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

WEDNESDAY – October 30 MONDAY – October 28 TUESDAY – October 29 THURSDAY – October 31 FRIDAY- November 1 SATURDAY – November 2 Salmon w/Wild Mushroom Sauce* Pork Tend.+ Orange Chipotle Glaze* Thai Salmon w/Green Curry & Veg.* Baked Spiral Ham Dinner* Salmon w/Tom. Basil & Olives * Salmon w/Tom. & Capers Thai Shrimp Chicken Curry* Chicken Enchiladas w/Mexican Rice Jambalava * Beef Tend. /Chive Bacon Butter Jambalaya * Beef Tend. w/Red Wine Demi Whole Roast Chicken Dinner* Pasta w/Meatballs Marinara Thai Shrimp & Chicken Curry* Chicken Pad Thai w/Chili Garlic Beef Tenderloin Au Poivre Veal & Peppers Herbed Pork Loin w/Mashed Pot. Stuffed Shells Whole Roast Chix Dinner* Baked Boston Cod Rice Pilaf Chicken Tacos Baked Boston Cod w/Rice Pilaf Tuscan Short Ribs w/Orzo Whole Roast Chicken Dinner* Shrimp Scampi Beef Tend. Tips w/Mushroom Gravy Baked Boston Cod w/Rice pilaf Pork Chops w/Honey Mustard* **Balsamic Flank Steak** Beef Tips au Jus w/Rice Pilaf Vegetarian Chickpea Curry* Whole Roast Chicken* Beef & Bean Burrito Macaroni & Cheese **Roast Turkey Dinner** Sicilian Pork Chops Pork Tend. w/Tarragon Mustard K. C. Rib's w/B.B.Q. Sauce* Penne w/Vodka Sauce Stuffed Peppers* Salisbury Steak Dinner Ancho Chili Rubbed Flank Steak Chicken Enchiladas w/Mexican Rice Chipotle Steak Bowl* Baked Ziti **Beef Bourguignon** Chicken w/Rosemary & Prosciutto* Chicken Cacciatore * Southern Chicken Tenders Fish Tacos w/Mexican Rice Ziti w/Broccoli & Chicken Chicken & Pasta Alfredo Stuffed Cabbage* **BBQ Pulled Pork*** Pumpkin -Sage Risotto* Crab Cakes w/Remoulade Chicken Parmesan Shepherd's Pie Shepherd's Pie Vegetable Stuffed Sole w/Couscous Chipotle Chicken Bowl* Herbed Roasted Chicken Chicken Marsala Pasta & Sausage & Brocc. Aglio Olio **Tuscan Beef Stew Beef Bourguignon** Lemon Sole w/ Orzo Chicken Pot Pie Chicken & Pasta Siena **Chicken Piccata** Lemon Sole w/Orzo **Beef Bourguignon** Vegetarian Stuffed Peppers* Turkey Tetrazzini Baked Ziti Chicken Francaise Macaroni & Cheese London Broil w/ Mashed Pot. Yankee Pot Roast* Chicken & Gnocchi (thighs)* Macaroni and Cheese Veal Parmesan **Grilled Chicken Breast* BBO Pulled Pork** Chicken Stemperata (thighs)* Macaroni & Cheese **Stuffed Shells** Southern Chicken Tenders Pasta w/Broccoli Rabe & Sausage Chicken Pot Pie Veal Milano Pasta w/Meatballs Fried Shrimp w/Remoulade London Broil w/Mash Pot. +gravy Spaghetti alla Carbonara Veal w/Picatta Friday Cont.: Classic Meatloaf Dinner Stuffed Peppers* Spaghetti Carbonara Baked Cheese Ravioli Dinner Baked Stuffed Shrimp w/Rice Pilaf Tuna Nicoise Salad* Stuffed Shells Linguine w/White Clam Sauce Stuffed Shells Buffalo Macaroni & Cheese Mushroom Truffle Mac & Cheese Tuna Pasta Salad Grilled Chicken w/Penne & Feta Spinach & Cheese Manicotti Stuffed Shells Lemon sole w/Orzo Ziti Broccoli & Chicken Mexican Street Corn* **Classic Meatloaf Dinner** Sausage & Peppers* Blackened Shrimp w/Tom. Alfredo Pasta Napolitana **Coconut Shrimp** Mediterranean Quinoa Grilled Shrimp Linguine **Classic Meatloaf Dinner** Chix & Pasta w/Goat Cheese & Tom. Stuffed Shells Linguine w/Tomato Alfredo Summer Pasta Verde Linguine w/Fresh Vegetables Stuffed Peppers* Penne w/Vodka Sauce Sausage and Peppers* Spinach & Cheese Manicotti Summer Chicken Salad* Shrimp w/Vodka Sauce **Grilled Shrimp linguine** Shrimp Scampi Chicken Limone w/Pasta Shrimp Scampi Penne w/Vodka Sauce Curried Chicken Salad* Linguine w/Fresh Vegetables **Baked Sausage Ravioli** Coconut Chicken w/Mango Salsa Chicken Alicia Chicken Limone w/Pasta Pasta Vita Chicken Salad* Crab Cakes w/Remoulade Grilled Chix & Grilled Vegetables* Grilled Chix w/Grilled Vegetables* Chicken Cordon Bleu Chicken Alicia Soup: Chicken Noodle Shrimp w/Vodka Sauce Chicken Limone w/Pasta Chicken Limone w/Pasta Chicken Parmesan **Chicken Milanese** Penne w/Vodka Sauce **Chicken Alicia** Soup: Clam Chowder Chicken Cordon Bleu Grilled Chicken Margherita* Chicken Cordon Bleu Grilled Chix & Grilled Vegetables* Chicken Cordon Bleu Grilled Chicken Margherita* Soup: Chicken Chili Chicken Marsala Grilled Chicken Margherita* Grilled Chicken Margherita* Grilled Chicken Margherita* Chicken Alicia SAT.-VEGGIES/SIDES/PASTA/SALAD Chicken Parmesan & Pasta **Chicken Piccata** Chicken Italiano Chicken Apulia Chicken Scallopine alla Parma Green Beans w/Almonds* Chicken Marsala Chicken Francaise Chicken Milanese **Chicken Parmesan** Chicken Parmesan **Gruyere Scalloped Potatoes* Chicken Piccata Grilled Chicken Breast*** Chicken Alicia Chicken Marsala Chicken Marsala Cheddar Scalloped Potatoes* Chicken Francaise Chicken Cordon Bleu **Chicken Cutlets Chicken Piccata** Chicken Piccata Summer Pasta Verde Grilled Chicken Breast* VEGGIES/SIDES/PASTA/SALAD **Chicken Francaise** Chicken Parmesan Chicken Francaise Vegetarian Chickpea Salad* VEGGIES/SIDES/PASTA/SALAD Chicken Parmesan & Pasta VEGGIES/SIDES/PASTA/SALAD Fresh Vegetable Mix* VEGGIES/SIDES/PASTA/SALAD Tuna Pasta Salad Broccoli Rabe* Chicken Marsala **Classic Mashed Potatoes*** Green Beans w/ Almonds* **Classic Mashed Potatoes*** Chicken Salad* Green Beans w/ Almonds* **Chicken Francaise** Green Beans w/Almonds* Sautéed Spinach* **Roasted Vegetables*** Tuna Salad & Egg Salad **Roasted Sweet Potatoes*** Chicken Piccata Roasted Asparagus w/Sea Salt* **Roasted Cauliflower*** Italian Broccoli* **Pumpkin Bread Pudding** Creamed Spinach* **Roasted Vegetables*** Grilled Chicken Breast* Green Beans w/ Almonds* **Roasted Brussel Sprouts*** Apple Crisp **Roasted Beets & Carrots* Chicken Cutlets Roasted Root Vegetables*** Twice Baked Potatoes Quinoa w/Spinach Art & Feta Scalloped Potatoes* VEGGIES/SIDES/PASTA/SALAD **Brownies** Broccoli au Gratin* **Cheddar bacon Stuffed Potatoes** Tuna Pasta Salad Chicken Salad* **Roasted Vegetables*** Cajun Chicken Pasta Salad Cauliflower au Gratin* Pasta Vita Chicken Salad* Summer Pasta Verde. Classic Mashed Potatoes* Summer Pasta Verde Mexican Street Corn* Tuna & Egg Salads*

Vanilla Bean & Chocolate Pudding

Chocolate Bread Pudding

Soup: Chicken & Rice

Soup: Tomato Bisque

Quesadilla

Summer Chicken Salad* Curried Chicken Salad* Summer Pasta Verde Traditional Bread Pudding Soup: Chicken Noodle Soup: Curried Lentil

Summer Pasta Verde Pasta Vita Chicken Salad * Curried Chicken Salad* Summer Chicken Salad* Apple Crisp

Soup: Clam Chowder Soup: Pasta Fagioli

Summer Chicken Salad* Curried Chicken Salad* Pasta Vita Chicken Salad* Soup: Wild Mushroom & Rosemary Soup: Broccoli Cheddar Bisque

Green Beans w/almonds* Italian Broccoli* **Roasted Brussels Sprouts***