

FLASH FROZEN

COMFORT CLASSICS

LEMON HERB COD (DF, D, GF, LF, R, SS, WM, WF)

Baked cod with lemon and herbs, gluten free crumbs, mashed potatoes and chef's choice vegetable. 11

LIVER & ONIONS (DF, D, GF, LF, R, SS, WM, WF)

A classic dish done right with caramelized onions and mashed potatoes. 11

PENNE PASTA BAKE (D, R, SS, V)

A classic dish made the healthier October Kitchen way! Penne pasta in our rustic house made tomato sauce topped with mozzarella and baked until golden, brown, and delicious. 8

NOT YOUR MOM'S TUNA NOODLE CASSEROLE (D, GF, LF, R, 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. 9

ROAST TURKEY BREAST (D, R, SS, WM)

Sliced turkey breast topped with homemade gravy served with our house made herbed stuffing, mixed vegetable medley and topped with Craisins. 9

SPANISH RICE WITH CHICKEN & SHRIMP

(DF, D, R, SS, WF) Bright and flavorful rice with saffron and turmeric studded with chunks of roasted chicken, shrimp, peas, and low-fat turkey chorizo. 8

STIR FRIED PORK (DF, D, R, SS, WF)

This dish is made without heavy sodium, but with all the flavors! Sautéed pork tenderloin and crunchy stir-fried veggies in a classic stir fry sauce. 8

YANKEE POT ROAST (DF, D, R, SS, WM, WF)

A lovely, old New England recipe with slow cooked beef, vegetables and a darn good sauce. 10

SAUCES

MARINARA SAUCE (DF, D, R, LC, SS, WM, V, WF)

This sauce is built from the best plum tomatoes, olive oil, garlic, sweet onions, and finished with basil.

16 oz 5 OR 24 oz 8

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 2

SALADS

Featured

GREEN HOUSE

Arcadian lettuce, red onions, red peppers, grape tomatoes, cucumbers, and a honey balsamic vinaigrette. 9

RED, WHITE, & BLUE

Arugula, blueberries, chickpeas, spinach, grape tomatoes, and mozzarella pearls with lemon vinaigrette. 9

SPINACH SUMMER

Carrots, cucumbers, red onions, spinach, grape tomatoes, yellow peppers, chickpeas, and house made chipotle ranch dressing. 9

CLASSIC EGG SALAD (DF, D, GF, LC, SS, WM, WF)

A traditional egg salad that I've made for years. Well balanced with bright, creamy flavors 1/2 pint 4 OR one pint 7

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 4 OR one pint 7

SILVER PALATE CHICKEN SALAD

(D, GF, LF, R, LC, SS, WM, WF) Roasted chunks of chicken breast tossed with dill, red grapes, a bit of sour cream and mayo. 1/2 pint 6 OR one pint 10

TUNA SALAD (DF, D, R, LC, SS, WM, WF)

Tuna salad made with white premium tuna has crunch from the celery and is delicious as a sandwich or even on its own. 1/2 pint 6 OR one pint 10

FRUIT SALAD

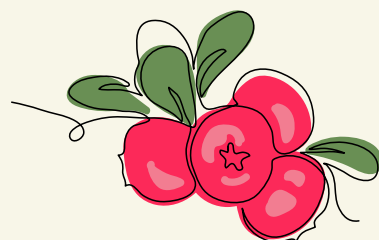
Fresh cut fruit served in it's own juices. pint 6 OR quart 10

OUR DAILY BREAD

A lovely 1 pound sandwich loaf that is the perfect blend of flour, wheat and honey 5

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 5 OR 1/2 lb 8



October Kitchen LLC

JULY MENU

EFFECTIVE
July 11 - August 5



Hello Summer

OCTOBERKITCHEN.COM

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309 Green Rd. Manchester, CT 06042

ORDER DEADLINE

Phone: Friday @ 5PM Online: Sunday @ 5PM

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AMERICAN CHOP SUEY (D, R, SS, WM)

A classic New England dish with macaroni, seasoned ground beef, sautéed onions, and green peppers in a thick tomato-based sauce. 8

AMERICAN MEATLOAF (DF, D, GF, LF, R, SS, WM)

Traditional meatloaf with mashed potatoes, gravy, and chef's choice vegetable. 9

BAKED ZITI WITH SAUSAGE (D, R, SS, V)

Ziti tossed in a classic white sauce, our house made sausage, and baby spinach finished with meaty marinara and even more cheese on top! 8

BEEF STROGANOFF (D, GF, LF, R, SS, WF)

Tender, melt in your mouth beef tips in a creamy sherry gravy served with wax beans and crispy, thin sliced potatoes with "butter", parsley, and onions. 10

BEEFY LASAGNA (D, R, LC, R, SS, WM)

Baked layers of pasta with creamy cheese and meaty homemade marinara 9

CHICKEN AND GRAVY (DF, D, GF, LF, R, SS, WF)

Hand carved, herbed roasted whole chicken, with pan gravy and roasted potatoes and vegetables 9

CHICKEN PARMESAN (D, R, SS)

Golden, breaded chicken cutlet over spaghetti with homemade marinara topped with Parmesan. 8

CHICKEN POT PIE (D, GF, LF, R, SS, WM)

Chunks of tender chicken and vegetables in a natural gravy topped with a house made cheddar biscuit 9

CLASSIC MAC & CHEESE (D, GF, LF, R, SS, V)

Extra creamy and delicious with macaroni and more cheese. 7

EGGPLANT PARMESAN LASAGNA

(D, R, LC, R, SS, V, WM) A contemporary, lower fat version layered with baked eggplant, spinach, roasted peppers and three cheeses 9

GRANDMA'S STUFFED PEPPERS

(D, R, LC, R, SS, WM, WF) An "O.K!" favorite! Sweet bell peppers loaded with ground beef, rice, tomato and our homemade, tangy glaze 9

LEMON GARLIC BUTTER SHRIMP

(D, R, SS, WM) A healthier version with plump shrimp, lemon garlic butter, tomato, and spinach tossed with orzo pasta. 11