

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 – July 28

Pork Tenderloin w/Tom & Capers
Greek Lemon Shrimp & Chicken*
Thai Shrimp & Chicken Curry*
Whole Roast Chix Dinner*
Beef & Broccoli Stir Fry
White Bean Portobello Stew*
Stuffed Peppers*
Beef Bourguignon
Ziti w/Broccoli & Chicken
Shepherd's Pie
Baked Rigatoni w/Sausage & Asiago
Chix+Pasta+Eggplant+Smoked Mozz
Baked Ziti
Macaroni and Cheese
Stuffed Shells
Pasta w/Meatballs
Classic Meatloaf Dinner
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
Grilled Chicken Margherita*
Chicken Marsala
Chicken Piccata
Chicken Francaise
Chicken Cutlets
VEGGIES/SIDES/PASTA/SALAD
Fresh Vegetable Mix*
Green Beans w/ Almonds*
Sautéed Spinach*
Roasted Cauliflower*
Roasted Brussel Sprouts*
Quinoa w/Spinach Art. & Feta*
Tuna Pasta Salad
Pasta Vita Chicken Salad*
Summer Chicken Salad*
Curried Chicken Salad*
Summer Pasta Verde
Traditional Bread Pudding
Soup: Chicken Noodle
Soup:

TUESDAY – July 29

Teriyaki Salmon w/Broccoli
Lemon Sole w/Orzo
Chicken Pad Thai w/Chili Garlic
Steak Tacos w/Cilantro Lime Crema
Baked Boston Cod w/Rice pilaf
Whole Roast Chicken*
Balsamic Flank Steak
Grilled Pork Chops Scarpriello
Chicken Curry w/Basmati Rice *
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 w/Meat Sauce
Pasta w/Grilled Chix Tom. & Bacon
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 Palermo
Chicken Parmesan
Chicken Marsala
Chicken Piccata
Chicken Francaise
VEGGIES/SIDES/PASTA/SALAD
Roasted Vegetables*
Italian Broccoli*
Green Beans w/ Almonds*
Twice Baked Potatoes*
Cheddar bacon Stuffed Potatoes
Mexican Street Corn*
Wheat Free Summer Pasta Verde*
Orzo Salad w/Grilled Vegetables
Tabbouleh Salad*
Fresh Cole Slaw
Tuscan Potato Salad
Macaroni Salad
Tuna Nicoise Salad
Summer Pasta Verde
Chicken Salad
Apple Crisp
Soup: Clam Chowder

WEDNESDAY – July 30

Salmon w/Black Bean Salsa*
Chicken Enchiladas w/Mexican Rice
Beef Tenderloin w/Gorgonzola Crust
Whole Roast Chicken Dinner*
Herbed Pork Loin
Marsala Braised Short Ribs
Roast Turkey Dinner
Garlic Parmesan Chicken *
Shepherd's Pie
Lemon Sole w/Orzo
Macaroni & Cheese
Veal Parmesan
Southern Chicken Tenders
Fried Shrimp w/Remoulade
Stuffed Peppers*
Stuffed Shells
Grilled Chicken w/Penne & Feta
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 Francaise
Chicken Cutlets
Pasta Vita Grilled Chicken Breast
VEGGIES/SIDES/PASTA/SALAD
Classic Mashed Potatoes*
Broccoli Rabe*
Green Beans w/ Almonds*
Roasted Sweet Potatoes*
Creamed Spinach*
Chicken Salad*
Summer Pasta Verde.
Tuna & Egg Salads*
Chocolate & Vanilla Pudding*
Bread Pudding
Quesadilla
Soup: Chicken & Rice
Soup:

THURSDAY – July 31

Salmon w/Tomatoes & Capers
Seafood Paella
Poached Salmon w/Dill Sauce*
Beef Tend. w/Red Wine Demi
Baked Boston Cod w/Rice Pilaf
Pork Tenderloin w/Lemon & Dill
Grilled Shrimp Fajitas
K. C. Rib's w/B.B.Q. Sauce*
Fish Tacos w/Mexican Rice
Crab Cakes w/Remoulade
Herbed Roasted Chicken
Buffalo Chicken w/Blue Cheese *
Chipotle Steak Bowl*
Veal Parmesan
Veal Piccata
Sliced BBQ Beef Brisket*
Pasta+Lobster+Tarragon Cream
Baked Stuffed Shrimp w/Rice Pilaf
BBQ Pulled Pork 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 Apulia
Chicken Parmesan
Chicken Marsala
Chicken Piccata
Chicken Francaise
VEGGIES/SIDES/PASTA/SALAD
Green Beans w/Almonds*
Roasted Asparagus w/Sea Salt*
Roasted Vegetables*
Steamed Mixed Vegetables*
Fresh Cole Slaw
Orzo Salad w/Grilled Vegetables
Classic Potato Salad
Asian Beef & Noodle Salad
Macaroni Salad
Roasted Beets & Fennel Salad*
Roasted Corn & Black Bean Salad*
Cajun Chicken Pasta Salad
Summer Pasta Verde
Chicken Salad*

FRIDAY- August 1

Salmon w/Mango Salsa *
Seafood Kabobs w/Rice Pilaf
Beef Tenderloin Au Poivre
Baked Boston Cod Rice Pilaf
Chicken Tacos
Whole Roast Chicken Dinner*
South American Beef Tend Tips
Chicken Enchiladas w/Mexican Rice
Southern Chicken Tenders
BBQ Pulled Pork*
Vegetable Stuffed Sole w/Couscous
Lemon Sole w/ Orzo
Beef Bourguignon
BBQ Chicken thighs*
Macaroni & Cheese
Pasta & Sausage Caprese
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 Francaise
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*
Greek Pasta Salad
Tortellini Pasta Salad
Summer Berry Cobbler

SATURDAY – August 2

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 Francaise
Grilled Chicken Breast*

Friday's Salads/Dips/Soup

Tuna Nicoise Salad*
Tuna Pasta Salad
Quinoa w/Black Beans & Tom*
German Potato Salad
Summer Pasta Verde
Summer Chicken Salad*
Curried Chicken Salad*
Pasta Vita Chicken Salad*
Mexican Street Corn*
Guacamole*
Fresh Tomato Salsa

Soup: Chicken Noodle

Soup: Clam Chowder

SAT.-VEGGIES/SIDES/PASTA/SALAD

Green Beans w/Almonds*
Gruyere 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