

FLASH FROZEN

COMFORT CLASSICS

HERBED PORK ROAST (DF, D, GF, LF, R, SS, WM, WF)

Tasty pork stuffed with parsley, sage, rosemary, and thyme served with pan gravy, roasted sweet potatoes and green beans. 9

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

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

POACHED SALMON (DF, D, GF, LF, R, SS, WM, WF)

Poached salmon with a touch of lemon herb "butter" served with brown rice and chef's choice vegetable. 13

ROAST TURKEY BREAST (D, LF, 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

SAUSAGE & PEPPERS (DF, D, GF, LF, R, WM, WF)

Sweet Italian chicken sausage tossed with oven roasted baby potatoes, tri color peppers, grape tomatoes with red and yellow onions. 8

SHRIMP SCAMPI (DF, D, GF, LF, R, SS, WM)

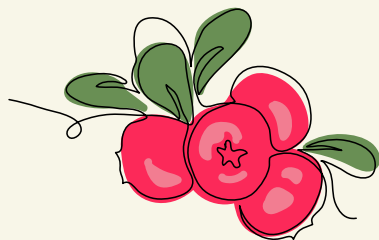
A healthier version without all the butter but all the flavor! Served with steamed broccoli over spaghetti. 12

SPAGHETTI & MEATBALLS (D, LF, R, SS, WM)

Beefy, hand rolled meatballs with pasta, house made marinara sauce and a sprinkle of Parmesan cheese on top. 9

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

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



SALADS

Featured

SPINACH, STRAWBERRY

Spinach, strawberries, red onions, sunflower seeds, and a honey balsamic vinaigrette. ~Serves 2~ 9

RAINBOW CHOPPED

Spinach, baby kale, carrots, peppers, tomatoes, green onions, red cabbage, fresh mozzarella, and white balsamic vinaigrette. ~Serves 2~ 9

CLASSIC EGG SALAD (DF, D, GF, LF, 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, LF, 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, 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, GF, LF, 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

SAUCES

MARINARA SAUCE (DF, D, GF, LF, 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

October Kitchen LLC

JUNE MENU

EFFECTIVE
June 6 - June 30



Hello Summer

OCTOBERKITCHEN.COM

860.533.0588 • Fax: 860.533.0585

309 Green Rd. Manchester, CT 06042

ORDER DEADLINE

Phone: Fridays @ 5PM Online: Sunday @ 5PM

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AMERICAN CHOP SUEY (D, LF, 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

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, LF, LC, R, SS, WM)

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

BLUEBERRY, BANANA BREAKFAST BAKE

(D, GF, LF, R, SS, V, WF) Overnight style French toast casserole baked with multigrain bread, blueberries, bananas, maple syrup, oats, and brown sugar. 8

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 AND SHRIMP JAMBALAYA

(DF, D, GF, LF, R, 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

CHICKEN PARMESAN & SPAGHETTI

(D, LF, R, SS) Golden, breaded chicken cutlet over spaghetti with house made marinara topped with Parmesan and served with sautéed zucchini. 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)

Creamy and delicious with mini penne pasta, cheddar, and Monterey Jack cheese. 8

EGGPLANT PARMESAN LASAGNA

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

GRANDMA'S STUFFED PEPPERS

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