

October 2020 Weekly Fresh Menu

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



Week of October 6th

- Braised Honey Short Ribs** NEW DF D K SS WF
Tender pork ribs seasoned with garlic, ginger, honey and cilantro. Served with steamed vegetables and white rice.
S 9.99
T 18.99
F 36.99
 - Cod with Mediterranean Vinaigrette** 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.
S 9.99
T 18.99
F 36.99
 - Creamy Chicken, Ham, Leek and Noodle Casserole** D GF K WM
A hearty noodle casserole with chicken, ham, leeks, peas and cheese with a crumbly top.
S 8.99
T 16.99
F 33.99
 - Roasted Fall Vegetable Gnocchi with Balsamic Reduction** D GF K SS V
An assortment of roasted veggies, gnocchi and a drizzle of balsamic reduction makes a delicious meatless meal.
S 8.99
T 16.99
F 33.99
 - Russian Pork Stroganoff with Dill** 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.
S 8.99
T 16.99
F 33.99
- SOUP: Split Pea Soup** DF D K SS WF 5.99
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 13th

- Chicken Cordon Bleu** 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.
S 9.99
T 18.99
F 36.99
 - Johnny Marzetti Casserole** 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.
S 9.99
T 18.99
F 36.99
 - Stuffed Fillet of Sole** DF D K SS WM WF
A delicate fish with gluten free, herb stuffing served with a superfood quinoa and sautéed spinach pilaf.
S 8.99
T 16.99
F 33.99
 - Sweet Potato Crust Quiche** 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.
S 8.99
T 16.99
F 33.99
 - Turkey Meatloaf** 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.
S 8.99
T 16.99
F 33.99
- SOUP: Alpine Potato Soup** D K SS V WM WF 5.99
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 20th

- Baked Haddock with Mustard Crumbs** DF D K SS WM
Simple baked fish fillets with the lively addition of Dijon mustard served over wild rice pilaf and steamed veggies.
S 9.99
T 18.99
F 36.99
 - Beef Pot Pie** 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.
S 9.99
T 18.99
F 36.99
 - Pork Roast with Apple Sauce** 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.
S 8.99
T 16.99
F 33.99
 - Pumpkin Risotto with Goat Cheese** 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.
S 8.99
T 16.99
F 33.99
 - Sundried Tomato Stuffed Chicken Meatballs** 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.
S 8.99
T 16.99
F 33.99
- SOUP: Chicken Tortellini Soup** D K SS WM 5.99
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 27th

- Bolognese Meatloaf** 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.
S 9.99
T 18.99
F 36.99
 - Golden Pearl Turkey Stew** 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.
S 8.99
T 16.99
F 33.99
 - Halloween Pork Tenderloin** DF D K SS WF
Pork tenderloin with chocolate barbeque sauce, sweet potato wedges and sautéed spinach.
S 9.99
T 18.99
F 36.99
 - Honey Garlic Shrimp** DF D K SS WF
Sweet shrimp tossed with garlic, honey, soy and ginger over fluffy brown rice and broccoli.
S 9.99
T 18.99
F 36.99
 - Pumpkin Lasagna** 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.
S 8.99
T 16.99
F 33.99
- SOUP: French Vegetable Soup** DF D K SS V WM WF 5.99
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