

# October 2020 Weekly Fresh Menu

S= Single Serving  
T= Twin ~ 2 Servings  
F= Family ~ 5-6 Servings



## Week of October 6<sup>th</sup>

- Braised Honey Short Ribs** NEW S 9.99 T 18.99 F 36.99  
(DF D K SS WF)  
Tender beef ribs seasoned with garlic, ginger, honey and cilantro. Served with steamed vegetables and white rice.
  - Cod with Mediterranean Vinaigrette** S 9.99 T 18.99 F 36.99  
(D K SS WM)  
*(Special Order Dairy Free without Cheese, Special Order Wheat Free without Orzo)*  
White fish fillet topped with a vibrant Mediterranean vinaigrette. Served over an orzo salad with arugula, radicchio, olives, chickpeas and Pecorino Romano cheese.
  - Creamy Chicken, Ham, Leek and Noodle Casserole** S 8.99 T 16.99 F 33.99  
(D GF K WM)  
A hearty noodle casserole with chicken, ham, leeks, peas and cheese with a crumbly top.
  - Roasted Fall Vegetable Gnocchi with Balsamic Reduction** S 8.99 T 16.99 F 33.99  
(D GF K SS V)  
An assortment of roasted veggies, gnocchi and a drizzle of balsamic reduction makes a delicious meatless meal.
  - Russian Pork Stroganoff with Dill** S 8.99 T 16.99 F 33.99  
(D GF K SS WM WF)  
We've made healthy substitutions for a reduced fat version with pork and just a hint of dill served with steamed potatoes and green beans.
- SOUP: Split Pea Soup** 5.99  
(DF D K SS WF)  
Made with hambone and studded with pieces of ham for rich flavor and texture that is perfect for the cool weather.
- SALAD: Dark and Leafy Salad** 7.99  
Arcadian lettuce, chickpeas, tomatoes, kale, shaved Parmesan cheese and a honey, lemon vinaigrette.
- MUFFINS: Spiced Yogurt Muffins ½ dz** 6.99
- DESSERT: Date Cake** NEW 5.99

## Week of October 13<sup>th</sup>

- Chicken Cordon Bleu** S 9.99 T 18.99 F 36.99  
(D GF K LC SS WM WF)  
The French classic, ham and cheese stuffed chicken breast, air fried with a crispy crust served with tender, steamed broccoli.
  - Johnny Marzetti Casserole** S 9.99 T 18.99 F 36.99  
(D K SS WM)  
We are bringing back a family favorite! Egg noodles tossed with ground beef, mushrooms, onions and tomatoes topped with cheddar and mozzarella cheese finished with a layer of buttery breadcrumbs.
  - Stuffed Fillet of Sole** S 8.99 T 16.99 F 33.99  
(DF D K SS WM WF)  
A delicate fish with gluten free, herb stuffing served with a superfood quinoa and sautéed spinach pilaf.
  - Sweet Potato Crust Quiche** S 8.99 T 16.99 F 33.99  
(D GF K SS V WM WF)  
A classic dish with the October Kitchen healthy twist! Sliced sweet potatoes make the crust of this spinach and feta quiche.
  - Turkey Meatloaf** S 8.99 T 16.99 F 33.99  
(DF D K SS)  
Studded with aromatic vegetables and herbs, baked with a light tomato glaze and natural pan gravy served with roasted red bliss potatoes and steamed vegetable medley.
- SOUP: Alpine Potato Soup** 5.99  
(D K SS V WM WF)  
A hearty fall soup with potatoes, carrots, Gruyere cheese and a splash of brandy.
- SALAD: Crunchy House Salad** 7.99  
Artsian lettuce, tomatoes, cucumbers, red peppers and a balsamic vinaigrette
- MUFFINS: Sweet Potato Crunch Muffins ½ dz ~Contains Seeds~** 6.99
- DESSERT: Cranberry Crumb Cake** 5.99

## Week of October 20<sup>th</sup>

- Baked Haddock with Mustard Crumbs** S 9.99 T 18.99 F 36.99  
(DF D K SS WM)  
Simple baked fish fillets with the lively addition of Dijon mustard served over wild rice pilaf and steamed veggies.
  - Beef Pot Pie** S 9.99 T 18.99 F 36.99  
(DF D GF K SS)  
*(Special Order Wheat Free without Pastry)*  
The perfect dish for these chilly nights! Chunks of tender beef, vegetables and gravy under a puff pastry.
  - Pork Roast with Apple Sauce** S 8.99 T 16.99 F 33.99  
(DF D GF K SS WF)  
Pork roast with a fragrant fruit purée and sweet potato hash studded with apples, bacon, red onions and pumpkin seeds makes this dish special.
  - Pumpkin Risotto with Goat Cheese** S 8.99 T 16.99 F 33.99  
(GF K SS V WF) *(Special Order NO Seeds)*  
A lovely risotto preparation tossed with baby kale and goat cheese topped with sugar and spice roasted pumpkin seeds.
  - Sundried Tomato Stuffed Chicken Meatballs** S 8.99 T 16.99 F 33.99  
(D K SS WM WF)  
Tender, hand rolled chicken meatballs with ricotta, spinach and sundried tomatoes topped with basil sauce served with thick cut zucchini fries.
- SOUP: Chicken Tortellini Soup** 5.99  
(D K SS WM)  
A delicious and comforting soup made with great flavor and technique.
- SALAD: Autumnal Salad** NEW 7.99  
Pan roasted brussels sprouts, cauliflower, butternut squash and white beans, mixed with bright arugula, sweet pomegranate seeds and a sharp white wine vinaigrette.
- MUFFINS: Pumpkin Spice Muffins ½ dz** 6.99
- DESSERT: Banana Oat Chocolate Chip Bars** 5.99

## Week of October 27<sup>th</sup>

- Bolognese Meatloaf** S 9.99 T 18.99 F 36.99  
(D K SS WM WF)  
An "OK!" favorite. A twist on a classic; lean beef enhanced with Italian bacon, Romano cheese and garlicky broccoli served with potato polenta.
  - Golden Pearl Turkey Stew** S 8.99 T 16.99 F 33.99  
(DF D K SS WF)  
A perfect warm dish for a cool night! Tender turkey simmered with coconut milk, five spices, corn, tomato, crunchy water chestnuts and bok choy served over rice.
  - Halloween Pork Tenderloin** S 9.99 T 18.99 F 36.99  
(DF D K SS WF)  
Pork tenderloin with chocolate barbeque sauce, sweet potato wedges and sautéed spinach.
  - Honey Garlic Shrimp** S 9.99 T 18.99 F 36.99  
(DF D K SS WF)  
Sweet shrimp tossed with garlic, honey, soy and ginger over fluffy brown rice and broccoli.
  - Pumpkin Lasagna** S 8.99 T 16.99 F 33.99  
(D K SS V WM)  
Vegetarian white lasagna that is an "O.K.!" classic! Fresh roasted pumpkin layered with pasta, ricotta and mozzarella served with a toasted romesco sauce and red onion crème.
- SOUP: French Vegetable Soup** 5.99  
(DF D K SS V WM WF)  
Hearty and simple French country "Garbure" soup studded with aromatic vegetables and vegetarian bacon bits.
- SALAD: October Salad** 7.99  
Arcadian lettuce, spinach, carrots, endives, grapes, Bleu cheese, sunflower seeds and an herbed cider vinaigrette.
- MUFFINS: Pineapple Bran Muffins ½ dz** 6.99
- DESSERT: Mom's Apple Brownies** 5.99