PASTA VITA OLD SAYBROOK

CHEF'S SPECIALS

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					
MONDAY – July 29	TUESDAY – July 30	WEDNESDAY – July 31	THURSDAY – August 1	FRIDAY- August 2	SATURDAY – August 3
Pork Tend. w/Tom. & Capers	Salmon w/Pesto & Sundried Tom.*	Salmon Cakes w/Remoulade *	Blackened Salmon+Chipotle Crema	Salmon w/Lemon & Dill *	Baked Spiral Ham Dinner*
Portuguese Chicken Shrimp & Rice*	Chicken Pad Thai w/Chili Garlic	Grilled Salmon*	Grilled Salmon*	Grilled Salmon*	Thai Shrimp Chicken Curry*
Thai Shrimp & Chicken Curry*	Chicken Tacos	Chicken Enchiladas w/Mexican Rice	Brazilian Style Cod	Grilled Shrimp w/Roasted Veggies	Pasta w/Meatballs Marinara
Whole Roast Chix Dinner*	Baked Boston Cod w/Rice pilaf	Whole Roast Chicken Dinner*	Poached Salmon w/Dill Sauce*	Jambalaya*	Stuffed Shells
Beef & Broccoli Stir Fry	Whole Roast Chicken*	Herbed Pork Loin w/Mashed Pot.	Beef Tend. Chive Bacon Butter	Beef Tenderloin Au Poivre	Shrimp Scampi
Vegetarian Chickpea Curry*	Chicken Marbella *	Korean Short Ribs w/ Rice	Pork Tenderloin Satay	Baked Boston Cod Rice Pilaf	Macaroni & Cheese
Stuffed Peppers*	Chipotle Chicken Bowl*	Ancho Chili Flank Steak	Grilled Shrimp Fajitas	Beef Tips au Jus w/Rice Pilaf	Penne w/Vodka Sauce
Beef Bourguignon	Vegetarian Stuffed Peppers*	Roast Turkey Dinner	White Bean & Portobello Stew	Whole Roast Chicken Dinner*	Baked Ziti
Ziti w/Broccoli & Chicken	London Broil w/ Mashed Pot.	Salisbury Steak Dinner	K. C. Rib's w/B.B.Q. Sauce*	Pork Chops Milanese	Chicken & Pasta Alfredo
Shepherd's Pie	BBQ Pulled Pork*	Chicken Cacciatore*	Chipotle Steak Bowl*	Chicken Enchiladas w/Mexican Rice	Chicken Parmesan
Pasta & Sausage w/Arrabiatta Sauce	Spaghetti alla Carbonara	Shepherd's Pie	Fish Tacos w/Mexican Rice	Southern Chicken Tenders	Chicken Marsala
Chicken & Pasta Siena	Baked Cheese Ravioli Dinner	Lemon Sole w/Orzo	Crab Cakes w/Remoulade	BBQ Pulled Pork*	Chicken Piccata
Baked Ziti	Buffalo Macaroni & Cheese	Macaroni & Cheese	Herbed Roasted Chicken	Crabmeat Stuffed Sole w/Couscous	Chicken Francaise
Macaroni and Cheese	Stuffed Shells	Veal Parmesan Southern Chicken Tenders	Sliced BBQ Beef Brisket*	Lemon Sole w/ Orzo	Grilled Chicken Breast*
Stuffed Shells	Pasta w/Bolognese Pasta w/Grilled Chix Tom & Bacon	Fried Shrimp w/Remoulade	BBQ Chicken (thighs)*	Beef Bourguignon	Shined chicken breast
Pasta w/Meatballs	-	Stuffed Peppers*	Veal Milano	Chicken alla Roma	
Classic Meatloaf Dinner	Sausage and Peppers*	Stuffed Shells	Veal w/Piccata	Macaroni & Cheese	Friday Cont.:
Linguine w/White Clam Sauce	Shrimp Scampi Coconut Chicken w/Mango Salsa	Rigatoni w/Sausage & Asiago	Baked Stuffed Shrimp w/Rice Pilaf	Italian Sunday Dinner	Tuna Nicoise Salad*
Spinach & Cheese Manicotti	Grilled Chix w/Grilled Veg*	Grilled Chicken w/Penne & Brie	Mushroom Truffle Mac & Cheese	London Broil w/Mash Pot. +gravy Spaghetti Carbonara	Tuna Pasta Salad
Shrimp alla Vita	Chicken Limone w/Pasta	Classic Meatloaf Dinner	Lemon sole w/Orzo	Stuffed Shells	Orzo Salad w/Grilled Vegetables
Linguine alla Vita	Chicken Cordon Bleu	Grilled Shrimp Linguine	Coconut Shrimp	Ziti Broccoli & Chicken	Macaroni Salad
Penne w/Vodka Sauce	Grilled Chicken Margherita*	Linguine w/Fresh Vegetables	Stuffed Shells	Sausage & Peppers*	Classic Potato Salad
Chicken Limone w/Pasta	Chicken Alicia	Shrimp w/Vodka Sauce	Spinach & Cheese Manicotti Shrimp Scampi	Classic Meatloaf Dinner	Cole Slaw
Chicken Alicia	Chicken Saltimbocca	Penne w/Vodka Sauce	Baked Sausage Ravioli	Stuffed Peppers*	Mexican Street Corn*
Chicken Cordon Bleu	Chicken Parmesan	Chicken Limone w/Pasta	Grilled Chicken & Grilled Vegetables	Grilled Shrimp linguine	Quinoa w/Spinach Art & Feta*
Chicken Parmesan	Chicken Marsala	Chicken Alicia	Chicken Limone w/Pasta	Linguine w/Fresh Vegetables	Mediterranean Potato Salad
Grilled Chicken Margherita*	Chicken Piccata	Chicken Cordon Bleu	Chicken Alicia	Crab Cakes w/Remoulade	Summer Pasta Verde
Chicken Marsala	Chicken Francaise	Grilled Chicken Margherita*	Chicken Cordon Bleu	Shrimp w/Vodka Sauce	Summer Chicken Salad*
Chicken Piccata	Grilled Chicken Breast*	Chicken Parmesan & Pasta Chicken Marsala	Grilled Chicken Margherita*	Penne w/Vodka Sauce	Curried Chicken Salad*
Chicken Francaise	VEGGIES/SIDES/PASTA/SALAD	Chicken Piccata	Chicken Portofino	Grilled Chix & Grilled Veg.*	Pasta Vita Chicken Salad*
Grilled Chicken Breast*	Roasted Vegetables*	Chicken Francaise	Chicken Parmesan	Grilled Chicken Margherita*	Soup: Chicken Noodle
Chicken Cutlets	Italian Broccoli*	Grilled Chicken Breast*	Chic ken Marsala	Chicken Italiano Chicken Alicia	Soup: Clam Chowder
VEGGIES/SIDES/PASTA/SALAD	Green Beans w/ Almonds*	VEGGIES/SIDES/PASTA/SALAD	Chicken Piccata	Chicken Cordon Bleu	Soup: Gazpacho
Fresh Vegetable Mix*	Twice Baked Potatoes*	Broccoli Rabe*	Chicken Francaise	Chicken Parmesan	
Green Beans w/ Almonds*	Tuna Nicoise*	Green Beans w/ Almonds*	VEGGIES/SIDES/PASTA/SALAD	Chicken Parmesan & Pasta	SATVEGGIES/SIDES/PASTA/SALAD
·	Tabbouleh	Roasted Sweet Potatoes*	Green Beans w/Almonds* Roasted Vegetables *	Chicken Marsala	Green Beans w/Almonds*
Sautéed Spinach* Roasted Cauliflower	Classic Potato Salad	Roasted Brussel Sprouts*	Fresh Cole Slaw*	Chicken Francaise	Gruyere Scalloped Potatoes*
	Cole slaw	Chicken Salad*	Roasted Asparagus*	Chicken Piccata	Classic Scalloped Potatoes*
Roasted Brussel Sprouts*	Grilled Salmon Pasta Salad	Summer Pasta Verde	Classic Potato Salad*	Grilled Chicken Breast*	Summer Pasta Verde
Tuna Pasta Salad* Pasta Vita Chicken Salad*	Macaroni Salad	Quinoa w/Black Beans & Tomatoes	Macaroni Salad	Chicken Cutlets	Vegetarian Chickpea Salad*
	Mexican Street Corn*	Tuna & Egg Salads*	Roasted Beet & Fennel Salad*	VEGGIES/SIDES/PASTA/SALAD	Tuna Pasta Salad
Summer Chicken Salad*		Belgian Chocolate Pudding*	Roasted Corn & Black Bean Salad*	Roasted Vegetables*	
Curried Chicken Salad* Summer Pasta Verde	Summer Pasta Verde	Vanilla Bean Pudding	Summer Pasta Verde	Classic Mashed Potatoes*	Chicken Salad*
	Pasta Vita Chicken Salad *	Traditional Bread Pudding	Summer Chicken Salad*	Green Beans w/almonds*	Tuna Salad & Egg Salad
Bread Pudding	Curried Chicken Salad*	Quesadilla Soup: Chicken & Orzo	Curried Chicken Salad*	Italian Broccoli* Broccoli Rabe	Apple Crisp
Soup: Chicken Noodle Soup: Gazpacho	Summer Chicken Salad*	Soup: Gazpacho	Pasta Vita Chicken Salad*	Roasted Brussels Sprouts	Brownies
Soup. Gazpacilo	Apple Crisp	Soup. Gazpacito	Soup: Chilled Cucumber Avocado	nousceu brussels sprouts	
	Soup: Clam Chowder				