Wedge

Served on a garlic crouton
\$2.50 each

Smoked Salmon Canapés

\$2.50 each

Crunchy Veggie Crudités

Served with creamy ranch guacamole
\$2.95 per person

7-Layer Dip with Tortilla Chips

Guacamole, salsa, sour cream, cheddar cheese, pepper jack, black beans, roasted peppers and tortilla chips for dipping
\$3.95 per person

Herb Roasted Veggie Platter

Seasonal veggies marinated with aged balsamic vinegar
\$4.25 per person

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APPETIZERS

Minimum 10 per order

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HOT

Sautéed Petite Maryland Crab Cakes

Stone ground mustard, caper dill sauce
\$3.25 each

Spanikopita

Spinach and feta cheese wrapped in Philo dough
\$1.95 each

Petite Quiche Lorraine

\$2.25 each

Thai Chicken or Beef Satay

Served with spicy peanut sauce
\$2.50 each

Oven Roasted Stuffed Mushrooms

Stuffed with spinach & boursin cheese
\$2.00 each

Spicy or BBQ Chicken Wings

Served with ranch & celery sticks
\$1.25 each

Herb Crusted Lamb Chops

Rosemary red wine jus
\$3.25 each

Mushroom Strudel

Wild mushroom sautéed with garlic, dry sherry wrapped in Philo dough
\$2.50 each

Coconut Crusted Chicken

Served with sweet & sour ginger sauce
\$2.25 each

Twice Baked Redskin Potato

Stuffed with bacon & cheddar cheese
\$2.25 each

Meatball Stroganoff

\$1.95 each

Chips

\$1.00 per person

SOUPS

\$2.95 per person, 10 person minimum

Chicken Gumbo

Potato Cheddar

Chili

Wild Rice & Summer Sausage

Manhattan Clam Chowder

Vegetable Barley

Vegetable Beef

Corn Chowder

Cream of Mushroom

Butternut Squash

Cream of Tomato Basil

Chicken Noodle

Chicken Pot Pie

French Onion

New England Clam Chowder

Minnesota Wild Rice

Chicken Curry Lentil

Mushroom Barley

Shrimp Chowder

Spring Vegetable

Caribbean Black Bean

Southwestern Chicken Chili

Autumn Vegetable

Vegetable and Lentil

Beef Barley

Broccoli Cheddar

White Bean Bacon Chowder



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THE STERLING CATERING MENU

LUNCH

Sandwich and Tray Selections

Meats - Oven Roasted Turkey, Black Forest Ham, Abe's House Recipe Tuna Salad, B's Chicken Salad, Ginsberg's Corned Beef, Angus Roast Beef

Cheeses - Cheddar, Provolone, Swiss, Muenster, American and Pepper Jack

Breads - Cracked Wheat, Rye, White, Marble, Pumpernickel or Wraps

Sandwich Tray

Your choices from above on a tray with pickles and garnish. Condiments on the side upon request
\$5.95 per person

SP Sandwich Tray

Focaccia, Croissants, Ciabatta, Baguettes, Wraps and Fresh Bread
\$6.75 per person

Executive Boxed Lunches

Your choice of sandwich, served with chips, redskin potato salad or coleslaw and a cookie
\$7.95 per person

Presidential Boxed Lunches

Your choice of sandwich, served with chips, pasta salad, fruit salad and a cookie
\$8.95 per person

Deli Tray

Your choice of meats, cheeses and breads served on a tray. Includes a garnish tray, condiments and your choice of redskin potato salad or coleslaw
\$7.75 per person

Bistro al Fresco Sandwich

Choice of tuna or chicken salad, served on toasted seven-grain bread.

Asian tuna salad with albacore tuna, water chestnuts, green onions and mayonnaise

-or-

Napa chicken salad with red seedless grapes, toasted walnuts, Dijon mustard and mayonnaise

\$12.95 each

Muffuletta Sandwich

Capicola, smoked turkey and salami, topped with olive tapenade and provolone cheese on Italian bread
\$11.95 each

BBQS & PICNICS

Customize your own menu by contacting Sterling Catering today.

Menu Option A

½ lb. Hamburger
All Beef Hot Dogs
Potato Salad
Relish Tray
Assorted Soft Drinks

Menu Option B

BBQ Chicken
BBQ Ribs
Potato Salad
Baked Beans
Corn on the Cob
Relish Tray
Assorted Soft Drinks

Menu Option C

BBQ Chicken
8oz New York Strip Steak
Italian Sausage with peppers & onions
Baked Beans
Corn on the Cob
Coleslaw
Potato Salad
Pasta Salad
Chips
Assorted Soft Drinks



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SALADS

Asian Salad

Mixed greens, toasted almonds, sesame seeds, mandarin oranges, red onion and bell peppers. Served with Abe's Asian dressing.
\$4.00 per person

with chicken \$4.25 per person

with shrimp \$4.75 per person

Vera Cruz Salad

Mixed greens, black beans, roast corn, Swiss and cheddar cheeses, red onion, bell peppers and crispy tortillas. Served with Abe's Vera Cruz dressing.
\$4.00 per person

with chicken \$4.25 per person

with shrimp \$4.75 per person

Antipasto Salad

Mixed greens, salami, ham, red onion, tomatoes, mild peppers and provolone cheese.
\$4.75 per person

Julienne Salad

Mixed greens, black forest ham, roasted turkey, Swiss and cheddar cheeses, cucumber, tomatoes and boiled egg.
\$4.25 per person

Classic Cobb Salad

Mixed greens, roasted chicken, bacon, bell peppers, diced egg, bleu cheese, Swiss and cheddar cheeses and tomatoes.
\$4.25 per person

Greek Salad

Mixed greens, feta cheese, tomatoes, cucumbers, red onion, calamata olives and bell peppers.
\$4.25 per person

Caesar Salad

Chopped romaine, shredded parmesan and croutons.
\$3.75 per person

with chicken \$4.75 per person

Tossed Salad

Mixed greens, cucumbers, tomatoes and croutons.
\$3.50 per person

with chicken \$4.25 per person

Bowtie Caesar Pasta Salad

Bowtie noodles, shredded parmesan, croutons, roasted chicken and Caesar dressing.
\$4.25 per person

Rotini Chicken Pasta Salad

Rotini noodles, roasted chicken, roasted spring vegetables, parmesan cheese and Italian dressing.
\$4.25 per person

Vegetarian \$4.00 per person

Redskin Potato Salad

\$1.65 per person

Coleslaw

\$1.65 per person



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ENTRÉES

Classic Chicken Pot Pie
\$7.95

Chicken Woodsman
Boneless chicken stuffed with wild mushrooms, served with a natural jus, chef's choice vegetables and potatoes
\$13.95

Oven Roasted Citron Chicken
Lemon, capers, artichoke, in a chardonnay cream sauce, chef's choice vegetables and potatoes
\$12.95

Parmesan Chicken
Boneless breast of chicken topped with marinara sauce and parmesan cheese served with pasta and vegetables
\$12.95

Herb Crusted Beef Tenderloin
Wild mushroom & rosemary jus, chef's choice vegetables and potatoes
\$18.95

Abe's Ready-to-Go Fajitas
Flank steak or chicken, sautéed onions, bell peppers and cheese wrapped in a tortilla served with Spanish rice
\$8.95

Three Cheese Lasagna or Meat Lasagna
Fresh tomato basil sauce, ricotta, parmesan and provolone cheeses, roasted vegetables, served with garlic bread
\$7.95

Oven Roasted Atlantic Salmon
Served with lemon, caper dill sauce and chef's choice of vegetables and potatoes
\$13.95

SPECIALTY STATIONS

Stir Fry Station
Asian vegetable assortment of bok choy, lotus root, red peppers, scallions and pea pods, sesame oil, peanuts, crispy noodles, rice served with hoisin and red chili sauces. Includes chicken, beef and shrimp.
\$9.95 per person

Mexican Station
Mexican vegetable assortment of jicama, cactus, assorted chilies and peppers, guacamole, tri-colored chips, freshly made salsa, sour cream, refried beans, tomato rice and tortillas.

Lime & cilantro chicken \$7.95 per person
Achiote flavored beef \$9.95 per person

Pasta Station
Fresh tomato fettuccine and rotini pasta with tomato basil, parmesan cream and roasted garlic sauce, artichokes, mushrooms, pesto, red peppers, parmesan and garlic sticks.
\$7.95 per person

Grilled chicken \$2.00 additional
Shrimp \$3.00 additional
Italian sausage \$2.00 additional



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CARVING STATION

Prices are based on one hour of service. Minimum of 50 guests.

Carved Certified Angus Beef Herb Encrusted Strip Loin

Tomato aioli, pancho sauce, creamy horseradish and appropriate rolls and breads
\$9.95 per person

Carved Rack of Lamb

Mint chutney, honey mustard, roasted garlic purée served with rolls and breads
\$10.95 per person

Carved Maple Pork Loin

Apple horseradish sauce, maple-flavored mayonnaise, honey mustard served with rolls and breads
\$9.50 per person

Carved Roast Turkey

Oven roasted turkey, lemon herbs served with rolls and breads
\$5.95 per person

Carved Smoked Salmon

Sour cream, red onions, capers, dill and dark rye
\$9.95 per person

Carved Peppered Beef Tenderloin

Dijon, stone ground mustard, horseradish, jus lie served with breads and rolls
\$11.95 per person

DINNER BUFFETS

Buffet includes:

Tossed Garden Salad, Warm Rolls & Butter, Choice of Potato, Choice of Vegetables, Coffee, Tea and Soda

Salad (choose two)

Caesar
Potato Salad
Coleslaw
Spinach Salad
Fruit Salad

Entrées (choose two)

Sliced Roast Sirloin
Mediterranean Chicken
Lemon White Fish
Roast Pork Loin
Oven Roasted Chicken

Pasta (choose one)

Cheese Tortellini in Marinara Sauce
Mostaccioli in Marinara or Meat Sauce
Fettuccini Alfredo



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BREAKFAST

Coffee Cake
Breakfast Bread
Bagel with Cream Cheese
Muffins
Danish
Croissants
Scones

Breakfast Tray

Your choice of breakfast items listed above,
served on a tray
\$2.25 per person

with fruit \$4.50 per person

Breakfast Sandwich

Eggs, bacon or ham and cheese served on a
croissant or bagel
\$4.25 per person

Mini Quiche

Your choice of spinach, mushroom & Swiss,
ham & Swiss, or bacon & cheese, served as an
individual portion
\$2.25 per person

Breakfast Buffet

Scrambled eggs, bacon, sausage, hash browns
and biscuits
\$6.50 per person

Omelets

Made to order based on the following ingredients:
ham, mushroom, bacon, cheddar, salsa, tomato,
onion, peppers, Swiss and mozzarella
\$7.50 per person

DESSERTS

Coffee Cake
Chocolate Chip Cookies
White Chocolate Macadamia Cookies
Brownies
Lemon Bars
Mini Tarts

Dessert Tray

Your choice of desserts listed above, served on a tray
\$1.75 per person

Assorted Cookies and Brownies

\$16.00 per dozen

Full Sheet Cake	\$32.00 each
Half Sheet Cake	\$15.00 each
Cannoli with Chocolate Sauce	\$2.75 per person
Carrot Cake Supreme	\$2.95 per person
Tira Mi Su	\$3.25 per person
Cherry or Apple Pie	\$3.00 per person
New York Cheesecake	\$3.75 per person
Miniature Pastries	\$3.25 per person
Key Lime Pie	\$3.50 per person



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BEVERAGES

Coffee
\$7.00 per pot
\$15.00 per gallon (10 people)

Pop
\$1.25 per person

Water
\$1.25 per person

Juice
\$1.25 per person

RENTALS

Sterling Catering can be your one stop event planner. In addition to an extraordinary meal, we can also provide professional staffing, tents, tables, chairs, linens and more.

Tables

60" Round Table, seats 6-8	\$9.50
72" Round Table, seats 8-10	\$12.00
8' Rectangle Tables, seats 8-10	\$8.00
1/4 Round Serpentine Table	\$14.00
36" High-Top Cocktail Table	\$10.25

Chairs

Chairs, white vinyl	\$1.20
Chairs, white vinyl with chrome frame	\$1.60
Chairs, white wood with padded seat	\$3.95

China

Full China Service, per place setting	\$6.50
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Professional Wait Staff

\$25.00 per hour, 4 hour minimum

Certified Bartender

\$45.00 per hour, 4 hour minimum

Carver/Station Attendant

\$45.00 per hour, 4 hour minimum

Coat Check Attendant

\$15.00 per hour, 4 hour minimum

Other

Set-ups
\$.50 per person

Contact Sterling Services for more information, including Terms and Conditions and Cancellation Policy. Off-site delivery and set-up charges may apply.



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