

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 – NOV. 29

Pork TenderloinVeggiesPesto
Jambalaya*
Thai Shrimp &Chicken Curry*
Whole Roast Chix Dinner*
Sliced BBQ Beef w/Beans
Quinoa ArtichokeSpinachFeta*
Veal & Peppers
Stuffed Peppers*
Ziti w/Broccoli & Chicken
Shepherd's Pie
Sausage, Pasta Broccoli Rabe
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*
Chicken Cutlets
VEGGIES/SIDES/PASTA/SALAD
Fresh Vegetable Mix*
Green Beans w/ Almonds*
Roasted Brussels Sprouts*
Sautéed Spinach*
Tuna Pasta Salad
Summer Pasta Verde
Chicken Salad*
Pumpkin Bread Pudding
Soup: Chicken Noodle
Soup: Curried Lentil

TUESDAY – NOV. 30

Salmon w/Teriyaki
Chicken Pad Thai
Baked Boston Cod rice pilaf
Pork Chops Pizzaiola
Whole Roast Chicken*
Vegetarian Chickpea Curry*
Chicken Pot Pie
Shrimp Tacos
Stuffed Cabbage*
Vegetarian Stuffed Peppers*
Chicken Marbella thighs *
Tuscan Beef Stew
London broil
Spaghetti alla Carbonara
Meatloaf Dinner
Buffalo Macaroni Cheese
Baked Cheese Ravioli
Stuffed Shells
Sausage and Peppers*
Shrimp Scampi
Shepherd's Pie
Pasta w/Bolognese
Chicken + Pasta Creamy Arrabbiata
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*
Broccoli au Gratin*
Italian Broccoli*
Green Beans w/ Almonds*
Twice Baked Potatoes*
Chicken Salads*
Apple Crisp
Soup: Clam Chowder
Soup: Pasta Fagioli

WEDNESDAY – DEC. 1

Salmon Cappellini
Chicken Enchiladas
Whole Roast Chicken Dinner
Marsala Braised Short Ribs
Teriyaki Flank Steak
Tomato Basil Risotto*
Herbed Pork Loin
Chicken Curry (thighs)*
Roast Turkey Dinner
Beef Bourguignon
Lemon Sole w/Orzo
Macaroni & Cheese
Veal Parmesan
Southern Chicken Tenders
Fried Shrimp
Stuffed Peppers*
Stuffed Shells
Grilled Chicken w/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
Chicken Cutlets
Grilled Chicken Breast*
VEGGIES/SIDES/PASTA/SALAD
Mashed Potatoes*
Steamed Mixed Vegetables*
Chicken Salad*
Italian Broccoli*
Tuna & Egg Salads*
Creamed Spinach*
Roasted Beets & Carrots*
Roasted Brussels Sprouts*
Roasted Sweet Potatoes*
Belgian Chocolate Pudding*
Traditional Bread Pudding
Soup: Chicken & Rice
Soup: Split Pea

THURSDAY – DEC. 2

Salmon Christiano
Beef Tenderloin
Baked Boston Cod
Steak Fajitas
ShrimpTomatoGarlicTagliatelle
African Lamb Stew
Chipotle Chicken Bowl
Chicken Pot Pie
Pork Tenderloin
Chicken Cacciatore (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
Shepherd's Pie
Stuffed Shells
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*
Cauliflower auGratin*
Roasted Vegetables*
Roasted Root Vegetables*
Cajun Chicken Pasta Salad
Soup: Caldo Verde
Soup: Beef & Bean Chili

FRIDAY – DEC. 3

Pistachio Salmon w/Asparagus
Beef Tenderloin
Beef Tips au Jus
Whole Roast Chicken Dinner*
Baked Boston Cod Rice Pilaf
Chicken Enchiladas
Beef & Bean Burrito
Pulled Pork*
Pork Chops alla Parma
Lemon Sole
Crabmeat Stuffed Sole
Southern Chicken Tenders
Macaroni & Cheese
London Broil w/Mash Pot+gravy
Veal Milano
Veal Marsala
Beef Bourguignon
Stuffed Shells
Sausage & Peppers*
Shepherd's Pie
Classic Meatloaf Dinner
Stuffed Peppers*
Ziti w/Broccoli & Chicken
Penne w/Broccoli Aglio Olio
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*

SATURDAY – DEC. 4

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.:

Roasted Brussels Sprouts*
Tuna Pasta Salad
Tuna Nicoise Salad*
Chicken Salad*
Mediterranean Quinoa*
Pumpkin 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