

LIVER & ONIONS

A classic dish done right with caramelized onions and mashed potatoes..... \$9.99

NOT YOUR MOM'S TUNA NOODLE

I loved this dish as a kid, now we take it and redo it right, no canned soup, all from scratch and guaranteed to please..... \$8.99

ROAST TURKEY BREAST

Sliced turkey breast topped with homemade gravy served with our house made herbed stuffing, mixed vegetable medley and topped with Craisins..... \$8.49

SHRIMP SCAMPI

A healthier version without all the butter but all the flavor! Served with steamed broccoli and over spaghetti..... \$9.99

SPAGHETTI & MEATBALLS

Beefy, hand rolled meatballs with pasta, homemade marinara sauce and a sprinkle of Parmesan cheese on top..... \$8.49

VEGGIE MAC & CHEESE

An "O.K!" favorite! Creamy pasta overflowing with a variety of tasty veggies..... \$7.99

YANKEE POT ROAST

A lovely, old New England recipe with slow cooked beef, vegetables and a darn good sauce..... \$8.99

SUGAR FREE LEMON DROP COOKIES

NO after taste-NO artificial anything; we used Lakanto monk fruit sugar in substitute of traditional white sugar. These delicate lemon cookies are studded with white chocolate chips. They will be your new favorite NON - guilty pleasure!

1/2 dz..... \$7.99

OATMEAL CHERRY CHOCOLATE CRUNCH COOKIES

Chewy, oatmeal cookies with cherries, white chocolate chips and a little crunch. 1/2 dz..... \$6.99

OLD FASHIONED APPLE CRISP

You would never know this sweet treat is Reduced Sugar AND Gluten Free! Sweet, Golden Delicious apples with cinnamon and nutmeg finished with a crispy oat topping..... \$8.99

KETO CHOCOLATE CAKE

This tasty cake is Gluten Free and Sugar Free sweetened with Lakanto monk fruit sugar substitute, coconut flour and Dutch cocoa. This premium cake is a deliciously, unique treat..... \$11.99

LOW FAT CARROT CAKE

You asked...we listened! Everyone's favorite dessert is now ALWAYS available! A lower fat traditional carrot cake with cream cheese frosting..... 6.99

BENSON'S SALT FREE TABLE SALT

You won't find any other Salt Free Substitute that boasts as many attributes as this one. Salt Free, Sugar Free, Gluten Free, No MSG's, but most importantly NO Potassium and NO aftertaste! Try one for yourself and see what the kitchen is raving about!..... 9.99

EXTRAS**OCTOBER KITCHEN INSULATED TOTE**

Super-useful, multi-purpose tote! Our insulated cooler tote measures 13 x 15 x 10 with a zipper closure and bottom stabilizer for extra strength and durability..... \$5.99

OCTOBER KITCHEN REUSABLE BAG

Nowadays reusable bags are the alternative to paper and plastic bags. They are highly useful for day to day errands and on the other hand you can also play your part in conserving the environment! We are now offering our cloth reusable tote in our famous October Orange!..... \$1.99

OCTOBER KITCHEN LUNCH BAG

Perfect size for lunch on the go! Available in October Orange..... \$3.99

OCTOBER KITCHEN FINGER MITT

Finger Mitt protects your hand with a thumb and finger pocket. Easy fit for all!..... \$1.99

MICROWAVE DOME

No more microwave messes! Large, domed vented microwave cover fits over most dishes for splatter-free microwave cooking. Plastic. Dishwasher safe. 10" dia. x 4 1/2" H..... \$3.99

FEBRUARY MENU

October
Kitchen LLC

OCTOBERKITCHEN.COM

860.533.0588 • Fax: 860.533.0585
309 Green Rd. Manchester, CT 06042

FLASH FROZEN COMFORT CLASSICS**AMERICAN CHOP SUEY**

A classic New England dish with macaroni, seasoned ground beef, sautéed onions and green peppers in a thick tomato based sauce..... \$7.99

AMERICAN MEATLOAF

Traditional meatloaf with mashed potatoes, gravy and chef's choice vegetable..... \$8.99

BEEFY LASAGNA

Baked layers of pasta with creamy cheese and meaty homemade marinara..... \$8.99

BEEF STROGANOFF

Tender, melt in your mouth beef tips in a creamy sherry gravy served with green beans and crispy, thin sliced potatoes with "butter", parsley and onions..... \$9.99

BREAKFAST BURRITOS

Two burritos per order; full of egg, house made breakfast sausage, peppers, onions and cheddar cheese rolled in flour tortillas..... \$8.99

CHICKEN AND GRAVY

Roasted, fresh boneless breast of chicken with pan gravy, mashed potatoes and chef's choice vegetables..... \$8.49

CHICKEN AND SHRIMP JAMBALAYA

Plump shrimp, chunks of chicken and chicken sausage are overflowing in Creole seasoned rice studded with tomato, onion, celery and peppers..... \$9.99

CHICKEN PARMESAN & SPAGHETTI

Golden, breaded chicken cutlet over spaghetti with homemade marinara, topped with Parmesan..... \$8.49

CHICKEN POT PIE

Chunks of tender chicken and vegetables in a natural gravy topped with a homemade cheddar biscuit..... \$8.49

EGGPLANT PARM LASAGNA

A contemporary, lower fat version layered with baked eggplant, spinach, roasted peppers and three cheeses.. \$8.49

GRANDMA'S STUFFED PEPPERS

An "O.K!" favorite! Sweet bell peppers loaded with ground beef, rice, tomato and our homemade, tangy glaze..... \$8.49

HERBED PORK ROAST

Tasty pork stuffed with parsley, sage, rosemary and thyme served with pan gravy, roasted baby potatoes and veggie medley..... \$8.99

LEMON HERB COD

Baked cod with lemon and herbs, gluten free crumbs, mashed potatoes and chef's choice vegetable..... \$9.99

October
Kitchen LLC

**WELCOME TO THE
OCTOBER KITCHEN
FAMILY!**

We are dedicated to fostering wellness by connecting with hungry hearts through nourishing food and the bond of sincere service.



SOUPS

- ALPINE POTATO SOUP** A hearty winter soup with potatoes, carrots, Gruyere cheese and a splash of brandy..... \$6.99
- ITALIAN WEDDING SOUP** A classic soup with petite chicken meatballs, pasta pearls and escarole in a rich chicken broth..... \$6.99



SALADS

- CRISPY GARDEN SALAD**
Iceberg lettuce, leafy baby greens, tomatoes, shredded carrots, cucumber, radish, shaved red onion and our house made ranch dressing..... \$8.99
- FIELD GREEN SALAD**
Tender leaf lettuces with a maple cider dressing, dried cranberries and goat cheese..... \$8.99



BAKERY

- APPLE STRUDEL MUFFINS** filled with diced apple and topped with a sweet streusel crumb topping..... \$7.99
- SWEET WHEAT MUFFINS** Inspired by Grandma's "Mother's Buns" added a little healthy whole wheat, to make them irresistible..... \$7.99



DESSERTS

- CHOCOLATE CAKE** Sometimes you just need a little snack of chocolate cake with frosting..... \$6.99
- BANANA CRUMB CAKE** Sweetened with a little honey this cake is perfect with a cup of coffee or tea any time of the day..... \$6.99



ENTREES

- BACON & CHEDDAR STUFFED CHICKEN** Chicken breast rolled around creamy bacon, cheddar stuffing and drizzled with Jack Daniels' Cranberry, Maple Barbeque Sauce. Served over a bed of roasted butternut squash and Brussels sprouts..... \$12.99
- BAKED STUFFED SHELLS** Jumbo shells overflowing with ricotta smothered with our famous house made marinara and fresh sautéed spinach, and baked until golden brown..... \$7.99
- BEEF BURGUNDY** A classic braised beef dish with carrots, onions, bacon and mushrooms in a burgundy wine sauce served over egg noodles and buttered carrots..... \$12.99
- BIG MEATBALL STEW** Juicy meatballs simmered in a fragrant stew of peppers, green beans, mushrooms, and tomatoes..... \$12.99
- BROILED HADDOCK** Delicious and healthy. Flaky white fish fillet topped with garlic herb butter accompanied by steamed vegetables, roasted potatoes, and topped with a lemon wedge..... \$12.99
- CAULIFLOWER BAKED ZITI** Ziti and cauliflower tossed with marinara, mozzarella and ricotta cheese, loaded with vegetarian meatless crumbles and topped with Parmesan cheese..... \$8.99
- CHICKEN AU GRATIN** Creamy gravy smothers fork tender, white meat chicken topped with a toasted breadcrumb and served over a bed of parmesan spaghetti squash..... \$8.99
- COD CAKES** Shredded cod fillets mixed with lemon, garlic and crumbs pressed together to create these delicate, crispy cakes served with a bright lemon, chive sauce and a side of garlic sautéed broccoli..... \$13.99
- HONEY MUSTARD PORK TENDERLOIN** Lean, pork tenderloin topped with our house made honey mustard sauce, served with whipped sweet potatoes and broccoli..... \$12.99
- MAPLE BUTTER SALMON** Fillet of salmon, roasted until caramelized in a maple butter glaze served with sweet potato, apple hash and cauliflower..... \$13.99
- ORANGE GLAZED CHICKEN THIGHS** Juicy, pan seared boneless chicken thighs topped with a sweet, tangy orange glaze. Served with half sweet mashed potatoes and steamed vegetable medley..... \$10.99
- POTATO & VEGETABLE LASAGNA** This is the dish where scalloped potatoes and lasagna come together to create a masterpiece! Creamy cheese, minced squash, carrots, Swiss chard and mozzarella cheese between layers of potatoes and a rich, house-made pink tomato sauce. This unique dish is sure to please!..... \$8.99
- SUNDAY PORK ROAST** Fork tender, pork shoulder slow roasted with carrots, potatoes and rosemary. Served over a bed of sautéed winter greens, onions, and apples studded with crispy bacon bits..... \$10.99
- SWEET CITRUS SHRIMP** Plump shrimp marinated in sweet citrus, served over a bed of steamed scallion brown rice and ginger-garlic green beans.. \$13.99
- SWISS STEAK** Long simmered beef sirloin smothered with carrots and tomato served over buttered egg noodles..... \$9.99
- TURKEY MILANESE** Breaded turkey tenderloin cutlets pan fried until golden, brown and delicious. Topped with a dollop of lemon herb butter, accompanied by roasted lemon Dijon baby potatoes and broccoli..... \$12.99
- VEAL STEW** Melt in your mouth, traditional Italian braised veal paired with a golden, saffron risotto and roasted cauliflower. This hearty meal will keep you warm on these cold winter days..... \$13.99
- WINTER VEGETABLE POT PIE** Butternut squash, parsnips, and carrots simmered together to create this hearty vegetarian stew finished with a delicate pastry crust..... \$7.99



SIDES & SUCH

- TOTALLY HEALING CHICKEN SOUP** Old fashioned and made from scratch with toasted orzo noodles and lots of veggies. It will cure what ails you!
by the pint..... \$6.99
- OUR DAILY BREAD**
A lovely 1 pound sandwich loaf that is the perfect blend of flour, wheat and honey..... \$3.99
- MARINARA SAUCE** This sauce is built from the best plum tomatoes, olive oil, garlic, sweet onions and finished with fresh basil.
16 oz..... \$4.99 24 oz..... \$6.99
- HOMEMADE GRAVY** Beginning with our own natural, house made stock, we simmer, thicken and season to make these velvety, low salt gravies. Available in beef, chicken and turkey 8oz..... \$1.99
- GRILLED CHICKEN BREAST**
Chicken breast marinated with our Chef's secret spice rub. Flash Grilled. Served hot or cold. Great paired with our weekly House Salads!
1/4 lb..... \$3.99 1/2 lb..... \$6.99
- CLASSIC EGG SALAD** This is a traditional egg salad that I've made for years. It's not fancy but well balanced with bright, creamy flavors.
1/2 pint..... \$3.49 by the pint..... \$5.99
- DAD'S HAM SALAD** Extra lean, low sodium ham, pickle relish, mayo and a touch of whole grain mustard makes for a yummy sandwich.
1/2 pint..... \$3.49 by the pint..... \$5.99
- SILVER PALATE CHICKEN SALAD** Roasted chunks of chicken breast tossed with dill, red grapes, a bit of sour cream and mayo all to make this a terrific option for lunch or dinner.
1/2 pint..... \$3.99 by the pint..... \$6.99
- TUNA SALAD** This tasty tuna salad made with white premium tuna has a bit of crunch from the celery and is delicious as a sandwich or even on its own.
1/2 pint..... \$4.99 by the pint..... \$8.99
- FRUIT SALAD**
Fresh cut fruit served in their own juices.
by the pint..... \$4.99 by the quart..... \$8.99
- CHOCOLATE CHIP COOKIES**
Homemade, chunky, chocolate chip cookies. 1/2 dz..... \$6.99

DIETARY KEY



Heart Friendly
600mg or less of sodium/fat less than 30% DV (Daily Value)



Wheat Free
No wheat or gluten containing ingredients. Meals are not made in a dedicated gluten-free kitchen



Vegetarian
May include dairy and eggs



Low Carb
25mg or less of net carbohydrates



Garlic Free
No Garlic



Diabetic Friendly
75g or less of carbohydrate per portion



Sodium Sensitive
500mg or less of sodium



Renal Friendly
800mg or less of potassium



Weight Management
Under 500 calories and under 50 grams of carbohydrate



Dairy Free
No dairy or lactose