

September 8-29, 2020 Weekly Fresh Menu

S= Single Serving
T= Twin ~ 2 Servings
F= Family ~ 5-6 Servings



Week of September 8th

- Aloha Shrimp** S 9.99
Plump shrimp baked in our delicate brown butter sauce served with Hawaiian rice salad studded with pineapple, coconut and peas. T 18.99 F 36.99
- Beef Tips and Noodles** S 9.99
Tender beef tossed in a robust mushroom cream sauce with pearl onions served over fluffy egg noodles. T 18.99 F 36.99
- Chicken with Roasted Garlic** S 8.99
Tender white meat chicken breast cutlet simmered with rosemary, sweet garlic cloves and mashed potatoes in garlicky gravy. T 16.99 F 33.99
- Low Fat Turkey Lasagna** S 8.99
Hearty layers of fresh spinach, lean ground turkey, marinara and three cheeses come together to create this healthy, low fat lasagna. T 16.99 F 33.99
- Ricotta and Basil Stuffed Tomatoes** S 8.99
Ripe and juicy beefsteak tomatoes stuffed with zucchini, chickpeas, basil and ricotta served with a Mediterranean whole grain salad to create this healthy entrée. T 16.99 F 33.99

SOUP: Broccoli Cheddar Soup 5.99
A hearty, vegetarian soup with lots of bright flavors and sharp cheddar cheese.

SALAD: Italian Chopped Salad 7.99
Green leaf lettuce, Radicchio, grape tomatoes, celery, garbanzo beans, provolone cheese and a simple Italian

MUFFINS: Bran Muffins ½ dz 6.99

DESSERT: Cider Donut Cake 5.99

Week of September 22nd

- Cheddar Meatloaf** S 9.99
An herbed loaf rolled around a cheddar stuffing accented with our house made tomato sauce. T 18.99 F 36.99
- Chicken à la King** S 8.99
(Special Order Gluten Free without Pasta)
White meat chicken, sherried chicken sauce with peas, mushrooms and peppers over toasted orzo pasta. T 16.99 F 33.99
- Paella** S 9.99
Creamy saffron rice simmered with shrimp, whitefish, clams, chicken, chorizo and peas come together to make this heathy house favorite. T 18.99 F 36.99
- Pork Tenderloin with Maple Chipotle Glaze** S 9.99
Roasted pork tenderloin rubbed with a mild, sweet and smokey maple chipotle glaze served with a wild rice blend that is studded with Craisins and butternut squash. T 18.99 F 36.99
- Tomato, Swiss Chard and Ricotta Calzones** S 8.99
We did it again! We took a family favorite and made it the healthier, October Kitchen way! This calzone is loaded with vitamin A, C and Iron and is filled with Swiss Chard, tomatoes and ricotta cheese in a crispy pizza dough crust. T 16.99 F 33.99

SOUP: Butternut Bisque 5.99
A creamy and delicious purée with fall spices and warm delights. 7.99

SALAD: Tossed Salad
Arcadian lettuce, cabbage, carrots, celery, red onions and a honey, cider vinaigrette. 6.99

MUFFINS: Mocha Chocolate Chip Muffins ½ dz 6.99

DESSERT: Vanilla Bean Yogurt Cake 5.99

Week of September 15th

- Chicken Murphy** S 8.99
Sautéed chicken breast, spicy peppers, onions, mushrooms and sweet Italian sausage served with potatoes. T 16.99 F 33.99
- Pork Ragu** S 8.99
Tender pork simmered in aromatic sauce with al dente pasta and garlic roasted cauliflower. T 16.99 F 33.99
- Stuffed Zucchini Parmesan "Lasagna"** S 8.99
Layers of sliced squash, Italian bread crumb stuffing, mozzarella, Parmesan cheese and our house made marinara sauce. T 16.99 F 33.99
- Swedish Beef** S 9.99
Roast beef simmered until tender in red wine and tomato gravy served with turnip mashed potatoes. T 18.99 F 36.99
- Tartar Sauce Crumb Baked Fish** S 9.99
(Special Order Gluten Free Breadcrumbs)
House made tartar sauce drapes a whitefish filet, baked under a crumb topping served with Cape Cod vegetable blend studded with Craisins and served over white rice. T 18.99 F 36.99

SOUP: Minestrone Soup 5.99
(Special Order Dairy Free without Cheese)
An Italian soup with seasonal vegetables, beans and pasta.

SALAD: September Salad 7.99
Spinach, radicchio, arugula, red onions, pumpkin seeds, shaved carrots, dates, bacon, Parmesan cheese and a white

MUFFINS: Cranberry Oat Muffins ½ dz 6.99

DESSERT: Orange Yogurt Cake 5.99

Week of September 29th

- Butternut Terrine** S 8.99
(Contains Seeds)
A yummy mixture of squash, leeks, apples and whole grains with a Parmesan crust, baked until golden brown and delicious! T 16.99 F 33.99
- Garlic Herb Crusted Pork Sirloin** S 9.99
Lean, juicy pork rubbed with orange zest, sage, thyme and rosemary. Served with roasted red bliss potatoes and sautéed broccoli. T 18.99 F 36.99
- Paul's Turkey Bolognese** S 8.99
(Special Order Gluten Free Pasta)
Served over whole wheat pasta this rustic, hearty dish is Chef Paul's go to recipe for healthy, meaty sauce. T 16.99 F 33.99
- Polish Poached Meatballs** S 9.99
Veal and chicken meatballs poached in a robust broth served over fluffy mashed potatoes, mushrooms and peas. T 18.99 F 36.99
- Smokey Bacon Glazed Salmon** S 9.99
(Special Order Dairy Free without Rice Pilaf)
Delicate salmon fillets glazed with smoky bacon, garlic sauce perfect for these fall nights. Served with baby green beans and mushroom, ranch rice pilaf. T 18.99 F 36.99

SOUP: Beef Barley Soup 5.99
A robust soup that is perfect for these chilly nights.

SALAD: Spinach Crunch Salad Spinach, tomatoes, chickpeas, carrots, red peppers and a honey balsamic vinaigrette. 7.99

MUFFINS: Whole Wheat Applesauce Muffins ½ dz 6.99

DESSERT: Blueberry Cake 5.99