

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, tomato, cucumbers, red onions, carrots, and homemade Italian dressing \$8.99

FIELD GREEN SALAD

Mesclun lettuce, goat cheese, Craisins, and maple cider vinaigrette. \$8.99

BAKERY

BLUEBERRY MUFFINS

Fluffy, sweet, and delicate muffin loaded with blueberries. Packaged as 1/2 dz. \$7.99

APPLE STRUDEL

Vanilla muffin filled with diced apple, topped with sweet strudel crumbs. Packaged as 1/2 dz..... \$7.99

SWEET WHEAT

A delicious, sweet crumb muffin with high fiber, perfect way to jumpstart your day! Packaged as 1/2 dz..... \$7.99

DESSERTS

CHOCOLATE SNACK CAKE

Moist, chocolate cake studded with chocolate chips. \$6.99

HONEY BANANA CAKE

A lovely low fat honey banana cake with a cinnamon, brown sugar crumb topping..... \$6.99

ENTREES

1. 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 \$13.99

2. BAKED ZITI

A classic dish done up fancy. Ziti pasta tossed with Parmesan white sauce and spinach topped with a beefy sausage meat sauce layer and mozzarella..... \$9.99

3. BEEF BURGUNDY

Braised beef dish with carrots, onions, bacon, and mushrooms in a burgundy wine sauce served over egg noodles and buttered carrots. \$13.99

4. BIG MEATBALL STEW

Juicy beef and pork meatballs simmered in a fragrant stew of peppers, green beans, mushrooms, and tomatoes \$12.99

5. 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..... \$16.99

6. CHICKEN AU GRATIN

Comfort food made the healthy October Kitchen way! Creamy gravy smothers fork tender, white meat chicken topped with toasted breadcrumbs and served over a bed of parmesan spaghetti squash \$10.99

7. 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 \$15.99

8. HONEY MUSTARD PORK

Lean, pork tenderloin topped with our house made honey mustard sauce, served with whipped sweet potatoes and broccoli..... \$12.99

9. MAPLE BUTTER SALMON

Succulent fillet of salmon, roasted until caramelized in a maple butter glaze served with sweet potato, apple hash and cauliflower. \$15.99

10. 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

11. PESTO VEGETABLE LASAGNA

House made basil pesto folded in fluffy ricotta cheese and layered in between fresh pasta, Fontina cheese and a meaty mushroom Bolognese inspired sauce make this vegetarian lasagna a hit with all your taste buds \$11.99

12. SPINACH STUFFED SHELLS

Jumbo shells overflowing with spinach and ricotta smothered with our famous house made marinara, topped with mozzarella cheese, and baked until golden brown..... \$9.99

13. SUNDAY PORK ROAST

Hearty, comforting and made the healthy October Kitchen way. 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.... \$11.99

14. SWEET CITRUS SHRIMP

Plump shrimp marinated in sweet citrus, served over a bed of steamed scallion brown rice and ginger-garlic green beans..... \$14.99

15. SWISS STEAK

Long simmered beef sirloin smothered with carrots, mushrooms and tomato served over buttered egg noodles..... \$10.99

16. 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.. \$13.99

17. VEGGIE LOVER'S SHEPHERD'S PIE

Garlicky mashed potatoes topped with cheddar cheese over a hearty layer of vegetarian stew with carrots, squash, rosemary, onions, and tomatoes..... \$9.99

18. WINTER VEGETABLE POT PIE

Rustic butternut squash, parsnips, and carrots simmered together to create this sweet, hearty vegetarian stew finished with a delicate pastry crust. \$9.99

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 \$4.49

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.....\$7.49

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.....\$4.49 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.....\$3.99 by the pint.....\$6.99

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.....\$3.99 by the pint.....\$6.99

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.....\$5.49 by the pint.....\$9.99

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.....\$5.49 by the pint.....\$9.99

FRUIT SALAD

Fresh cut fruit served in their own juices.

by the pint.....\$5.49 by the quart.....\$9.99

CHOCOLATE CHIP COOKIES

Homemade, chunky, chocolate chip cookies. 1/2 dz..... \$7.99

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