

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
Steak 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
Buffalo Chicken 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
Chicken Tacos
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