

# October 2021 Weekly Fresh Menu

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



## Week of October 5<sup>th</sup>

- 1. Braised Honey Short Ribs** (DF, D, K, WF) S 9.99  
Tender beef ribs seasoned with garlic, ginger, honey and cilantro. Served with jasmine rice and vegetable medley including, broccoli, red and yellow peppers, carrots and green beans. T 18.99  
F 36.99
- 2. Cod with Mediterranean Vinaigrette** (D, ♥, SS) S 9.99  
(Special Order (DF) without Cheese, Special Order (WF) without Orzo) T 18.99  
F 36.99  
White fish fillet topped with a vibrant Mediterranean vinaigrette. Served over an orzo salad with arugula, radicchio, olives, chickpeas and Pecorino Romano cheese.
- 3. Creamy Chicken, Ham & Noodle Casserole** S 9.49  
(D, GF, ♥, K, SS, WM) T 18.94  
F 36.49  
A hearty noodle casserole with chicken, ham, leeks, peas and cheese with a crumbly top.
- 4. Roasted Fall Vegetables** (D, ♥, SS, V, WF) S 8.99  
An assortment of hearty seasonal veggies studded in house-made soft and creamy Parmesan polenta. T 16.99  
F 33.99  
This is sure to warm you up on these chilly nights!
- 5. Russian Pork Stroganoff with Dill** (D, GF, ♥, SS, WM, WF) S 9.49  
We've made healthy substitutions for a reduced fat T 18.49  
F 36.49  
version with pork and just a hint of dill served with steamed potatoes and green beans.

**SOUP: Split Pea Soup** (DF, D, ♥, SS, WF) 6.99  
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** 8.99  
Arcadian lettuce, chickpeas, tomatoes, kale, shaved Parmesan cheese and a honey, lemon vinaigrette.

**MUFFINS: Spiced Yogurt Muffins ½ dz** 7.99

**DESSERT: Date Cake** (NEW) 6.99

## Week of October 12<sup>th</sup>

- 1. Chicken Cordon Bleu** (D, GF, ♥, LC, SS, WM, WF) S 9.99  
The French classic, ham and cheese stuffed chicken T 18.99  
F 36.99  
breast, air fried with a crispy crust served with tender, steamed broccoli.
- 2. Johnny Marzetti Casserole** (D, ♥, K, SS) S 9.99  
We are bringing back a family favorite! Egg noodles T 18.99  
F 36.99  
tossed with ground beef, mushrooms, onions and tomatoes topped with cheddar and mozzarella cheese finished with a layer of buttery breadcrumbs.
- 3. Shrimp & Tomato Ragout** (DF, D, ♥, K, LC, SS, WM, WF) S 9.99  
Sweet tomatoes simmered with olive oil, onions, garlic, T 18.99  
F 36.99  
fennel and plump shrimp. Served over our famous spaghetti squash noodles tossed with wilted greens.
- 4. Sweet Potato Crust Quiche** (D, GF, ♥, SS, V, WM, WF) S 8.99  
A classic dish with the October Kitchen healthy twist! T 16.99  
F 33.99  
Sliced sweet potatoes make the crust of this spinach and feta quiche.
- 5. Turkey Meatloaf** (DF, D, ♥, SS, WM) S 9.49  
Studded with aromatic vegetables and herbs, baked T 18.49  
F 36.49  
with a light tomato glaze and natural pan gravy served with roasted red bliss potatoes and steamed broccoli, cauliflower and carrot medley.

**SOUP: Alpine Potato Soup** (D, ♥, SS, V, WM, WF) 6.99  
A hearty fall soup with potatoes, carrots, Gruyere cheese and a splash of brandy.

**SALAD: Crunchy House Salad** 8.99  
Artsian lettuce, tomatoes, cucumbers, red peppers and a balsamic vinaigrette

**MUFFINS: Sweet Potato Crunch Muffins ½ dz ~Contains Seeds~** 7.99

**DESSERT: Cranberry Crumb Cake** 6.99

## Week of October 19<sup>th</sup>

- 1. Baked Haddock with Mustard Crumbs** S 9.99  
(DF, D, ♥, K, WM) T 18.99  
F 36.99  
Simple baked fish fillets with the lively addition of Dijon mustard served over spinach, rice pilaf and a medley of broccoli, red and yellow peppers, carrots and green beans.
- 2. Beef Pot Pie** (DF, D, GF, SS) S 9.99  
(Special Order (WF) without Pastry) T 18.99  
F 36.99  
The perfect dish for these chilly nights! Chunks of tender beef, carrots, onion and gravy under a puff pastry.
- 3. Pork Roast with Apple Sauce** (DF, D, GF, ♥, SS, WM, WF) S 9.49  
Pork roast with a fragrant fruit purée and sweet T 18.49  
F 33.49  
potato hash studded with apples, bacon, red onions and pumpkin seeds makes this dish special.
- 4. Pumpkin Risotto with Goat Cheese** S 8.99  
(GF, ♥, SS, V, WF) (Special Order NO Seeds) T 16.99  
F 33.99  
A lovely risotto preparation tossed with baby kale and goat cheese topped with sugar and spice roasted pumpkin seeds.
- 5. Tomato Stuffed Chicken Meatballs** S 9.49  
(D, ♥, SS, WM, WF) T 18.49  
F 36.49  
Tender, hand rolled chicken meatballs with ricotta, spinach and sundried tomatoes topped with basil sauce served with thick cut zucchini fries.

**SOUP: Chicken Tortellini Soup** (D, ♥, SS, WM) 6.99  
A delicious and comforting soup made with great flavor and technique.

**SALAD: Autumnal Salad** 8.99  
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** 7.99

**DESSERT: Banana Oat Chocolate Chip Bars** 6.99

## Week of October 26<sup>th</sup>

- 1. Bolognese Meatloaf** (D, ♥, SS, WM, WF) S 9.99  
An "OK!" favorite. A twist on a classic; lean beef T 18.99  
F 36.99  
enhanced with Italian bacon, Romano cheese and garlicky broccoli served with polenta mashed potato.
- 2. Golden Pearl Turkey Stew** (DF, D, ♥, K, SS, WM, WF) S 9.49  
A perfect warm dish for a cool night! Tender turkey T 18.49  
F 36.49  
simmered with coconut milk, five spices, corn, tomato, crunchy water chestnuts and bok choy served over rice.
- 3. Halloween Pork Tenderloin** (DF, D, GF, ♥, SS, WM, WF) S 9.99  
Pork tenderloin with chocolate barbeque sauce, T 18.99  
F 36.99  
chunks of roasted butternut and sautéed spinach.
- 4. Honey Garlic Shrimp** S 9.99  
(DF, D, ♥, K, SS, WF) T 18.99  
F 36.99  
Sweet shrimp tossed with garlic, honey, soy and ginger over fluffy brown rice and broccoli.
- 5. Pumpkin Lasagna** (D, ♥, K, SS, V, WM) S 8.99  
Vegetarian white lasagna that is an "O.K.!" classic! T 16.99  
F 33.99  
Fresh roasted pumpkin layered with pasta, ricotta and mozzarella served with a toasted romesco sauce and red onion crème.

**SOUP: French Vegetable Soup** (DF, D, ♥, SS, V, WM, WF) 6.99  
Hearty and simple French country "Garbure" soup studded with aromatic vegetables and vegetarian bacon bits.

**SALAD: October Salad** 8.99  
Arcadian lettuce, spinach, carrots, endives, grapes, Bleu cheese, sunflower seeds and an herbed cider vinaigrette.

**MUFFINS: Pineapple Bran Muffins ½ dz** 7.99

**DESSERT: Mom's Apple Brownies** 6.99