PASTA VITA **OLD SAYBROOK**

CHEF'S SPECIALS

(860) 395-1452 Note: Items are made throughout the day. Our menu is subject to change. Please call ahead to see if your choices are ready. *Indicates entrees that are wheat free*

THURSDAY – July 25

MONDAY – July 22

TUESDAY – July 23 Salmon w/Black Bean Salsa *

Pork Tend. w/Tarragon Mustard Jambalava * Thai Shrimp & Chicken Curry* Whole Roast Chix Dinner* Sliced BBQ Beef w/Baked Beans Vegetarian Chickpea Curry* Stuffed Peppers* **Beef Bourguignon** Ziti w/Broccoli & Chicken Shells & Sausage Chicken & Pasta Siena Baked Ziti Macaroni and Cheese **Stuffed Shells** Pasta w/Meatballs **Classic Meatloaf Dinner** Linguine w/White Clam Sauce Spinach & Cheese Manicotti Shrimp w/Lemon & Garlic Linguine w/Lemon & Garlic Penne w/Vodka Sauce Chicken Limone w/Pasta Chicken Alicia Chicken Cordon Bleu Chicken Parmesan Grilled Chicken Margherita* Chicken Marsala **Chicken Piccata** Chicken Francaise Grilled Chicken Breast* Chicken Cutlets VEGGIES/SIDES/PASTA/SALAD Fresh Vegetable Mix* Green Beans w/ Almonds* Sautéed Spinach* **Roasted Cauliflower Roasted Brussel Sprouts***

Tuna Pasta Salad*

Pasta Vita Chicken Salad*

Summer Chicken Salad*

Curried Chicken Salad*

Summer Pasta Verde

Soup: Chicken Noodle

Soup: Chilled Cucumber Avocado

Bread Pudding

Soup: Gazpacho

Chicken Pad Thai w/Chili Garlic Shrimp Tacos Baked Boston Cod w/Rice pilaf Whole Roast Chicken* Chicken Curry * Chipotle Chicken Bowl* **Vegetarian Stuffed Peppers*** London Broil w/ Mashed Pot. Spaghetti alla Carbonara Baked Cheese Ravioli Dinner Buffalo Macaroni & Cheese Stuffed Shells Pasta w/Meat Sauce Chicken & Pasta w/Pesto Cream Sausage and Peppers* Shrimp Scampi Coconut Chicken w/Mango Salsa Grilled Chix w/Grilled Veg* Chicken Limone w/Pasta Chicken Cordon Bleu Grilled Chicken Margherita* Chicken Alicia Chicken Palermo Chicken Parmesan Chicken Marsala Chicken Piccata Chicken Francaise Grilled Chicken Breast* VEGGIES/SIDES/PASTA/SALAD Mashed Potatoes* **Roasted Vegetables*** Italian Broccoli* Green Beans w/ Almonds* Twice Baked Potatoes* Tuna Nicoise* Tabbouleh Classic Potato Salad Cole slaw Macaroni Salad Mexican Street Corn* Summer Pasta Verde Pasta Vita Chicken Salad * Curried Chicken Salad* Summer Chicken Salad* Apple Crisp Soup: Clam Chowder

WEDNESDAY – July 24 Salmon Cakes w/Remoulade * Chicken Enchiladas w/Mexican Rice Whole Roast Chicken Dinner* Herbed Pork Loin w/Mashed Pot. Tuscan Short Ribs w/ Orzo **Balsamic Flank Steak** Roast Turkey Dinner Salisbury Steak Dinner Chicken Marbella * Shepherd's Pie Lemon Sole w/Orzo Macaroni & Cheese Veal Parmesan Southern Chicken Tenders Fried Shrimp w/Remoulade Stuffed Peppers* Stuffed Shells Grilled Chicken w/Penne & Brie **Classic Meatloaf Dinner** Grilled Shrimp Linguine Linguine w/Fresh Vegetables Shrimp w/Vodka Sauce Penne w/Vodka Sauce Chicken Limone w/Pasta Chicken Alicia Chicken Cordon Bleu Grilled Chicken Margherita* Chicken Parmesan & Pasta Chicken Marsala Chicken Piccata Chicken Francaise **Grilled Chicken Breast*** VEGGIES/SIDES/PASTA/SALAD Broccoli Rabe* Green Beans w/ Almonds* **Roasted Sweet Potatoes* Roasted Brussel Sprouts*** Chicken Salad*

Summer Pasta Verde

Vanilla Bean Pudding

Soup: Chicken & rice

Quesadilla

Belgian Chocolate Pudding*

Traditional Bread Pudding

Tuna & Egg Salads*

Salmon w/Tom Basil & Olives* Ginger Seared Scallops Poached Salmon w/Dill Sauce* Beef Tend. Red Wine Demi Baked Boston Cod w/Rice Pilaf Pork Tenderloin w/Roasted Veg.* Beef & Bean Burrito K. C. Rib's w/B.B.Q. Sauce* Chipotle Steak Bowl* Fish Tacos w/Mexican Rice Crab Cakes w/Remoulade Herbed Roasted Chicken Sliced BBQ Beef Brisket* BBQ Chicken (thighs)* Veal Milano Veal w/Marsala Lobster Mac & Cheese Baked Stuffed Shrimp w/Rice Pilaf Lemon sole w/Orzo Coconut Shrimp Stuffed Shells Spinach & Cheese Manicotti Shrimp Scampi **Baked Sausage Ravioli** Grilled Chicken & Grilled Vegetables Chicken Limone w/Pasta Chicken Alicia Chicken Cordon Bleu Grilled Chicken Margherita* Chicken Lucchese **Chicken Parmesan** Chicken Marsala Chicken Piccata **Chicken Francaise** VEGGIES/SIDES/PASTA/SALAD Green Beans w/Almonds* **Roasted Vegetables *** Fresh Cole Slaw* Asian Slaw* **Roasted Asparagus* Classic Potato Salad*** Macaroni Salad Greek Pasta Salad Roasted Beet & Fennel Salad* Roasted Corn & Black Bean Salad* Summer Pasta Verde Summer Chicken Salad* Curried Chicken Salad* Pasta Vita Chicken Salad*

Soup: Rhode Island Clam Chowder

FRIDAY- July 26

Salmon w/Mango Salsa * Grilled Halibut w/Lemon Butter Jambalava* Beef Tenderloin Au Poivre Baked Boston Cod Rice Pilaf Pork Chops Pizzaiola Whole Roast Chicken Dinner* Chicken Enchiladas w/Mexican Rice Southern Chicken Tenders **BBQ Pulled Pork*** Vegetable Stuffed Sole w/Couscous Lemon Sole w/ Orzo **Beef Bourguignon** Garlic Parmesan Chicken* Macaroni & Cheese Rigatoni w/Sausage & Asiago London Broil w/Mash Pot. +gravy Spaghetti Carbonara Stuffed Shells Ziti Broccoli & Chicken Sausage & Peppers* **Classic Meatloaf Dinner** Stuffed Peppers* **Grilled Shrimp linguine** Linguine w/Fresh Vegetables Crab Cakes w/Remoulade Shrimp w/Vodka Sauce Penne w/Vodka Sauce Grilled Chix & Grilled Veg.* Grilled Chicken Margherita* Chicken Italiano Chicken Alicia Chicken Cordon Bleu Chicken Parmesan Chicken Parmesan & Pasta Chicken Marsala **Chicken Francaise** Chicken Piccata Grilled Chicken Breast* **Chicken Cutlets** VEGGIES/SIDES/PASTA/SALAD **Roasted Vegetables*** Classic Mashed Potatoes* Green Beans w/almonds* Italian Broccoli* Broccoli Rabe **Roasted Brussels Sprouts**

SATURDAY – July 27

Baked Spiral Ham Dinner* Thai Shrimp Chicken Curry* Pasta w/Meatballs Marinara Stuffed Shells Shrimp Scampi Macaroni & Cheese Penne w/Vodka Sauce Baked Ziti Chicken & Pasta Alfredo Chicken Parmesan Chicken Marsala Chicken Piccata Chicken Francaise **Grilled Chicken Breast***

Friday Cont.:

Tuna Nicoise Salad* Tuna Pasta Salad Orzo Salad w/Grilled Vegetables Pasta Primavera Salad Tuscan Potato Salad Mexican Street Corn* Quinoa w/Spinach Art. Feta * Summer Pasta Verde Summer Chicken Salad* Curried Chicken Salad* Pasta Vita Chicken Salad* Soup: Chicken Noodle Soup: Clam Chowder Soup: Gazpacho

SAT.-VEGGIES/SIDES/PASTA/SALAD

Green Beans w/Almonds* **Gruyere Scalloped Potatoes* Classic Scalloped Potatoes*** Summer Pasta Verde Vegetarian Chickpea Salad* Tuna Pasta Salad

Chicken Salad* Tuna Salad & Egg Salad Apple Crisp Brownies