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 – November 16

Pork Tend. w/Braised Cabbage
Bang Bang Shrimp & Chicken
Thai Shrimp & Chicken Curry*
Whole Roast Chix Dinner*
Beef Tips w/Mushroom Gravy
Vegetable Pad Thai w/Chili Garlic*
Stuffed Peppers*
Beef Bourguignon
Ziti w/Broccoli & Chicken
Shepherd's Pie
Cavatelli w/Broccoli Rabe & Sausage
Chicken & Pasta Siena
Baked Ziti
Macaroni and Cheese
Stuffed Shells
Linguine w/White Clam Sauce
Pasta w/Meatballs
Classic Meatloaf Dinner
Spinach & Cheese Manicotti
Shrimp 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*
Quinoa w/Spinach Art & Feta
Pasta Vita Chicken Salad*
Summer Chicken Salad*
Tuna Pasta Salad
Summer Pasta Verde
Traditional Bread Pudding
Soup: Chicken Noodle
Soup: Broccoli Cheddar Bisque

TUESDAY – November 17

Salmon w/Roasted Vegetables *
Beef Tend. Red Wine Demi
Chicken Pad Thai w/Chili Garlic
Pork Tacos w/Cilantro Lime
Baked Boston Cod w/Rice pilaf
Whole Roast Chicken*
Veal & Peppers
Roast Turkey Dinner
Pumpkin-Sage Risotto*
Chicken Curry*
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 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*
Cauliflower au Gratin*
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 – November 18

Grilled Salmon Cappellini
Chicken Enchiladas w/Mexican Rice
Whole Roast Chicken Dinner *
Herbed Pork Loin
Cabernet Braised Short Ribs
Balsamic Glazed Flank Steak
Roast Turkey Dinner
Salisbury Steak w/Mashed Potatoes
Chicken Marbella *
Shephard's Pie
Lemon Sole w/Orzo
Macaroni & Cheese
Veal Parmesan
Southern Chicken Tenders
Fried Shrimp w/Remoulade
Stuffed Peppers*
Tuscan Beef Stew
Grilled Chicken w/Penne & Brie
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*
Roasted Beets & Carrots*
Green Beans w/ Almonds*
Roasted Sweet Potatoes*
Cheddar Scalloped Potatoes
Gruyere Scalloped Potatoes*
Creamed Spinach
Chicken Salad*
Summer Pasta Verde.
Tuna & Egg Salads*
Chocolate & Vanilla Pudding*
Quesadilla
Soup: Butternut Bisque
Soup: Chicken & Rice

THURSDAY – November 19

Salmon w/Feta Herb Crust
Beef Tenderloin Bearnaise
Baked Boston Cod w/Rice Pilaf
Grilled Steak Fajitas
Roast Turkey Dinner
Pork Chops w/Honey Must
K. C. Rib's w/B.B.Q. Sauce*
Fish Tacos w/Mexican Rice
Crab Cakes w/Remoulade
Herbed Roasted Chicken
Yankee Pot Roast
Chicken Pot Pie
Turkey Tetrazzini
Chicken & Gnocchi*
Chipotle Steak Bowl*
Veal Piccata
Beef Bourguignon
Baked Stuffed Shrimp w/Rice Pilaf
Macaroni & Cheese
Lemon sole w/Orzo
Coconut Shrimp
Spinach & Cheese Manicotti
Shrimp Scampi
Baked Sausage Ravioli
Grilled Chix & Grilled Vegetables*
Chicken Limone w/Pasta
Chicken Alicia
Chicken Cordon Bleu
Chicken Italiano
Chicken Lucchese
Chicken Parmesan
Chicken Marsala
Chicken Piccata
Chicken Francaise

VEGGIES/SIDES/PASTA/SALAD

Classic Mashed Potatoes
Broccoli au Gratin*
Glazed Carrots*
Greens Beans w/Almonds*
Maple Glazed Yams w/Pecans*
Mashed Butternut Squash*
Roasted Root Vegetables*
Cranberry Herb Stuffing
Sausage Stuffing
Roasted Brussel Sprouts*
Roasted Vegetables*
Cajun Chicken Pasta Salad
Summer Pasta Verde
Chicken Salad*
Soup: Wild Mushroom & Rosemary
Soup: Turkey & wild Rice

FRIDAY- November 20

Salmon w/Tomatoes & Basil*
Jambalaya*
Beef Tenderloin au Poivre
Baked Boston Cod Rice Pilaf
Whole Roast Chicken Dinner*
Roast Turkey Dinner
Beef Tips w/Mushroom Gravy
Pork Tenderloin w/Tarragon Must
Chicken Enchiladas w/Mexican Rice
Southern Chicken Tenders
BBQ Pulled Pork*
London Broil
Crabmeat Stuffed Sole w/Couscous
Lemon Sole w/ Orzo
Shepherd's Pie
Beef Bourguignon
Chicken Cacciatore (thighs)*
Macaroni & Cheese
Spaghetti Carbonara
Stuffed Shells
Rigatoni w/Sausage Sorrento
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
Soup: Chicken Noodle
Soup: Clam Chowder

SATURDAY – November 21

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&SAT

Salads/sides/Dips/Soup

Tuna Nicoise Salad*
Tuna Pasta Salad
Quinoa w/Almonds Kale & Cran *
Summer Pasta Verde
Chicken Salad*

Roasted Vegetables*
Italian Broccoli*
Classic Mashed Potatoes
Broccoli au Gratin*
Glazed Carrots*
Greens Beans w/Almonds*
Maple Glazed Yams w/Pecans*
Mashed Butternut Squash*
Roasted Root Vegetables*
Cranberry Herb Stuffing
Sausage Stuffing
Roasted Brussel Sprouts*
Turkey Gravy
Fresh Cranberry Relish

Guacamole*
Fresh Tomato Salsa

Soup: Butternut Bisque
Soup: Wild Mushroom & Rosemary
Soup: Turkey & Wild Rice
Vegetarian Chickpea Salad*
Tuna Pasta Salad
Tuna Salad & Egg Salad
Bread Pudding
Apple Crisp