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 – May 11

Pork Tend. w/Tarragon Mustard.
Portuguese Shrimp Chicken & Rice*
Thai Shrimp & Chicken Curry*
Whole Roast Chix Dinner*
Teriyaki Beef Tips /Jasmine Rice
Vegetarian Chili Cheese Burrito
Stuffed Peppers*
Beef Bourguignon
Ziti w/Broccoli & Chicken
Shepherd's Pie
Pasta Arrabiatta w/Sausage
Pasta w/Chix, Goat Cheese, Tomato
Baked Ziti
Macaroni and Cheese
Stuffed Shells
Pasta w/Meatballs
Classic Meatloaf Dinner
Spinach & Cheese Manicotti
Shrimp & Pasta w/Lemon & Garlic
Linguine w/Lemon & Garlic
Penne w/Vodka Sauce
Chicken Limone w/Pasta
Chicken Alicia
Chicken Cordon Bleu
Marry Me Chicken
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*
Summer Pasta Verde
Traditional Bread Pudding

Soup: Chicken Noodle
Soup:

TUESDAY – May 12

Grilled Salmon w/Honey Sriracha*
Beef Tend. w/Garlic Herb Sauce
Chicken Pad Thai w/Chili Garlic
Chicken Tacos w/Cilantro Lime
Tomato Basil Risotto *
Baked Boston Cod w/Rice pilaf
Whole Roast Chicken*
Indian Butter Chicken (thighs)*
Pork Chops alla Parma
Stuffed Cabbage*
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 Bolognese
Sausage and Peppers*
Shrimp Scampi
Coconut Chicken w/Mango Salsa
Grilled Chix w/Grilled Vegetables*
Chicken Limone w/Pasta
Chicken Cordon Bleu
Chicken Milanese
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
Tuna Nicoise Salad*
Summer Pasta Verde
Pasta Vita Chicken Salad *
Curried Chicken Salad*
Summer Chicken Salad*
Apple Crisp

Soup: Clam Chowder
Soup: Pasta Fagioli

WEDNESDAY – May 13

Grilled Salmon w/Tom. & Fennel*
Chicken Enchiladas w/Mexican Rice
Whole Roast Chicken Dinner *
Herbed Pork Loin
Tuscan Short Ribs w/Orzo
Flank Steak w/Red pepper Salsa
Roast Turkey Dinner
Tuscan Beef Stew
Peruvian Chicken w/Rice *
Shepherd's Pie
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
Marry Me Chicken
Grilled Chicken Margherita*
Chicken Limone w/Pasta
Chicken Alicia
Chicken Cordon Bleu
Chicken Parmesan & Pasta
Chicken Marsala
Chicken Piccata
Chicken Francaise
Chicken Cutlets

VEGGIES/SIDES/PASTA/SALAD

Classic Mashed Potatoes
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:
Soup: Chicken & Orzo

THURSDAY – May 14

Salmon w/Pistachio Crust *
Beef Tenderloin w/Red Wine Demi
Baked Boston Cod w/Rice Pilaf
Grilled Shrimp Fajitas
Ropa Vieja (skirt Steak)
Veal Toscana
K. C. Rib's w/B.B.Q. Sauce*
Fish Tacos w/Mexican Rice
Grilled Pork Chops Scarpriello
Crab Cakes w/Remoulade
Herbed Roasted Chicken
Chicken Pot Pie
Turkey Tetrazzini
Yankee Pot Roast
Chicken Stemperata (thighs) *
Chipotle Steak Bowl*
Veal Luigi
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
Chicken Italiano
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*
Roasted Root Vegetables*
Broccoli au Gratin*
Cajun Chicken Pasta Salad
Summer Pasta Verde
Chicken Salad*
Macaroni Salad
Greek Pasta Vita
Mexican Street Corn*

Soup: Caldo Verde
Soup:

FRIDAY- May 15

Crusted Salmon w/Creole Mustard
Jambalaya w/Creole Rice*
Beef Tenderloin au Poivre
Baked Boston Cod Rice Pilaf
Whole Roast Chicken Dinner*
Balsamic Glazed Flank Steak
Chili Lime Pork Tenderloin
Chicken Enchiladas w/Mexican Rice
Southern Chicken Tenders
BBQ Pulled Pork*
London Broil
Crabmeat Stuffed Sole w/Couscous
Lemon Sole w/ Orzo
Beef Bourguignon
Chicken alla Roma *
Macaroni & Cheese
Spaghetti Carbonara
Stuffed Shells
Rigatoni w/Sausage & Diced Mozz.
Ziti Broccoli & Chicken
Grilled Chix & Pasta Caprese
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*
Marry Me Chicken
Chicken Milanese
Chicken Alicia
Chicken Cordon Bleu
Chicken Parmesan
Chicken Parmesan & Pasta
Chicken Marsala
Chicken Francaise
Chicken Piccata
Chicken Cutlets

VEGGIES/SIDES/PASTA/SALAD

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

SATURDAY – May 16

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
Mediterranean Quinoa *
Summer Pasta Verde
Summer Chicken Salad*
Curried Chicken Salad*
Pasta Vita Chicken Salad*
Fresh Tomato & Mozz Salad
Classic Potato Salad
Fresh Cole Slaw
Tortellini Pasta Salad
Wild Rice 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