

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 – September 14

Pork Tenderloin w/Tarragon Must.
 Portuguese Shrimp Chicken & Rice*
 Thai Shrimp & Chicken Curry*
 Whole Roast Chix Dinner*
 Southwest Hanger Steak
 Vegetable Pad Thai
 Stuffed Peppers*
 Beef Bourguignon
 Ziti w/Broccoli & Chicken
 Shepherd's Pie
 Rigatoni+Sausage+Whipped Ricotta
 Chix+Pasta +Pesto Cream Sauce
 Baked Ziti
 Macaroni and Cheese
 Stuffed Shells
 Linguine w/White Clam Sauce
 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*
 Tuna Pasta Salad
 Summer Pasta Verde
 Traditional Bread Pudding
Soup: Chicken Noodle
Soup: Tomato Bisque

TUESDAY – September 15

Salmon w/Sweet Chili Glaze*
 Beef Tend. Wrapped w/Bacon
 Chicken Pad Thai w/Chili Garlic
 Shrimp Tacos w/Cilantro Lime
 Baked Boston Cod w/Rice pilaf
 Whole Roast Chicken*
 Tomato Basil Risotto*
 Chicken Tikka Masala*
 Pork Chops Milanese
 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
 Grilled Chicken+Pasta w/Gorgonzola
 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 Alberto
 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
 Summer Pasta Verde
 Pasta Vita Chicken Salad*
 Curried Chicken Salad*
 Summer Chicken Salad*
 Apple Crisp
Soup: Clam Chowder
Soup: Pasta Fagioli

WEDNESDAY – September 16

Salmon w/Tomatoes & Capers
 Chicken Enchiladas w/Mexican Rice
 Whole Roast Chicken Dinner*
 Stuffed Pork Loin Lem. & Garlic
Tuscan Short Ribs
 Teriyaki Flank Steak w/Fried Rice
 Roast Turkey Dinner
Tuscan Beef Stew
 Orange Chicken w/Basmati Rice*
 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 & Rice

THURSDAY – September 17

Salmon w/Pistachio Crust
 Poached Salmon w/Dill Sauce*
 Beef Tenderloin 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
 Crab Cakes w/Remoulade
 Herbed Roasted Chicken
 Sliced BBQ Beef Brisket*
Chicken Stemperata (thighs)*
 Greek Chicken Bowl*
 Veal Luigi
 Baked Stuffed Shrimp w/Rice Pilaf
 Mushroom Truffle Mac & Cheese
 Lemon sole w/Orzo
 Coconut Shrimp
 Stuffed Shells
Penne w/Broccoli Aglio Olio
 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*
 Steamed Mixed Vegetables*
Orzo Salad w/Grilled Vegetables
 Roasted Beets & Fennel Salad*
 Cajun Chicken Pasta Salad
 Summer Pasta Verde
 Chicken Salad*
 Mexican Street Corn*
Soup: Curried Lentil
Soup:

FRIDAY- September 18

Salmon w/Lemon & Dill*
 Bang Bang Chicken & Shrimp*
 Beef Tenderloin au Poivre
 Baked Boston Cod Rice Pilaf
 Whole Roast Chicken Dinner*
 Chicken Balsamico w/Rst. Potatoes
 Beef Tips w/Mushroom Gravy*
 Pork Tend. w/Honey Thyme Glaze
 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
Pasta w/Wild Mush. & Chicken
 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*

SATURDAY – September 19

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
Quinoa w/Spinach Art & Feta*
 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