

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 – August 3

Pork Tend. Tarragon Mustard
 Portuguese Shrimp Chicken & Rice*
 Thai Shrimp & Chicken Curry*
 Whole Roast Chix Dinner*
 Teriyaki Beef Tips w/Jasmine Rice
 Vegetarian Chickpea Curry*
 Stuffed Peppers*
 Beef Bourguignon
 Ziti w/Broccoli & Chicken
 Shepherd's Pie
 Rigatoni w/Sauage & Ricotta
 Chix & Pasta w/Goat Cheese & Tom
 Baked Ziti
 Macaroni and Cheese
 Stuffed Shells
 Pasta w/Meatballs
 Classic Meatloaf Dinner
 Spinach & Cheese Manicotti
 Shrimp alla Vita
 Linguine alla Vita
 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 – August 4

Salmon w/Honey Sriracha*
 Beef Tend w/Gorgonzola Crust
 Chicken Pad Thai w/Chili Garlic
 Chicken Tacos w/Cilantro Lime
 Baked Boston Cod w/Rice pilaf
 Whole Roast Chicken*
 Risotto Margherita*
K.C BBQ Chicken (thighs)*
 Pork chops w/Honey Mustard
 Chipotle Chicken Bowl*
 Vegetarian Stuffed Peppers*
 London Broil w/ Mashed Pot.
 Chicken Pot Pie
 Spaghetti alla Carbonara
 Baked Cheese Ravioli Dinner
 Mushroom Truffle Mac & Cheese
 Stuffed Shells
 Pasta w/Meat Sauce
 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
 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*
 Twice Baked Potatoes*
 Cheddar bacon Stuffed Potatoes
 Tuna Nicoise Salad*
Roasted Corn & Black Bean Salad
Mediterranean Potato Salad
 Tabbouleh
 Macaroni Salad
 Fresh Cole Slaw
 Summer Pasta Verde
 Pasta Vita Chicken Salad*
 Curried Chicken Salad*
 Summer Chicken Salad*
 Apple Crisp
Soup: Clam Chowder

WEDNESDAY – August 5

Salmon w/Lemon & Asparagus*
 Chicken Enchiladas w/Mexican Rice
 Whole Roast Chicken Dinner*
 Apricot Stuffed Pork Loin
 Southwest Short Ribs
 Balsamic Glazed Flank Steak
 Roast Turkey Dinner
 Chicken alla Roma*
 Lemon Sole w/Orzo
 Macaroni & Cheese
 Veal Parmesan
 Southern Chicken Tenders
 Fried Shrimp w/Remoulade
 Stuffed Peppers*
 Grilled Chicken w/Penne & Feta
BBQ Pulled Pork
 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: Chilled Tomato Bisque
Soup: Chicken Lemon & Orzo

THURSDAY – August 6

Salmon w/Tomatoes & Capers
 Poached Salmon w/Dill Sauce*
 Beef Tenderloin w/Red Wine Demi
 Baked Boston Cod w/Rice Pilaf
 Pork & Black Bean Burrito
 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*
 Chicken Curry (thighs)*
 Greek Chicken Bowl*
 Veal Marsala
 Baked Stuffed Shrimp w/Rice Pilaf
 Buffalo Chicken Mac & Cheese
 Lemon sole w/Orzo
 Coconut Shrimp
 Stuffed Shells
Pasta w/Meat Sauce
Penne alla Vita
 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*
 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: Cucumber Avocado Gaz.
Soup: Rhode Island Clam Chowder

FRIDAY- August 7

Salmon w/Mango Black Thai Rice*
 Jambalaya*
 Beef Tenderloin au Poivre
 Baked Boston Cod Rice Pilaf
 Whole Roast Chicken Dinner*
 Beef Tips w/Cow Boy Butter
Pork Tend. w/Roasted Vegetables*
 Chicken Enchiladas w/Mexican Rice
 Southern Chicken Tenders
BBQ Pulled Pork*
 London Broil
 Vegetable Stuffed Sole w/Couscous
BBQ Beef Brisket Mac & Cheese
 Lemon Sole w/ Orzo
 Shepherd's Pie
 Beef Bourguignon
Garlic Parmesan Chicken (thighs)*
 Macaroni & Cheese
 Spaghetti Carbonara
 Stuffed Shells
Pasta Primavera w/Cream Sauce
 Lake Como Rigatoni w/Sausage
 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*
 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 – August 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
 Mediterranean Quinoa*
 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