

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 – November 3

Pork Tend. w/Braised Cabbage*
Greek Lemon Shrimp & Chicken*
Thai Shrimp & Chicken Curry*
Whole Roast Chix Dinner*
Teriyaki Beef Tips w/Jasmine Rice
White Beans Escarole Stew*
Stuffed Peppers*
Beef Bourguignon
Ziti w/Broccoli & Chicken
Shepherd's Pie
Pasta & Caprese w/Sausage
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: Broccoli Cheddar Bisque

TUESDAY – November 4

Salmon w/Feta Herb Crust
Beef Tenderloin Diane
Chicken Pad Thai w/Chili Garlic
Chicken Tacos
Baked Boston Cod w/Rice pilaf
Whole Roast Chicken*
Veal & Peppers
Risotto alla Parma*
Chicken Cacciatore *
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 Napolitana
Chix+Pasta w/Pesto Cream Sauce
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*
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 – November 5

Grilled Salmon w/Honey Sriracha *
Chicken Enchiladas w/Mexican Rice
Whole Roast Chicken Dinner *
Pork Loin Stuffed
Marsala Braised Short Ribs
Balsamic Glaze Flank Steak
Roast Turkey Dinner
Tuscan Beef Stew
Salisbury Steak w/Mashed Potatoes
Chicken Stemperata (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 & Brie
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: Caldo Verde

THURSDAY – November 6

Grilled Salmon Cappellini *
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
Grilled Pork Chops Scarpiello
Crab Cakes w/Remoulade
Herbed Roasted Chicken
Chicken Pot Pie
Turkey Tetrazzini
Yankee Pot Roast *
Chicken w/Lemon & Olives(thighs)*
Chipotle Steak Bowl
Veal Milano
Veal Piccata
Baked Stuffed Shrimp w/Rice Pilaf
Pasta w/Artichokes & Asparagus
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 Portofino
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*

Buffalo Chicken Dip

Mexican Street Corn*

Quinoa w/Black Beans & Tom. *

Soup: Italian Wedding Soup

FRIDAY- November 7

Salmon w/Roasted Vegetables *
Jambalaya *
Beef Tenderloin Au Poivre
Baked Boston Cod Rice Pilaf
Whole Roast Chicken Dinner*
Beef Tips w/Mushroom Gravy
Pork Tenderloin w/Apricot Glaze
Chicken Enchiladas w/Mexican Rice
Southern Chicken Tenders
BBQ Pulled Pork*
London Broil
Crabmeat Stuffed Sole w/Couscous
Lemon Sole w/ Orzo
Beef Bourguignon
French Chicken Ratatouille *
Macaroni & Cheese

Baked Rigatoni w/Sausage & Asiago
Spaghetti Carbonara
Rigatoni w/Peas Mush & Chicken
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 8

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
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