

**LEMON HERB COD** Baked cod with lemon and herbs, gluten free crumbs, mashed potatoes and chef's choice vegetable..... \$9.99

**LIVER & ONIONS** A classic dish done right with caramelized onions and mashed potatoes..... \$9.99

**NOT YOUR MOM'S TUNA NOODLE** 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

**ROAST TURKEY BREAST** Sliced turkey breast topped with homemade gravy served with our house made herbed stuffing, mixed vegetable medley and topped with Craisins..... \$8.49

**SHRIMP SCAMPI** A healthier version without all the butter but all the flavor! Served with steamed broccoli and over spaghetti..... \$9.99

**SPAGHETTI & MEATBALLS** Beefy, hand rolled meatballs with pasta, house made marinara sauce and a sprinkle of Parmesan cheese on top..... \$8.49

**VEGGIE MAC & CHEESE** An "O.K.!" favorite! Creamy pasta overflowing with a variety of tasty veggies..... \$7.99

**YANKEE POT ROAST** A lovely, old New England recipe with slow cooked beef, vegetables and a darn good sauce..... \$8.99

**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..... \$6.99

**OLD FASHIONED APPLE CRISP** 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** 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..... \$11.99

**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..... 6.99

**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!..... 9.99

**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

# APRIL MENU



**October Kitchen LLC**

**OCTOBERKITCHEN.COM**

860.533.0588 • Fax: 860.533.0585  
309 Green Rd. Manchester, CT 06042

# FLASH FROZEN COMFORT CLASSICS

**AMERICAN CHOP SUEY** 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** Traditional meatloaf with mashed potatoes, gravy and chef's choice vegetable..... \$8.99

**BEEFY LASAGNA** Baked layers of pasta with creamy cheese and meaty homemade marinara..... \$8.99

**BEEF STROGANOFF** Tender, melt in your mouth beef tips in a creamy sherry gravy served with green beans and crispy, thin sliced potatoes with "butter", parsley and onions..... \$9.99

**BREAKFAST BURRITOS** Two burritos per order; full of egg, house made breakfast sausage, peppers, onions and cheddar cheese rolled in flour tortillas..... \$8.99

**CHICKEN AND GRAVY** Hand carved, herbed roasted whole chicken, with pan gravy and roasted potatoes and vegetables..... \$8.49

**CHICKEN AND SHRIMP JAMBALAYA** Plump shrimp, chunks of chicken and chicken sausage are overflowing in Creole seasoned rice studded with tomato, onion, celery and peppers..... \$9.99

**CHICKEN PARMESAN & SPAGHETTI** Golden, breaded chicken cutlet over spaghetti with house made marinara topped with Parmesan and served with sautéed zucchini..... \$8.49

**CHICKEN POT PIE** Chunks of tender chicken and vegetables in a natural gravy topped with a house made cheddar biscuit..... \$8.49

**EGGPLANT PARM LASAGNA** A contemporary, lower fat version layered with baked eggplant, spinach, roasted peppers and three cheeses.. \$8.49

**GRANDMA'S STUFFED PEPPERS** An "O.K.!" favorite! Sweet bell peppers loaded with ground beef, rice, tomato and our homemade, tangy glaze..... \$8.49

**HERBED PORK ROAST** Tasty pork stuffed with parsley, sage, rosemary and thyme served with pan gravy, roasted baby potatoes and veggie medley..... \$8.99

**October Kitchen LLC**

**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.



# SOUPS

## FRENCH ONION SOUP

**D** **GF** **HF** Caramelized onions, homemade stock and a splash of balsamic topped with cheesy croutons..... \$6.99

## ITALIAN CHILI SOUP

**D** **HF** **SS** **WM** Robust with ground beef, pasta, tomatoes, beans, herbs and spices with mozzarella. .... \$6.99



# SALADS

## BLACKBERRY AND GREENS SALAD

Arcadian lettuce, blackberries, goat cheese, sunflower seeds and a honey balsamic vinaigrette

## SPRING POWER SALAD

Frissee lettuce, spinach, carrots, goat cheese, edamame beans and a white wine vinaigrette.



# BAKERY

**BLUEBERRY MUFFINS** ..... \$7.99

**LEMON RICOTTA MUFFINS** ..... \$7.99

**SNICKERDOODLE MUFFINS** ..... \$7.99



# DESSERTS

**MOCHA CHOCOLATE CHIP CAKE** ..... \$6.99

**ORANGE CARDAMOM CAKE** ..... \$6.99



# ENTREES

## 1. APPLE BEEF BRISKET **DF** **D** **HF** **SS** **WM** **WF**

Slices of tender beef, slow braised with an apple glaze served with green beans and roasted sweet potatoes ..... \$15.99

## 2. BACON & EGG LASAGNA **D** **GF** **HF** **K** **WM**

The breakfast for champions! Thin layers of pasta and scrambled eggs with a creamy white sauce made with sautéed onions, smoked bacon, and Swiss cheese ..... \$8.99

## 3. CHICKEN MARSALA **DF** **D** **GF** **HF** **K** **SS** **WM** **WF**

Tender white meat chicken, golden sautéed and simmered with a mushroom marsala pan sauce, "South Beach" mashed potatoes, and baby carrots ..... \$11.99

## 4. CHICKEN PARMESAN MEATLOAF **D** **HF** **WM** **WF**

What's not to love, tender, moist and full of flavor! Served with garlic mashed potatoes and roasted balsamic veggies ..... \$10.99

## 5. CHINESE SWEET PEPPER STEAK

**DF** **D** **HF** **K** **SS** **WF** Tender flank steak, stir-fried with colorful bell peppers and onions in a brown sauce with the Chinese flavors we all love, served over long grain brown rice ..... \$12.99

## 6. GARLIC BUTTER SCROD **DF** **D** **HF** **SS** **WM** **WF**

A lovely white fish with garlic "butter" served with herbed Yukon Gold baby potatoes and baby green beans ..... \$14.99

## 7. GRANDMA'S MEATBALLS **D** **K** **WM** **WF**

Old school Italian meatballs made the healthy October Kitchen way. Served with our house made marinara, and sautéed herbed garlic vegetable medley studded with cannellini beans ..... \$9.99

## 8. GREEK STUFFED TOMATOES & PEPPERS

**D** **GF** **HF** **SS** **V** **WF** Ripe tomatoes and sweet bell peppers stuffed with a savory rice overflowing with kale, garbanzo beans, sunflower seeds, and carrots ..... \$8.99

## 9. LAMB STEW **DF** **D** **GF** **HF** **SS** **WM** **WF**

Rustic and hearty lamb stew with carrots, onions, plum tomatoes, and white beans ..... \$17.99

## 10. LEMON FLOUNDER **DF** **D** **HF** **SS** **WF**

Cornflake crusted, oven fried fish with a tasty sauce, accompanied by wild rice pilaf and steamed broccoli, cauliflower, and carrots ..... \$12.99

## 11. PORK & ITALIAN SAUSAGE STEW **D** **HF** **SS** **WM** **WF**

Pure Italian home cooking with simple robust flavors, served with house made corn polenta, sautéed spinach and kale ..... \$13.99

## 12. PORK SCHNITZEL **D** **GF**

Breaded pork cutlets topped with lemon, dill sour cream served with carrots, wax beans and German rice ..... \$12.99

## 13. PULLED TURKEY ENCHILADA LASAGNA

**D** **HF** **SS** **WM** **WF** Layers of corn tortillas, braised pulled turkey, black beans, peppers, onions and Monterey Jack cheese. This dish is sure to be a homerun for dinner! ..... \$10.99

## 14. SALMON PATTIES **D** **HF** **SS**

We broke out Grandma's recipe for this one complete with a wedge of lemon, steamed potatoes and minted peas ..... \$14.99

## 15. SESAME GINGER NOODLES **DF** **D** **SS** **V**

Crunchy noodle salad with ginger, sesame and sunflower seed "nut" butter tossed with snow peas, carrots, sweet peppers, broccoli, red peppers and scallions. These vegetarian noodles are simply delicious! ..... \$8.99

## 16. SHORT RIBS **D** **HF** **SS** **WM** **WF**

Slow braised short ribs simmered until tender, served with twice baked potato and garlicky green beans ..... \$16.99

## 17. SHRIMP FRIED RICE **DF** **D** **HF** **K** **WM** **WF**

Healthy brown rice studded with broccoli, peppers, carrots, edamame and asparagus tossed with sweet shrimp and topped with scallions ..... \$12.99

## 18. SKILLET CHICKEN PASTA **D** **HF** **SS**

Tender chunks of chicken, crisp broccoli and shells smothered in creamy, Asiago lemon herb cheese sauce with chunks of bacon and juicy tomatoes ..... \$9.99

## 19. SPRING VEGETABLE PASTA **D** **GF** **HF** **K** **V**

Curly pasta tossed with a creamy lemon sauce, asparagus, carrots, green peas and shallots. This will bring Spring to your dinner table! ..... \$8.99

## 20. VEGETABLE FRITTATA **D** **GF** **HF** **SS** **V** **WM** **WF**

Fluffy eggs baked with broccoli, spinach, roasted sweet potatoes, mushrooms, onions, and peppers with basil, creamy ricotta and fontina cheese ..... \$8.99



# SIDES & SUCH

## TOTALLY HEALING CHICKEN SOUP

**DF** **D** **GF** **HF** **LC** **SS** **WM** 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 ..... \$3.99

## MARINARA SAUCE **DF** **D** **HF** **K** **LC** **SS** **WM** **V** **WF**

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 ..... \$6.99

## HOMEMADE GRAVY **WF**

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 ..... \$3.99 1/2 lb ..... \$6.99

## CLASSIC EGG SALAD **DF** **D** **GF** **LC** **SS** **WM** **WF**

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 ..... \$5.99

## DAD'S HAM SALAD **DF** **D** **GF** **LC** **WM** **WF**

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 ..... \$5.99

## SILVER PALATE CHICKEN SALAD

**D** **GF** **HF** **LC** **SS** **WM** **WF** 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 ..... \$3.99 by the pint ..... \$6.99

## TUNA SALAD **DF** **D** **GF** **HF** **K** **LC** **SS** **WM** **WF**

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 ..... \$4.99 by the pint ..... \$8.99

## FRUIT SALAD

Fresh cut fruit served in their own juices. by the pint ..... \$4.99 by the quart ..... \$8.99

## CHOCOLATE CHIP COOKIES

Homemade, chunky, chocolate chip cookies. 1/2 dz ..... \$6.99

## 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