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 2

Pork Tenderloin w/Tarragon
Greek Shrimp & Chicken *
Thai Shrimp & Chicken Curry*
Whole Roast Chix Dinner*
Classic Beef Stroganoff
Vegetarian Chili Cheese Burrito
Stuffed Peppers*
Beef Bourguignon
Ziti w/Broccoli & Chicken
Shepherd's Pie
Lake Como Rigatoni w/Sausage
Chicken & Pasta Arrabiatta
Baked Ziti
Macaroni and Cheese
Stuffed Shells
Linguine w/White Clam Sauce
Pasta w/Meatballs
Classic Meatloaf Dinner
Spinach & Cheese Manicotti
Blackened Shrimp & Tom. Alfredo
Pasta w/Tomato Alfredo
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: Minestrone

TUESDAY – November 3

Salmon w/Sweet Chili Glaze *
Beef Tenderloin w/Gorgonzola Crust
Chicken Pad Thai w/Chili Garlic
Chicken Tacos w/Cilantro Lime
Baked Boston Cod w/Rice pilaf
Whole Roast Chicken*

Veal & Peppers

Butternut Sage Risotto *
Chicken w/Spicy Red Curry*
Pork Chops Scapriello
Chipotle Chicken Bowl*
Vegetarian Stuffed Peppers*
London Broil w/ Mashed Pot.
Chicken Pot Pie
Gnocchi w/Pomodoro & Mozzarella
Spaghetti alla Carbonara
Baked Cheese Ravioli Dinner
Buffalo Macaroni & Cheese
Stuffed Shells
Pasta w/Meat Sauce
Grilled Chicken & Pasta Di Medici
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 4

Salmon w/Wild Mushroom Sauce*
Chicken Enchiladas w/Mexican Rice
Whole Roast Chicken Dinner *
Apricot Stuffed Pork Loin
Braised Short Ribs+Bacon Lardons
Flank Steak w/Red Pepper Salsa
Roast Turkey Dinner
Salisbury Steak w/Mashed Potatoes
French Chicken Ratatouille *
Shephard's Pie
Stuffed Cabbage
Lemon Sole w/Orzo
Macaroni & Cheese
Veal Parmesan
Southern Chicken Tenders
Fried Shrimp w/Remoulade
Stuffed Peppers*
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: Curried lentil
Soup: Chicken & Rice

THURSDAY – November 5

Asiago Crusted Salmon w/Broccolini
Beef Tenderloin w/Red Wine Demi
Baked Boston Cod w/Rice Pilaf
Grilled Shrimp Fajitas
Pork Chops alla Parma
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 Stemperata*
Chipotle Steak Bowl*
Veal Luigi
Baked Stuffed Shrimp w/Rice Pilaf
Mushroom Truffle Mac & 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 Italiano
Chicken Apulia
Chicken Parmesan
Chicken Marsala
Chicken Piccata
Chicken Francaise

VEGGIES/SIDES/PASTA/SALAD

Green Beans w/Almonds*
Roasted Root Vegetables*
Broccoli au Gratin*
Roasted Asparagus w/Sea Salt*
Roasted Vegetables*
Cajun Chicken Pasta Salad
Summer Pasta Verde
Chicken Salad*
Mexican Street Corn*
Spinach & Artichoke Dip

Soup: Italian Wedding
Soup: Wild Mushroom & Rosemary

FRIDAY- November 6

Blackened Salmon+Chipolte Crema
Jambalaya *
Beef Tenderloin au Poivre
Baked Boston Cod Rice Pilaf
Whole Roast Chicken Dinner*
Beef Tips w/Cow Boy Butter
Shredded Pork w/Dunkin noodles
Vegetarian Stuffed Peppers*
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
Teriyaki Chicken *
Macaroni & Cheese
Spaghetti Carbonara
Stuffed Shells
Cavatelli w/Broccoli Rabe & 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 – November 7

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 *
Summer Pasta Verde
Summer Chicken Salad*
Curried Chicken Salad*
Pasta Vita Chicken Salad*
Mexican Street Corn*
Buffalo Chicken Dip
Guacamole*
Fresh Tomato Salsa

Soup: Chicken Noodle
Soup: Clam Chowder
Soup: Beef & Bean Chili

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