

# 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 20

Pork Tenderloin w/Apricot Glaze  
Cuban Shrimp Chicken & Rice\*  
Thai Shrimp & Chicken Curry\*  
Whole Roast Chix Dinner\*  
Beef Tips au Jus w/Rice Pilaf \*  
Vegetarian Chickpea Curry\*  
Stuffed Peppers\*  
Beef Bourguignon  
Ziti w/Broccoli & Chicken  
Shepherd's Pie  
Pasta Sausage Creamy Arrabiatta  
Chicken & Pasta Caprese  
Baked Ziti  
Macaroni and Cheese  
Stuffed Shells  
Pasta w/Meatballs  
Classic Meatloaf Dinner  
Spinach & Cheese Manicotti  
Shrimp & Pasta Primavera  
Linguine Primavera  
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\*  
Tuna Pasta Salad  
Summer Pasta Verde  
Traditional Bread Pudding  
**Soup: Chicken Noodle**  
**Soup: Gazpacho**

## TUESDAY – July 21

Grilled Salmon w/Honey Sriracha\*  
Beef Tenderloin Wrapped w/Bacon  
Chicken Pad Thai w/Chili Garlic  
Shrimp Tacos  
Baked Boston Cod w/Rice pilaf  
Whole Roast Chicken\*  
Tomato Basil Risotto\*  
Chicken Tikka Masala (thighs)\*  
Pork Chops Pizzaiola  
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  
Chix & Pasta Siena  
Penne w/Asparagus & Artichokes  
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 Scaloppini alla Parma  
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  
Tuna Nicoise Salad\*  
**Tabbouleh**  
**Classic Potato Salad**  
**Macaroni Salad**  
**Fresh Cole Slaw**  
Summer Pasta Verde  
Pasta Vita Chicken Salad \*  
Curried Chicken Salad\*  
Summer Chicken Salad\*  
Apple Crisp  
**Soup: Clam Chowder**  
**Soup:**

## WEDNESDAY – July 22

Salmon w/Roasted Vegetables \*  
Chicken Enchiladas w/Mexican Rice  
Whole Roast Chicken Dinner \*  
Herbed Pork Loin w/Roasted Pot.  
Tuscan Short Ribs w/Orzo  
Flank Steak w/Red Pepper Salsa  
Roast Turkey Dinner  
Orange Chicken w/Basmati Rice \*  
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 Sweet Potatoes\*  
Chicken Salad\*  
Summer Pasta Verde.  
Tuna & Egg Salads\*  
Chocolate & Vanilla Pudding\*  
**Quesadilla**  
**Soup:**  
**Soup: Chicken Lemon & Orzo**

## THURSDAY – July 23

Salmon w/Asiago Crust & Broccoli  
Poached Salmon w/Dill Sauce\*  
Beef Tenderloin w/Red Wine Demi  
Baked Boston Cod w/Rice Pilaf  
Grilled Steak Fajitas  
K. C. Rib's w/B.B.Q. Sauce\*  
Fish Tacos w/Mexican Rice  
Crab Cakes w/Remoulade  
Herbed Roasted Chicken  
Sliced BBQ Beef Brisket\*  
**K.C BBQ Chicken (thighs)\***  
Greek Chicken Bowl\*  
Veal Piccata  
Baked Stuffed Shrimp w/Rice Pilaf  
Lobster Macaroni & 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 Saltimbocca  
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\*  
Chef Lous Baked Beans\*  
Steamed Mixed Vegetables\*  
Fresh Cole Slaw  
Orzo Salad w/Grilled Vegetables  
Classic Potato Salad  
Macaroni Salad  
Roasted Beets & Fennel Salad\*  
Roasted Corn & Black Bean Salad\*  
Cajun Chicken Pasta Salad  
Summer Pasta Verde  
Chicken Salad\*  
Mexican Street Corn\*  
**Soup:**  
**Soup:**

## FRIDAY- July 24

Salmon w/Mango Salsa \*  
Jambalaya \*  
Beef Tend. w/Bacon Chive Butter  
Baked Boston Cod Rice Pilaf  
Whole Roast Chicken Dinner\*  
Argentinian Grilled Beef Tend. Tips  
Pork Tend. Tomatoes & Capers  
Chicken Enchiladas w/Mexican Rice  
Southern Chicken Tenders  
BBQ Pulled Pork\*  
London Broil  
Vegetable Stuffed Sole w/Couscous  
Lemon Sole w/ Orzo  
Shepherd's Pie  
Beef Bourguignon  
**Garlic Parmesan Chicken (thighs)\***  
Macaroni & Cheese  
Spaghetti Carbonara  
Stuffed Shells  
Lake Como Rigatoni w/Sausage  
Ziti Broccoli & Chicken  
Sicilian Chicken & Pasta  
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\*  
Summer Berry Cobbler

## SATURDAY – July 25

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  
Tortellini Pasta Salad  
Chix Grilled Vidalia Pasta Salad  
**Quinoa Primavera \***  
**BLT Pasta Salad**  
**Macaroni Salad**  
**Classic 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