

- LEMON HERB COD** (DF, D, GF, K, SS, WM, WF) Baked cod with lemon and herbs, gluten free crumbs, mashed potatoes and chef's choice vegetable ..... \$9.99
- LIVER & ONIONS** (DF, D, GF, SS, WM, WF) A classic dish done right with caramelized onions and mashed potatoes ..... \$9.99
- NOT YOUR MOM'S TUNA NOODLE** (D, GF, K, 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
- ROAST TURKEY BREAST** (D, K) Sliced turkey breast topped with homemade gravy served with our house made herbed stuffing, mixed vegetable medley and topped with Craisins..... \$8.49
- POACHED SALMON** (DF, D, GF, SS, WF) Poached salmon with a touch of lemon herb "butter" served with brown rice and chef's choice vegetable. .... \$11.99
- SPAGHETTI & MEATBALLS** (D, K, WM) Beefy, hand rolled meatballs with pasta, house made marinara sauce and a sprinkle of Parmesan cheese on top..... \$8.49
- VEGGIE MAC & CHEESE** (D, GF, K, SS, V) An "O.K!" favorite! Creamy pasta overflowing with a variety of tasty veggies..... \$7.99
- YANKEE POT ROAST** (DF, D, K, SS, WM, WF) A lovely, old New England recipe with slow cooked beef, vegetables and a darn good sauce ..... \$8.99

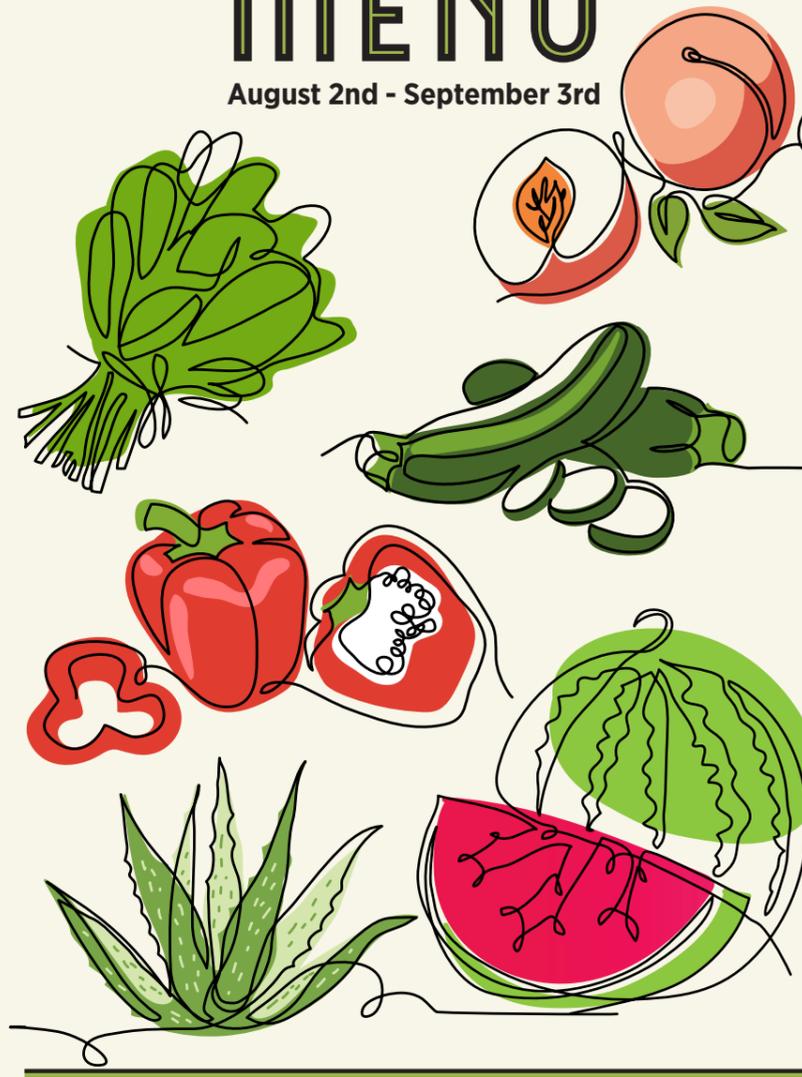
- SUGAR FREE LEMON DROP COOKIES** NO after taste-NO artificial anything; we used Lakanto monk fruit sugar in substitute of traditional white sugar. These delicate lemon cookies are studded with white chocolate chips. They will be your new favorite NON - guilty pleasure! 1/2 dz..... \$7.99
- OATMEAL CHERRY CHOCOLATE CRUNCH COOKIES** Chewy, oatmeal cookies with cherries, white chocolate chips and a little crunch. 1/2 dz..... \$8.99
- SUMMER STRAWBERRY CRISP** (WF) You would never know that this treat is reduced sugar and gluten free! Made with sweet strawberries and apples with a crispy oat topping..... \$9.99
- KETO CHOCOLATE CAKE** (D, K, 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 ..... \$7.99
- 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

# October Kitchen LLC

## AUGUST MENU

August 2nd - September 3rd



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

## FLASH FROZEN COMFORT CLASSICS

- AMERICAN CHOP SUEY** (D, K, SS) 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, K, SS, WM) Traditional meatloaf with mashed potatoes, gravy and chef's choice vegetable ..... \$8.99
- BEEFY LASAGNA** (D, K, SS, WM) Baked layers of pasta with creamy cheese and meaty homemade marinara..... \$8.99
- BEEF STROGANOFF** (D, GF, K, SS, WM, WF) 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** (D, GF, K, SS, WM) 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** (DF, D, GF, K, SS, WM, WF) Hand carved, herbed roasted whole chicken, with pan gravy and roasted potatoes and vegetables ..... \$8.49
- CHICKEN AND SHRIMP JAMBALAYA** (DF, D, K, SS, WM, WF) 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** (D, K, SS) Golden, breaded chicken cutlet over spaghetti with house made marinara topped with Parmesan and served with sautéed zucchini. .... \$8.49
- CHICKEN POT PIE** (D, GF, K, SS) Chunks of tender chicken and vegetables in a natural gravy topped with a house made cheddar biscuit ..... \$8.49
- EGGPLANT PARM LASAGNA** (D, K, SS, V, WM) A contemporary, lower fat version layered with baked eggplant, spinach, roasted peppers and three cheeses .. \$8.49
- GRANDMA'S STUFFED PEPPERS** (D, K, SS, WM, WF) An "O.K!" favorite! Sweet bell peppers loaded with ground beef, rice, tomato and our homemade, tangy glaze ..... \$8.49
- HERBED PORK ROAST** (DF, D, GF, K, SS, WM, WF) Tasty pork stuffed with parsley, sage, rosemary and thyme served with pan gravy, roasted baby potatoes and veggie medley..... \$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.

# SOUPS

**CHILLED TOMATO BASIL**  
 Comfort food at its best, creamy tomato soup with a spark of basil. .... \$6.99

**ITALIAN SUMMER SOUP**  
 Nana would whip this up when she had an abundance of vegetables in the garden! This soup is fresh, light and filled with homemade Italian sausage. .... \$6.99

# SALADS

**DARK AND LEAFY**  
 Arcadian lettuce, chickpeas, tomatoes, kale, shaved Parmesan cheese and a honey, lemon vinaigrette. .... \$8.99

**FARMSTAND**  
 Romaine, blueberries, carrots, red onion, grape tomatoes, red and yellow peppers, and white balsamic vinaigrette. .... \$8.99

**GREEN HOUSE**  
 Arcadian lettuce, red onion, red pepper, grape tomatoes, cucumber, and a honey mustard dressing. .... \$8.99

# BAKERY

**BLUEBERRY MUFFINS**  
 Fluffy, sweet, and delicate muffin loaded with blueberries. Packaged as 1/2 dz. .... \$7.99

**PEACH CRUMB MUFFINS**  
 A light muffin loaded with ripe peaches finished with a sugar crackle top. Packaged as 1/2 dz. .... \$7.99

**ZUCCHINI MUFFINS**  
 The quintessential muffin with just enough sugar and spice to make zucchini twice as nice! Packaged as 1/2 dz. .... \$7.99

# DESSERTS

**FRENCH LEMON CAKE** ..... \$6.99  
 Moist, sweet cake baked with fresh lemon zest. Packaged as 8 servings.

**HONEY BANANA CAKE** ..... \$6.99  
 A lovely low fat honey banana cake with a cinnamon, brown sugar crumb topping.



# ENTREES

**1. BBQ TURKEY MEATLOAF**  
 Lean ground turkey meatloaf studded with sautéed onions and topped with sweet, tangy BBQ glaze served with smoked gouda mashed potatoes, buttered peas and leeks. .... \$11.99

**2. BAKED STUFFED SCROD**  
 Baked scrod topped with shrimp and cracker crumbs served with wax beans and rice pilaf. .... \$16.99

**3. CHICKEN CORDON BLEU**  
 The French classic, ham and cheese stuffed chicken breast, air fried with a crispy crust served with tender, steamed broccoli. .... \$16.99

**4. CHICKEN MEDITERRANEAN**  
 Tangy, tender yogurt marinated chicken served with potato sauté tossed with roasted peppers, spinach, chickpeas, olives, onions, garlic, and spices. .... \$14.99

**5. CLASSIC CHEESEBURGER**  
 Classic cheddar cheeseburger topped with our house made tomato jam and served with rosemary steak fries and steamed broccoli. .... \$9.99

**6. HONEY, GARLIC TURKEY**  
 Tender turkey thighs glazed with honey, garlic and cooked to perfection. Served with zucchini fries, roasted sweet potato, quinoa salad studded with sweet corn off the cob, red onions, and tomatoes. .... \$9.99

**7. JAPANESE STIR FRIED BEEF**  
 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! .... \$16.99

**8. KUNG PAO MEATBALLS**  
 Vegetarian eggplant Chinese meatballs in a dark robust sherry, Sichuan sauce with sugar snap peas, peppers, scallions and squash stir fried over brown rice. .... \$9.99

**9. LEMON ROSEMARY SWORDFISH**  
 A sweet, firm fish topped with a rustic lemon, rosemary tomato sauce. Served with roasted new potatoes, and sautéed spinach. .... \$17.99

**10. MUSTARD RUBBED PORK TENDERLOIN**  
 Rubbed with brown sugar, mustard, sherry and herbs topped with a light, herbed pan gravy. Served with roasted sweet potatoes, broccoli and cauliflower. .... \$12.99

**11. PARMESAN CRUSTED TILAPIA**  
 Firm, tasty fish with an herb and cheese crust served with lemon pepper sautéed zucchini and orzo. .... \$10.99

**12. PASTA WITH ROASTED TOMATO SAUCE**  
 Tomatoes are at their prime right now; so we made a simple, delicate sauce with garden-fresh roasted tomatoes, olive oil, garlic and basil. Loaded over bell flower pasta, finished with sharp Manchego cheese and fresh mozzarella. .... \$11.99

**13. PEACH GLAZED PORK CHOPS**  
 Pan seared bone-in pork chops with sweet and tangy peach glaze served over pineapple rice studded with sugar snap peas, water chestnuts and scallions. .... \$13.99

**14. RICOTTA STUFFED TOMATOES**  
 Ripe and juicy beefsteak tomatoes stuffed with zucchini, chickpeas, basil, and ricotta served with a Mediterranean whole grain salad to create this healthy entrée. .... \$10.99

**15. SHRIMP BLT FRITTATA**  
 Fluffy baked egg casserole with plump shrimp, bacon, spinach, tomatoes, and cheese. .... \$13.99

**16. STEAK KABOBS**  
 Sirloin tips marinated in our super-secret house blend of spices, skewered with red, and yellow peppers, button mushrooms, and grilled to perfection! Served with spicy roasted potatoes, and asparagus. .... \$14.99

**17. SUMMER BEEF CASSEROLE**  
 Chunks of marinated beef, slow cooked to perfection served over couscous, summer squash, red and green peppers, topped with Parmesan cheese. .... \$12.99

**18. SUNDRIED TOMATO STUFFED CHICKEN THIGHS**  
 Chicken thighs stuffed with chopped asparagus, garlic, and sundried tomato topped with a light herbed gravy and served with broccoli, cauliflower, and wild rice pilaf. .... \$10.99

## DIETARY KEY

**Heart Friendly**  
 600mg or less of sodium/fat less than 30% DV (Daily Value)

**Diabetic Friendly**  
 75g or less of carbohydrate per portion

**Wheat Free**  
 No wheat or gluten containing ingredients. Meals are not made in a dedicated gluten-free kitchen

**Sodium Sensitive**  
 500mg or less of sodium

**Vegetarian**  
 May include dairy and eggs

**Renal Friendly**  
 800mg or less of potassium

**Low Carb**  
 25mg or less of net carbohydrates

**Weight Management**  
 Under 500 calories and under 50 grams of carbohydrate

**Garlic Free**  
 No Garlic

**Dairy Free**  
 No dairy or lactose

# SIDES & SUCH

**TOTALLY HEALING CHICKEN SOUP**  
 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. .... \$4.49

**MARINARA SAUCE** 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. .... \$7.49

**HOMEMADE GRAVY** 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. .... \$4.49      1/2 lb. .... \$6.99

**CLASSIC EGG SALAD** 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. .... \$6.99

**DAD'S HAM SALAD** 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. .... \$6.99

**SILVER PALATE CHICKEN SALAD**  
 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. .... \$5.49      by the pint. .... \$9.99

**TUNA SALAD** 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. .... \$5.49      by the pint. .... \$9.99

**FRUIT SALAD**  
 Fresh cut fruit served in their own juices.  
 by the pint. .... \$5.49      by the quart. .... \$9.99

**CHOCOLATE CHIP COOKIES**  
 Homemade, chunky, chocolate chip cookies. 1/2 dz. .... \$7.99