

- 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



# JUNE MENU



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

**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

- ROASTED SUMMER VEGETABLE**  
 (DF) (D) (GF) (SS) (V) (WM) (WF) Thick and puréed roasted tomatoes, sweet peppers, squash, garlic and onions with a little creaminess and basil finish..... \$6.99
- SHRIMP AND CORN BISQUE**  
 (D) (GF) (K) (SS) (WM) (WF) A rich and creamy soup with fresh corn off the cob and petite shrimp..... \$6.99



# SALADS

- SPINACH, STRAWBERRY**  
 Spinach, strawberries, red onions, sunflower seeds and a honey balsamic vinaigrette..... \$8.99
- RAINBOW CHOPPED**  
 Spinach, baby kale, chopped carrots, peppers, tomatoes, green onions, red cabbage, fresh mozzarella and white balsamic vinaigrette. .... \$8.99



# BAKERY

- BLUEBERRY MUFFINS** ..... \$7.99
- VERY BERRY OATMEAL** ..... \$7.99
- MOCHA CHOCOLATE CHIP** ..... \$7.99



# DESSERTS

- CHOCOLATE CHIP CAKE** ..... \$6.99
- STRAWBERRY RHUBARB CAKE** ..... \$6.99

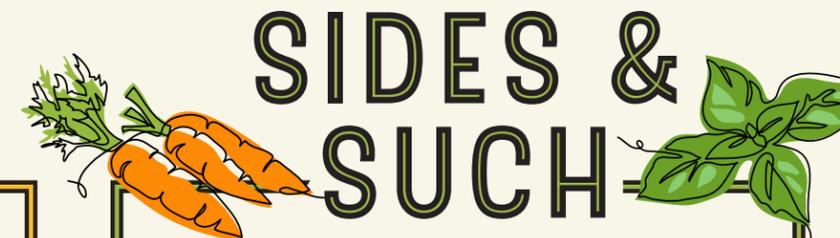


# ENTREES

- 1. ASPARAGUS TOM & SHRIMP PENNE**  
 (DF) (D) (GF) (K) (SS) (V) (WM) Roasted asparagus tossed together with bell flower pasta, black olives, bright lemon, honey vinaigrette and arugula..... \$14.99
- 2. BALSAMIC CHICKEN**  
 (DF) (D) (GF) (SS) (WM) (WF) Marinated chicken breast, pan roasted with aged balsamic served with shallot mashed potatoes and corn sauté..... \$12.99
- 3. BASIL MAYO FLOUNDER**  
 (DF) (D) (GF) (K) (SS) (WF) A delicate fish crusted with basil purée and golden crumbs served over roasted tomato, asparagus risotto, and topped with microgreens..... \$13.99
- 4. CHICKEN CROQUETTES**  
 (DF) (D) (GF) (SS) A lightened-up version of a classic, served with summer vegetable pilaf..... \$10.99
- 5. CHICKEN FAJITA BOWL**  
 (D) (K) (SS) (WF) Pulled dark meat chicken thighs braised in our house made fajita spice, served over sautéed mushrooms, onions, peppers, and Cuban rice..... \$11.99
- 6. CHICKEN FRANCESE**  
 (D) (K) (SS) (WM) Boneless chicken breast sautéed with lemon, white wine, and garlic served with orzo, vegetable pilaf. .... \$10.99
- 7. COUNTRY BBQ PORK CHOP**  
 (DF) (D) (K) (SS) (WF) Lean, country style ribs smothered with our house made smoky, sweet Carolina BBQ sauce served with garlic tossed green beans, and German potato salad..... \$12.99
- 8. EGG WHITE OMELET**  
 (D) (GF) (K) (SS) (V) (WM) (WF) A hearty meal for breakfast! Egg whites create this fluffy omelet served with two potato vegetable hash loaded with carrots, onions, zucchini and eggplant ..... \$8.99
- 9. GARLIC BUTTER STEAK**  
 (DF) (D) (K) (SS) (WF) Tender, seared sirloin tips sautéed in garlic butter served with steamed broccoli, and calico rice overflowing with carrots, and onions. .... \$16.99
- 10. GARLIC CRUSTED COD**  
 (DF) (D) (K) (SS) (WM) Simple and delicious with toasted golden crumb topping served with steamed broccoli, and summer rice pilaf which includes asparagus, carrots, onions, summer squash, and zucchini..... \$13.99
- 11. GREEK MEATBALLS WITH ORZO**  
 (D) (K) (SS) (WM) Delicate pork, beef and lamb meatballs served over Greek orzo salad, and finished with a delicate minted yogurt sauce. A perfect light meal for these warmer days..... \$11.99
- 12. HAWAIIAN MEATLOAF**  
 (DF) (GF) (K) (SS) Tasty pork meatloaf topped with a bright Hawaiian sauce. Served with fried rice studded with black beans, carrots, sweet corn off the cob, garlic, red onion, red peppers, and chunks of pineapple. .... \$11.99
- 13. LOBSTER & SHRIMP MAC N CHEESE**  
 (D) (GF) (K) The amazing combination of flavors makes this dish a favorite. Comfort food with a special seafood twist. Delicious! ..... \$17.99
- 14. RAVIOLI WITH GARDEN BOLOGNESE**  
 (D) (K) (WM) Three cheese ravioli smothered with our famous house made marinara lightened up for summertime with the lovely addition of zucchini, and onion ..... \$9.99
- 15. SESAME TERIYAKI SALMON**  
 (DF) (D) (SS) (WF) Delicate salmon fillet with homemade sesame teriyaki glaze served with stir fry vegetables. .... \$16.99
- 16. TATER TOT CASSEROLE**  
 (D) (WM) (WF) Our house made breakfast sausage is the star of the show in this casserole! Loaded with cheddar cheese, sweet corn off the cob, garlic, onions, potato, bacon bits, sweet green chiles, and eggs. This is a hearty way to start your day! ..... \$8.99
- 17. TUESDAY NIGHT BEEF CHILI**  
 (D) (K) (SS) Smooth, hearty and made without beans, warm but not too spicy. This chili is tossed with corn, sweet potatoes and topped with cheddar cheese..... \$9.99
- 18. VEAL PARMESAN**  
 (D) (K) (SS) Breaded veal cutlet served over summer squash noodles and spaghetti, topped with our homemade chunky tomato sauce and Parmesan cheese. .... \$12.99
- 19. VEGGIE BURGER**  
 (DF) (D) (K) (SS) (V) (WF) House made lentil, and potato burger with the lovely addition of onion, garlic, red peppers, tomato, basil with sweet potato fries..... \$9.99
- 20. ZINFANDEL BEEF BRISKET**  
 (DF) (D) (GF) (K) (SS) (WM) (WF) 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**  
 (DF) (D) (GF) (K) (SS) (V) (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) (K) (SS) (V) (WM) (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) (K) (SS) (V) (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) (K) (SS) (V) (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) (K) (SS) (V) (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) (K) (SS) (V) (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