

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 – OCT. 11

Pork Tenderloin VeggiesPesto
Jambalaya*
Thai Shrimp &Chicken Curry*
Whole Roast Chix Dinner*
Sliced Beef w/Baked Beans*
Vegetarian Chickpea Curry*
Quinoa Black BeansTomatoes*
Stuffed Peppers*
Ziti w/Broccoli & Chicken
Shepherd's Pie
Pasta Sausage Broccoli+Tomato
Chicken Pasta Siena
Beef Bourguignon
Macaroni and Cheese
Meatloaf Dinner
Buttered Noodles
Baked Ziti
Stuffed Shells
Linguine w/White Clam Sauce
Spinach & Cheese Manicotti
Shrimp alla Vita
Linguine alla Vita
Penne w/Vodka Sauce
Chicken Limone w/Pasta
Chicken Alicia
Chicken Cordon Bleu
Chicken Parmesan
Chicken Italiano
Chicken Marsala
Chicken Picatta
Chicken Francaise
Grilled Chicken Breast*

VEGGIES/SIDES/PASTA/SALAD

Fresh Vegetable Mix*
Green Beans w/ Almonds*
Roasted Brussels Sprouts*
Sautéed Spinach*
Tuna Pasta Salad
Summer Pasta Verde
Chicken Salad*
Traditional Bread Pudding

Soup: Chicken Noodle

TUESDAY – OCT. 12

Teriyaki Salmon w/Broccoli
Chicken Pad Thai
Baked Boston Cod rice pilaf
Pork Chops Pizzaiola
Whole Roast Chicken*
Escarole & White Beans*
Chicken Pot Pie
Cilantro Lime Chicken Tacos
Vegetarian Stuffed Peppers*
Chicken Arrabbiata thighs *
Tuscan Beef Stew
London broil
Spaghetti alla Carbonara
Meatloaf Dinner
Buffalo Macaroni Cheese
Baked Cheese Ravioli
Stuffed Shells
Sausage and Peppers*
Shrimp Scampi
Pasta w/Bolognese
Bl. ChickenPasta ChipotleTom.
Coconut Chicken w/Mango Salsa
Grilled Chix w/Grilled Veg.*
Chicken Limone w/Pasta
Chicken Alicia
Chicken Cordon Bleu
Chicken Parmesan
Chicken Portofino
Chicken Marsala
Chicken Picatta
Chicken Francaise
Grilled Chicken Breast*

VEGGIES/SIDES/PASTA/SALAD

Mashed Potatoes*
Roasted Cauliflower*
Grilled Vegetables*
Scalloped Potatoes*
Italian Broccoli*
Green Beans w/ Almonds*
Twice Baked Potatoes*
Chicken Salads*
Apple Crisp

Soup: Clam Chowder

WEDNESDAY – OCT. 13

Salmon Gr. Mustard Brussels Sp*
Chicken Enchiladas
Whole Roast Chicken Dinner
Southwest Short Ribs
Balsamic Glazed Flank Steak*
Stuffed Pork Roast
Risotto w/Tomato & Basil*
Chicken Tikka Masala (thighs)*
Roast Turkey Dinner
Beef Bourguignon
Lemon Sole w/Orzo
Macaroni & Cheese
Shepherd's Pie
Veal Parmesan
Southern Chicken Tenders
Fried Shrimp
Stuffed Peppers*
Stuffed Shells
Grilled Chicken Penne Feta
Chicken & Pasta Alfredo
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
Chicken Saltimbocca
Chicken Parmesan
Chicken Parmesan&Pasta
Chicken Marsala
Chicken Picatta
Chicken Francaise
Grilled Chicken Breast*

VEGGIES/SIDES/PASTA/SALAD

Mashed Potatoes*
Steamed Mixed Vegetables*
Chicken Salad*
Italian Broccoli*
Tuna & Egg Salads*
Summer Pasta Verde
Roasted Brussels Sprouts*
Belgian Chocolate Pudding*
Roasted Sweet Potatoes*

Soup: Chicken & Rice
Soup: Italian Wedding

THURSDAY – OCT. 14

Pistachio Salmon
Beef Tenderloin
Baked Boston Cod
Shrimp Fajitas
Grilled Tandoori Lamb
Chipotle Chicken Bowl
Chicken Pot Pie
Pork Tenderloin
French Chicken Ratatouille*
K. C. Rib's w/B.B.Q. Sauce*
Fish Tacos
Yankee Pot Roast
Crab Cakes w/Remoulade
Herb Roasted Chicken
Mushroom+TruffleMac+Cheese
Baked Stuffed Shrimp
Lemon sole w/orzo
Coconut Shrimp
Stuffed Shells
Penne w/Vodka Sauce
Shepherd's Pie
Sausage & Peppers*
Turkey Tetrazzini
Spinach & Cheese Manicotti
Meatloaf Dinner
Shrimp Scampi
Grilled Chix & Gril Vegetables*
Chicken Limone w/Pasta
Chicken Alicia
Chicken Cordon Bleu
Chicken Lucchese
Chicken Parmesan
Chicken Marsala
Chicken Picatta
Chicken Francaise
Grilled Chicken Breast*
Chicken Cutlets

VEGGIES/SIDES/PASTA/SALAD

Mashed Potatoes*
Green Beans w/Almonds*
Broccoli Rabe*
Roasted Vegetables*
Summer Pasta Verde
Cajun Chicken Pasta Salad
Soup: Beef & Bean Chili

FRIDAY – OCT. 15

Salmon w/TomlOlivesBasil
Beef Tenderlon
F.O.D. - Swordfish
Beef Tips
Whole Roast Chicken Dinner*
Baked Boston Cod Rice Pilaf
Chicken Enchiladas
Pulled Pork*
Pork Chops alla Parma
Crabmeat Stuffed Sole
Macaroni & Cheese
London Broil w/Mash Pot+gravy
Veal Marsala
Veal Milano
Beef Bourguignon
Southern Chicken Tenders
Stuffed Shells
Sausage & Peppers*
Classic Meatloaf Dinner
Stuffed Peppers*
Rigatoni Sausage Pink Sauce
Spaghetti Carbonarra
Grilled Shrimp linguine
Linguine w/Fresh Vegetables
Crab Cakes w/Remoulade
Shrimp w/Vodka Sauce
Penne w/Vodka Sauce
Chicken Limone w/Pasta
Chicken Alicia
Chicken Cordon Bleu
Chicken Parmesan
Chicken Parmesan&Pasta
Chicken Italiano
Chicken Marsala
Chicken Francaise
Chicken Picatta
Grilled Chicken Breast*
Chicken Cutlets

VEGGIES/SIDES/PASTA/SALAD

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

SATURDAY – OCT. 16

Baked 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 Limone w/Pasta
Chicken Parmesan
Chicken Marsala
Chicken Picatta
Chicken Francaise
Grilled Chicken Breast*

Friday Cont.:

Tuna Pasta Salad
Tuna Nicoise Salad*
Summer Pasta Verde
Chicken Salad*
Quinoa*
Bread Pudding
Soup: Clam Chowder
Soup: Chicken Noodle

VEGGIES/SIDES/PASTA/SALAD

Green Beans w/Almonds*
Gruyere Scalloped Potatoes*
Classic Scalloped Potatoes*
Chicken Salad*
Apple Crisp
Brownies