

- HERBED PORK ROAST** (DF, D, GF, HF, R, SS, WM, WF) Tasty pork stuffed with parsley, sage, rosemary, and thyme served with pan gravy, roasted sweet potatoes and green beans \$8.99
- LEMON HERB COD** (DF, D, GF, HF, R, SS, WM, WF) Baked cod with lemon and herbs, gluten free crumbs, mashed potatoes and chef's choice vegetable \$10.99
- LIVER & ONIONS** (DF, D, GF, HF, R, SS, WM, WF) A classic dish done right with caramelized onions and mashed potatoes \$10.99
- NOT YOUR MOM'S TUNA NOODLE CASSEROLE** (D, GF, HF, R, SS) 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
- POACHED SALMON** (DF, D, GF, HF, R, SS, WM, WF) Poached salmon with a touch of lemon herb "butter" served with brown rice and chef's choice vegetable \$12.99
- ROAST TURKEY BREAST** (D, HF, R, SS, WM) Sliced turkey breast topped with homemade gravy served with our house made herbed stuffing, mixed vegetable medley and topped with Craisins \$8.99
- SAUSAGE & PEPPERS** (DF, D, GF, HF, R, WM, WF) Sweet Italian chicken sausage tossed with oven roasted baby potatoes, tri color peppers, grape tomatoes with red and yellow onions \$7.99
- SHRIMP SCAMPI** (DF, D, HF, R, SS, WM) A healthier version without all the butter but all the flavor! Served with steamed broccoli and over spaghetti \$11.99
- SPAGHETTI & MEATBALLS** (D, HF, R, SS, WM) Beefy, hand rolled meatballs with pasta, house made marinara sauce and a sprinkle of Parmesan cheese on top \$8.99
- YANKEE POT ROAST** (DF, D, HF, R, SS, WM, WF) A lovely, old New England recipe with slow cooked beef, vegetables and a darn good sauce \$9.49

- 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 \$8.99
- OLD FASHIONED APPLE CRISP** (WF) 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 \$9.99
- KETO CHOCOLATE CAKE** (D, HF, R, SS, V, WF) 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 \$12.99
- 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 \$8.99
- 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! \$12.99

- ## 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

October Kitchen LLC

MARCH MENU

February 28th -April 1st



FLASH FROZEN COMFORT CLASSICS

- AMERICAN CHOP SUEY** (D, HF, R, SS, WM) 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** (DF, D, GF, HF, R, SS, WM) Traditional meatloaf with mashed potatoes, gravy and chef's choice vegetable \$8.99
- BEEF STROGANOFF** (D, GF, HF, R, SS, WM) Tender, melt in your mouth beef tips in a creamy sherry gravy served with wax beans and crispy, thin sliced potatoes with "butter", parsley and onions \$9.99
- BEEFY LASAGNA** (D, HF, LC, R, SS, WM) Baked layers of pasta with creamy cheese and meaty homemade marinara \$8.99
- BLUEBERRY, BANANA BREAKFAST BAKE** (D, GF, HF, R, SS, V, WF) Overnight style French toast casserole baked with multigrain bread, blueberries, bananas, maple syrup, oats, and brown sugar \$7.99
- CHICKEN AND GRAVY** (DF, D, GF, HF, R, SS, WM) Hand carved, herbed roasted whole chicken, with pan gravy and roasted potatoes and vegetables \$8.49
- CHICKEN AND SHRIMP JAMBALAYA** (DF, D, HF, R, SS, WM, WF) Plump shrimp, chunks of chicken and chicken sausage are overflowing in Creole seasoned rice studded with tomato, onion, celery and peppers \$8.99
- CHICKEN PARMESAN & SPAGHETTI** (D, HF, R, SS) Golden, breaded chicken cutlet over spaghetti with house made marinara topped with Parmesan and served with sautéed zucchini \$7.99
- CHICKEN POT PIE** (D, GF, HF, R, SS, WM) Chunks of tender chicken and vegetables in a natural gravy topped with a house made cheddar biscuit \$8.99
- CLASSIC MAC & CHEESE** (D, GF, HF, R, SS, V) Creamy and delicious with mini penne pasta, cheddar, and Monterey Jack cheese \$7.99
- EGGPLANT PARMESAN LASAGNA** (D, HF, LC, R, SS, V, WM) A contemporary, lower fat version layered with baked eggplant, spinach, roasted peppers and three cheeses \$8.99
- GRANDMA'S STUFFED PEPPERS** (D, HF, LC, R, SS, WM, WF) An "O.K!" favorite! Sweet bell peppers loaded with ground beef, rice, tomato and our homemade, tangy glaze \$8.99



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.

OCTOBERKITCHEN.COM

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