

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 – October 27

Pork Tend. w/Tarragon Must. *
Jambalaya *
Thai Shrimp & Chicken Curry*
Whole Roast Chix Dinner*
Beef & Broccoli Stir Fry
Vegetarian Chickpea Curry*
Stuffed Peppers*
Beef Bourguignon
Ziti w/Broccoli & Chicken
Shepherd's Pie
Shells Sausage & Marinara
Chicken & Pasta Siena
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*
Pasta Vita Chicken Salad*
Summer Chicken Salad*
Curried Chicken Salad*
Summer Pasta Verde
Traditional Bread Pudding
Soup: Chicken Noodle
Soup: Tomato Bisque

TUESDAY – October 28

Salmon w/Tom. Olives & Basil
Beef Tenderloin Red Wine Demi
Chicken Pad Thai w/Chili Garlic
Shrimp Tacos
Baked Boston Cod w/Rice pilaf
Whole Roast Chicken*
Veal & Peppers
Chicken all Roma*
Pork Chops alla Parma
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 Meat Sauce
Chicken & Pasta Caprese
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 Francaise
VEGGIES/SIDES/PASTA/SALAD
Roasted Vegetables*
Italian Broccoli*
Green Beans w/ Almonds*
Cauliflower au Gratin*
Twice Baked Potatoes*
Cheddar bacon Stuffed Potatoes
Summer Pasta Verde
Pasta Vita Chicken Salad *
Curried Chicken Salad*
Summer Chicken Salad*
Apple Crisp
Soup: Clam Chowder
Soup: Pasta Fagioli

WEDNESDAY – October 29

Salmon Teriyaki w/Broccoli*
Chicken Enchiladas w/Mexican Rice
Whole Roast Chicken Dinner *
Herbed Pork Loin
Tuscan Short Ribs
Balsamic Glaze Flank Steak
Roast Turkey Dinner
Tuscan Beef Stew
Salisbury Steak w/Mashed Potatoes
Chicken Marbella * (thighs)
Shepherd's Pie
Stuffed Cabbage*
Lemon Sole w/Orzo
Macaroni & Cheese
Veal Parmesan
Southern Chicken Tenders
Fried Shrimp w/Remoulade
Stuffed Peppers*
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
Broccoli Rabe*
Green Beans w/ Almonds*
Roasted Beets & Carrots*
Roasted Sweet Potatoes*
Cheddar Scalloped Potatoes*
Gruyere Scalloped Potatoes*
Creamed Spinach*
Chicken Salad*
Summer Pasta Verde.
Tuna & Egg Salads*
Chocolate & Vanilla Pudding*
Quesadilla
Soup: Chicken & Rice
Soup: Minestrone

THURSDAY – October 30

Grilled Salmon w/Asparagus
Beef Tend. w/Red Wine Demi
Baked Boston Cod w/Rice Pilaf
Beef & Bean Burrito
K. C. Rib's w/B.B.Q. Sauce*
Fish Tacos w/Mexican Rice
Pork Chops Milanese
Crab Cakes w/Remoulade
Herbed Roasted Chicken
Chicken Pot Pie
Turkey Tetrazzini
Yankee Pot Roast *
Chicken & Gnocchi(thighs)
Chipotle Steak Bowl
Veal Parmesan
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 Lucchese
Chicken Parmesan
Chicken Marsala
Chicken Piccata
Chicken Francaise
VEGGIES/SIDES/PASTA/SALAD
Green Beans w/Almonds*
Roasted Asparagus w/Sea Salt*
Roasted Vegetables*
Roasted Root Vegetables*
Broccoli au Gratin*
Cajun Chicken Pasta Salad
Summer Pasta Verde
Pasta Vita Chicken Salad*
Curried Chicken Salad*
Summer Chicken Salad*
Mexican Street Corn*
Soup: Corn Chowder
Soup: Butternut Bisque

FRIDAY- October 31

Salmon w/Mango Salsa*
Jambalaya *
Beef Tenderloin Au Poivre
Baked Boston Cod Rice Pilaf
Whole Roast Chicken Dinner*
Beef Tips w/Mushroom Gravy
Pork Tend. w/Tom. & Capers
Chicken Enchiladas w/Mexican Rice
Southern Chicken Tenders
BBQ Pulled Pork*
London Broil
Vegetable Stuffed Sole w/Couscous
Lemon Sole w/ Orzo
Beef Bourguignon
Garlic Parmesan Chicken *
Macaroni & Cheese
Baked Rigatoni w/Sausage & Asiago
Cajun Chix+Pasta w/Chipotle Tom
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*

SATURDAY – November 1

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+Butternut Squash & Kale*
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
Soup: Beef & Bean Chili

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