

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



OCTOBER KITCHEN IS GOING ON VACATION

The Kitchen will be CLOSED
Friday, July 1st - Sunday, July 10th.

NO deliveries or Storefront hours
the week of July 5th.

Store reopens Monday, July 11th.

Phone calls and emails will be returned
Sunday, July 10th

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

SUMMER STRAWBERRY CRISP

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

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



JULY MENU

Effective: June 28th - July 30th



Hello Summer

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

SOUPS

- CHICKEN TORTELLINI**
 A delicious and comforting soup made with great flavor and technique..... \$6.99
- GAZPACHO**
 A robust and substantial cold summer vegetable soup. Served COLD **DO NOT FREEZE**..... \$6.99

SALADS

- BROCCOLI PASTA SALAD**
 Bellflower pasta, arugula, arcadian lettuce, carrots, Parmesan cheese, grape tomatoes, and a white balsamic vinaigrette..... \$8.99
- GREEN HOUSE SALAD**
 Arcadian lettuce, red onions, red peppers, grape tomatoes, cucumbers, and a honey balsamic vinaigrette..... \$8.99
- RED, WHITE, AND BLUE SALAD**
 Arugula, blueberries, chickpeas, spinach, grape tomatoes, and mozzarella pearls with lemon vinaigrette..... \$8.99
- SPINACH, SUMMER SALAD**
 Carrots, cucumbers, red onions, spinach, grape tomatoes, yellow peppers, chickpeas, and house made chipotle ranch dressing..... \$8.99

BAKERY

- APPLE PIE MUFFINS**
 Cinnamon muffins studded with diced apples..... \$7.99
- BLUEBERRY MUFFINS**
 Fluffy, sweet, and delicate muffin loaded with blueberries..... \$7.99
- VANILLA BEAN MUFFINS**
 Light and fresh muffin, with real vanilla bean and Greek yogurt..... \$7.99

DESSERTS

- CINNAMON COFFEE CAKE**..... \$6.99
- PEACH, RASPBERRY CRUMB BARS**
 Peach and raspberries studded in a light cake, with a lovely crumble topping..... \$6.99



ENTREES

- ASIAN CRUNCHY CHICKEN SALAD**
 Shredded chicken mixed with Napa cabbage, carrots, red onion, cilantro, mint, and toasted sunflower seeds tossed in a bright, sweet & savory dressing..... \$14.99
- ASPARAGUS & SWISS LOADED CHICKEN**
 Chicken breast layered with sliced ham, asparagus, and Swiss cheese roasted until golden, brown, and delicious. Served with a side of buttered green beans, and oven roasted fingerling potatoes..... \$12.99
- BAKED CHICKEN LEG**
 Chicken quarters rubbed in our special house made poultry spice blend, oven roasted to perfection. Accompanied by baby potato salad, arugula, black beans, sweet corn, bacon bits, and studded with tomatoes..... \$9.99
- BARBEQUED SMOKED BEEF**
 Slow smoked beef roast drizzled with our tangy house made BBQ sauce and slow smoked in the oven. Served with mashed potatoes, and corn sauté..... \$15.99
- CHINESE PLUM PORK**
 Roasted pork tenderloin with the perfect complement of plums served with Jasmine rice, sesame roasted asparagus and Bok choy..... \$11.99
- CLASSIC FRENCH TOAST**
 A hearty breakfast to start your day! Classic French toast paired with fluffy scrambled eggs..... \$9.99
- COLD PASTA SALAD**
 Our version of a summertime classic! Pasta overflowing with tomato, onion, olives, corn, peas, cheddar cheese, our famous vegetarian meatless crumbles and finished with house made ranch dressing..... \$10.99
- CRAB & COD CAKES**
 Crab and cod creates the base of these tasty seafood patties. Topped with fresh, chunky tomato salsa, and served roasted sugar snap pea, and bell pepper salad..... \$13.99
- DEVILED ROUND STEAK**
 Delicious beefsteak simmered until tender and seasoned so there's "just a little zip" topped with bacon, onion gravy served with mashed potatoes and baby carrots..... \$13.99
- EGGPLANT BOLOGNESE**
 Eggplant is the perfect meaty cornerstone to add to this classic sauce. Served with wide noodles and ribbons of summer squash..... \$9.99
- HADDOCK WITH GARDEN RATATOUILLE**
 Pan poached with a garden of tasty vegetables; zucchini, eggplant, summer squash and basil finished with Parmesan cheese..... \$12.99
- PORK PICCATA**
 Pork loin cutlet sauteed with a lemon, caper white wine sauce served with garlic sauteed kale and mashed potatoes..... \$10.99
- RATATOUILLE STUFFED SHELLS**
 Bursting with summer vegetables, ricotta and mozzarella cheese baked with our house made marinara sauce..... \$9.99
- SALMON POT PIE**
 Salmon, leeks, carrots, and peas overflowing in a light, lemon dill sauce. Finished with a puff pastry top..... \$9.99
- SALTIMBOCCA SLIDER**
 Ground veal slider patty with fresh prosciutto and sage, pan fried to perfection. Served over garlic kale polenta, roasted grape tomatoes, and topped with fontina cheese..... \$12.99
- SHRIMP PRIMAVERA**
 Plump shrimp with julienned squash, peas, carrots, broccoli, asparagus, garlic, and parsley served over linguine with Parmesan cream sauce..... \$15.99
- SPINACH & RICOTTA TURKEY MEATLOAF**
 Delicate turkey meatloaf with the lovely addition of spinach, fluffy ricotta, and mozzarella cheese. Served with r oasted rosemary steak fries, creamy garlic spinach and topped with our house made marinara..... \$9.99
- SUMMER VEGGIE & BEEF BOWL**
 Crumbled ground beef with white rice studded with fresh sautéed corn, zucchini and tomatoes all tossed together with our house made 1,000 island dressing. Yum! Great served hot or cold!..... \$12.99
- TACOS CARNITAS**
 Shredded pork, sauteed with onion and spices to make a classic Carnitas! Topped with fresh salsa, Monterey Jack cheese, and pickled red onions. Served with spice rubbed grilled corn, and two corn tortillas on the side!..... \$10.99
- TEX MEX**
 Tender, beef brisket simmered in red wine with onions and carrots served with roasted sweet potatoes, red onions, and sautéed spinach..... \$14.99

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

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..... \$3.99
- 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..... \$6.99
- 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..... \$3.99 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..... \$5.99
- 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..... \$5.99
- 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..... \$3.99 by the pint..... \$6.99
- 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..... \$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