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*

MONDAY – January 20

Pork Tend. w/Hoisin Glaze * Jambalava* Thai Shrimp & Chicken Curry* Whole Roast Chix Dinner* BBQ Sliced Beef & Baked Beans* Vegetarian Chickpea Curry* Stuffed Peppers*

Beef Bourguignon Ziti w/Broccoli & Chicken

Shepherd's Pie Penne Broccoli Aglio Olio w/Sausage

Chicken & Pasta Caprese

Baked Ziti

Macaroni and Cheese

Stuffed Shells Pasta w/Meatballs

Classic Meatloaf Dinner

Linguine w/White Clam Sauce Spinach & Cheese Manicotti

Blackened Shrimp w/Tom. Alfredo

Pasta w/Tomato Alfredo

Penne w/Vodka Sauce Chicken Limone w/Pasta

Chicken Alicia Chicken Cordon Bleu

Chicken Parmesan

Grilled Chicken Margherita*

Chicken Marsala Chicken Piccata Chicken Française **Chicken Cutlets**

VEGGIES/SIDES/PASTA/SALAD

Fresh Vegetable Mix* Green Beans w/ Almonds* Sautéed Spinach* Roasted Cauliflower* Roasted Brussel Sprouts* Mediterranean Quinoa* Tuna Pasta Salad Pasta Vita Chicken Salad* Summer Chicken Salad* Curried Chicken Salad* Summer Pasta Verde

Traditional Bread Pudding Soup: Chicken Noodle Soup: Caldo Verde

TUESDAY – January 21

Salmon w/Pistachio Crust Beef Tend. Tips w/Mushroom Gravy Chicken Pad Thai w/Chili Garlic Pork Tacos w/Cilantro Lime Baked Boston Cod w/Rice pilaf Whole Roast Chicken* Risotto alla Parma Pork Chops Pizzaiola Chicken Tikka Masala* Beef Bourguignon Chipotle Chicken Bowl* Vegetarian Stuffed Peppers*

London Broil w/ Mashed Pot. Chicken Pot Pie Spaghetti alla Carbonara

Baked Cheese Ravioli Dinner Buffalo Macaroni & Cheese Stuffed Shells

Pasta Bolognese Chicken & Pasta Siena Sausage and Peppers*

Shrimp Scampi Coconut Chicken w/Mango Salsa Grilled Chix w/Grilled Vegetables* Chicken Limone w/Pasta

Chicken Cordon Bleu Grilled Chicken Margherita*

Chicken Alicia Chicken Italiano Chicken Parmesan Chicken Marsala Chicken Piccata Chicken Française Grilled Chicken Breast*

VEGGIES/SIDES/PASTA/SALAD

Classic Mashed Potatoes* Roasted Vegetables* Italian Broccoli* Green Beans w/ Almonds* Twice Baked Potatoes* Cheddar bacon Stuffed Potatoes Cauliflower au Gratin* Mexican Street Corn* Summer Pasta Verde Pasta Vita Chicken Salad * Curried Chicken Salad*

Apple Crisp Soup: Clam Chowder Soup: Pasta Fagioli

Summer Chicken Salad*

WEDNESDAY – January 22

Teriyaki Salmon w/Broccoli* Chicken Enchiladas w/Mexican Rice Whole Roast Chicken Dinner* Herbed Pork Loin Tuscan Short Ribs w/Mashed Pot

Balsamic Flank Steak **Roast Turkey Dinner** Salisbury Steak Dinner Chicken Marbella (thighs)*

Stuffed Cabbage* Shepherd's Pie Tuscan Beef Stew 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 Milanese Chicken Marsala Chicken Piccata Chicken Française Grilled Chicken Breast*

VEGGIES/SIDES/PASTA/SALAD

Broccoli Rabe* Green Beans w/ Almonds* Roasted Sweet Potatoes* Roasted Brussel Sprouts* Creamed Spinach* Roasted Beets & Carrots* Scalloped Potatoes* Chicken Salad* Summer Pasta Verde. Tuna & Egg Salads* Chocolate & Vanilla Pudding* **Bread Pudding**

Quesadilla Soup: Chicken & Rice

Soup: Split Pea

THURSDAY – January 23

Salmon w/Fresh Mango Salsa* Beef Tend. Red Wine Demi **Veal & Peppers** Baked Boston Cod w/Rice Pilaf Pork Chops w/Honey Mustard* **Grilled Shrimp Fajitas** K. C. Rib's w/B.B.Q. Sauce* Chipotle Steak Bowl* Fish Tacos w/Mexican Rice Crab Cakes w/Remoulade Herbed Roasted Chicken Chicken Pot Pie Turkey Tetrazzini

Yankee Pot Roast* Chicken alla Roma (thighs)* Veal Milano

Veal Piccata

Baked Stuffed Shrimp w/Rice Pilaf Mushroom Truffle Mac & Cheese

Lemon sole w/Orzo Coconut Shrimp Stuffed Shells

Spinach & Cheese Manicotti Shrimp Scampi

Baked Sausage Ravioli

Grilled Chix & Grilled Vegetables* Chicken Limone w/Pasta

Chicken Alicia Chicken Cordon Bleu Grilled Chicken Margherita*

Chicken Alberto Chicken Parmesan Chicken Marsala Chicken Piccata Chicken Française

VEGGIES/SIDES/PASTA/SALAD

Classic Mashed Potatoes* Green Beans w/Almonds* Roasted Asparagus w/Sea Salt* Roasted Vegetables* Roasted Root Vegetables* Broccoli au Gratin* Cajun Chicken Pasta Salad Summer Pasta Verde Summer Chicken Salad* Curried Chicken Salad* Pasta Vita Chicken Salad*

Soup: Corn Chowder Soup: Broccoli Cheddar Bisque

FRIDAY- January 24

Salmon w/Roasted Tom & Eggplant Jambalava * Beef Tenderloin Au Poivre Baked Boston Cod Rice Pilaf Whole Roast Chicken Dinner* Beef Tips au Jus w/Rice Pilaf Pork Tend w/Tarragon Mustard Chicken Enchiladas w/Mexican Rice Southern Chicken Tenders BBQ Pulled Pork* Crabmeat Stuffed Sole w/Couscous

Lemon Sole w/ Orzo Beef Bourguignon Chicken w/Lemon & Olives*

Macaroni & Cheese

Shells Sausage & Marinara Sauce 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 Vegetables*

Grilled Chicken Margherita* Chicken Italiano

Chicken Milanese Chicken Alicia Chicken Cordon Bleu

Chicken Parmesan Chicken Parmesan & Pasta

Chicken Marsala Chicken Française Chicken Piccata Grilled Chicken Breast*

Chicken Cutlets

VEGGIES/SIDES/PASTA/SALAD

Roasted Vegetables* Classic Mashed Potatoes* Green Beans w/almonds* Italian Broccoli* Roasted Brussels Sprouts*

SATURDAY – January 25

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 Française Grilled Chicken Breast*

Friday Cont.:

Tuna Nicoise Salad* Tuna Pasta Salad Mexican Street Corn*

Orzo Salad w/Roasted Vegetables

Quinoa w/Spinach Art & Feta * Summer Pasta Verde Summer Chicken Salad* Curried Chicken Salad* Pasta Vita Chicken Salad*

Soup: Chicken Noodle Soup: Clam Chowder

SAT.-VEGGIES/SIDES/PASTA/SALAD

Green Beans w/Almonds* Gruvere Scalloped Potatoes* Cheddar Scalloped Potatoes* Summer Pasta Verde Vegetarian Chickpea Salad*

Tuna Pasta Salad Chicken Salad* Tuna Salad & Egg Salad **Bread Pudding** Apple Crisp

Brownies