

**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. 18**

Pork Tenderloin Tomato Capers  
Jambalaya\*  
Thai Shrimp & Chicken Curry\*  
Whole Roast Chix Dinner\*  
Beef Stroganoff  
Portobello & White Bean Stew\*  
Quinoa w/ Chickpeas & Kale\*  
Stuffed Peppers\*  
Ziti w/ Broccoli & Chicken  
Shepherd's Pie  
Sausage & Pasta Calabrese  
Chicken Pasta deMedici  
Beef Bourguignon  
Macaroni and Cheese  
Meatloaf Dinner  
Buttered Noodles  
Baked Ziti  
Stuffed Shells  
Linguine w/ White Clam Sauce  
Spinach & Cheese Manicotti  
Shrimp & Pasta Calabria  
Pasta Calabria  
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  
Chicken Salad\*  
Traditional Bread Pudding

**Soup: Chicken Noodle**

**Soup: Curried Lentil**

**TUESDAY – Oct. 19**

Salmon Teriyaki  
Chicken Pad Thai  
Baked Boston Cod rice pilaf  
Cider Cured Pork Chops  
Whole Roast Chicken Dinner\*  
Vegetarian Chickpea Curry\*  
Chicken Pot Pie  
Pork Tacos  
Vegetarian Stuffed Peppers\*  
Chicken & Gnocchi 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  
Chicken Pasta Bacon Tomatoes  
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\*  
Chicken Cutlets

**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**  
**Soup: Pasta Fagioli**

**WEDNESDAY – Oct. 20**

Salmon Rst. Fennel Tomatoes  
Chicken Enchiladas  
Whole Roast Chicken Dinner  
Korean BBQ Short Ribs  
Balsamic Glazed Flank Steak\*  
Herbed Pork Loin w/ Potatoes  
Risotto w/ Wild Mushrooms\*  
Chicken Curry (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 Brie  
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 Palermo  
Chicken Parmesan  
Chicken Parmesan & Pasta  
Chicken Marsala  
Chicken Picatta  
Chicken Francaise  
Grilled Chicken Breast\*  
Chicken Cutlets

**VEGGIES/SIDES/PASTA/SALAD**

Mashed Potatoes\*  
Steamed Mixed Vegetables\*  
Chicken Salad\*  
Italian Broccoli\*  
Tuna & Egg Salads\*  
Creamed Spinach\*  
Roasted Beets & Carrots\*  
Roasted Brussels Sprouts\*  
Belgian Chocolate Pudding\*  
Roasted Sweet Potatoes\*

**Soup: Chicken & Rice**

**THURSDAY – Oct. 21**

Salmon Wild Mushroom Sauce  
Beef Tenderloin  
Baked Boston Cod  
F.O.D. –  
Steak Fajitas  
Chipotle Chicken Bowl  
Chicken Pot Pie  
Chic Rosemary Proscut (thighs)\*  
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  
Shepherd's Pie  
Ziti w/ Broccoli & Chicken  
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 Apulia  
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\*  
Roasted Root Vegetables\*  
Cajun Chicken Pasta Salad

**Soup: Chili**

**FRIDAY – Oct. 22**

Salmon Christiano  
Beef Tenderloin  
F.O.D. -  
Beef Tips  
Flank Steak Chimichurri  
Whole Roast Chicken Dinner\*  
Baked Boston Cod Rice Pilaf  
Chicken Enchiladas  
Pulled Pork\*  
Pork Chops  
Vegetable Stuffed Sole  
Macaroni & Cheese  
London Broil w/ Mash Pot+gravy  
Veal Marsala  
Veal Artichokes Lemon Capers  
Beef Bourguignon  
Stuffed Shells  
Sausage & Peppers\*  
Classic Meatloaf Dinner  
Stuffed Peppers\*  
Rigatoni w/ Sausage Pink Sauce  
Spaghetti Carbonarra  
Grilled Shrimp linguine  
Linguine w/ Fresh Vegetables  
Crab Cakes w/ Remoulade  
Shrimp w/ Vodka Sauce  
Penne w/ Vodka Sauce  
Penne w/ Broccoli Aglio Olio  
Chicken Limone w/ Pasta  
Chicken Alicia

Chicken Cordon Bleu  
Chicken Parmesan  
Chicken Parmesan & Pasta  
Chicken Italiano  
Chicken Marsala  
Chicken Francaise  
Grilled Chicken Breast\*  
Chicken Cutlets

**VEGGIES/SIDES/PASTA/SALAD**

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

**SATURDAY – Oct. 23**

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\*  
Chicken Salad\*  
Quinoa Artichoke Spinach Feta\*  
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