

July 2021

Weekly Fresh Menu

CLOSED: Week of July 6th

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



Week of July 7th

October Kitchen is Going on Vacation!

The Kitchen will be closed
Friday, July 2nd ~
Sunday, July 11th

NO deliveries or store front hours
the week of July 6th

Store reopens Monday, July 12th

Phone calls and emails will be
returned Sunday, July 11th

Have a safe and happy
4th of July!

Week of July 20th

- 1. Broiled Sole with Pineapple Salsa** S 9.99
T 18.99
F 36.99
Delicate sole with pineapple and mango salsa, brown rice and a sugar snap pea salad with chick peas and cherries.
 - 2. Cherry Cola BBQ Chicken** S 8.99
T 16.99
F 33.99
(Special Order **without Mashed**)
Roasted chicken breast rubbed with a tangy homemade BBQ sauce, served with scallion mashed potatoes and sautéed green beans with onions and tomato.
 - 3. Eggplant Bolognese** S 8.99
T 16.99
F 33.99
Eggplant is the perfect meaty cornerstone to add to this classic sauce...so we created this showstopper! Served with wide noodles and ribbons of summer squash this vegetarian pasta will satisfy everyone at the table!
 - 4. Garden Vegetable Turkey Meatloaf** S 8.99
T 16.99
F 33.99
A delicious lower fat meatloaf with lots of summer vegetables and herbs baked right in served with garlicky mashed potatoes and mixed veggie medley.
 - 5. Summer Vegetable Beef Bowl** S 9.99
T 18.99
F 36.99
Served Hot OR Cold
Crumbled ground beef over fluffy white rice studded with fresh sautéed corn, zucchini and tomatoes all tossed together with a spark of basil. Yum!
- SOUP: Strawberry Soup** 5.99
Served Cold -DO NOT FREEZE -
Ripe, sweet and tangy strawberries puréed with yogurt and cream. Topped with fresh berries. YUM!
- SALAD: Spinach Party Salad** 8.99
Spinach, red onions, carrots, cucumbers, red cabbage, golden raisins and a honey lime vinaigrette.
- MUFFINS: Vanilla Bean Muffins ½ dz** 7.99
DESSERT: Honey Banana Cake 6.99

Week of July 13th

- 1. Baked Haddock with Ratatouille** S 9.99
T 18.99
F 36.99
(Special Order **without Cheese, without Couscous**)
Pan poached with a garden of tasty veggies; zucchini, eggplant, summer squash and olives finished with Parmesan cheese.
 - 2. Beef and Broccoli Stir Fry** S 9.99
T 18.99
F 36.99
A tasty dish with tender beef tossed with broccoli and veggies served over rice.
 - 3. Chicken Breast with Ham & Asparagus** S 8.99
T 16.99
F 33.99
Boneless, skinless chicken breasts topped with julienned ham, asparagus and Swiss cheese. Served in natural pan gravy with green beans and roasted baby potatoes.
 - 4. Pasta Salad** S 8.99
T 16.99
F 33.99
Served Hot OR Cold
A twist on a summertime classic! Pasta overflowing with tomato, onion, corn, celery, peas, cheddar cheese and our famous vegetarian meatless crumbles. This is sure to be a homerun for these humid nights!
 - 5. Swedish Meatloaf** S 9.99
T 18.99
F 36.99
Traditionally a meatball, transformed into a tasty loaf with a sweet, tangy glaze served with roasted cauliflower and mushrooms with toasty crumbs.
- SOUP: Cold Cucumber Soup** 5.99
Served Cold -DO NOT FREEZE -
Delicate and creamy, flavored with yogurt and dill.
- SALAD: Mixed Greens, Red, White & Blue Salad** 8.99
Spinach, arugula, grape tomatoes, blueberries, mozzarella, pears, chickpeas and a lemon dressing.
- MUFFINS: Apple Pie Muffins ½ dz** 7.99
DESSERT: Peach Raspberry Crumb Bars 6.99

Week of July 27th

- 1. Japanese Stir Fried Beef with Noodles** S 9.99
T 18.99
F 36.99
Perfectly al dente noodles, thin slices of fork tender beef, mixed with Napa cabbage, shredded carrots and scallions. This dish will be your new favorite!
 - 2. Moussaka** S 8.99
T 16.99
F 33.99
Irresistible. Layers of eggplant, ground lentils and chickpeas topped with rustic vegetarian tomato sauce. This dish screams summer!
 - 3. Scallop Pasta Primavera** S 9.99
T 18.99
F 36.99
Sea scallops with julienned squash, carrots, broccoli, garlic, shallots, tomato and basil served over linguine with Parmesan cream sauce.
 - 4. Smoke Roasted Chicken Thighs** S 8.99
T 16.99
F 33.99
A smoke roasted bone-in chicken thigh with baby potatoes, tomatoes and fresh corn topped with house made barbeque sauce.
 - 5. Tex Mex Casserole** S 8.99
T 16.99
F 33.99
Served Hot OR Cold
Hearty and nutritious! Roasted potatoes, ground turkey, corn, peppers, onion, beans and spices come together to create this protein packed meal.
- SOUP: Chilled Corn Soup with Lobster** 5.99
Served Cold -DO NOT FREEZE-
A creamy, sweet corn purée with chunks of fresh lobster finished with tarragon.
- SALAD: Broccoli Pasta Salad** 8.99
Bell flower pasta tossed with broccoli florets and cherry tomatoes over greens with a dijon white wine vinaigrette.
- MUFFINS: Peach Crumb Muffins ½ dz** 7.99
DESSERT: Tropic Cake 6.99