

SINGLE SERVING COMFORT CLASSICS



Always Available – Flash Frozen – Enhanced Health Specific Categories

American Chop Suey 7.99

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

American Meatloaf 8.99

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

Banana Oat French Toast 7.99

French toast casserole baked with multigrain bread, bananas, maple syrup, oats and brown sugar.

BBQ Pulled Pork 8.99

Tender pork with a Carolina BBQ sauce, sweet baked beans and steamed veggies.

Beefy Lasagna 8.99

Baked layers of pasta with creamy cheese and meaty homemade tomato sauce.

Blueberry Oatmeal Breakfast Bake NEW 7.99

Great for breakfast or even a healthy dessert! Tender oats, banana and blueberries baked with milk, eggs, vanilla and a touch of maple syrup.

Breakfast Burritos 7.99

Two burritos per order; full of egg, house made breakfast sausage, peppers, onions and cheddar cheese rolled in flour tortillas.

Chicken and Gravy 7.99

Roasted, boneless breast of chicken with gravy, mashed potatoes and chef's choice veggies.

Chicken and Shrimp Jambalaya NEW 8.99

Plump shrimp, chunks of chicken and chicken sausage are overflowing in Creole seasoned rice studded with tomato, onion, celery and peppers.

Chicken Marsala 7.99

With a mushroom Marsala pan sauce, mashed potatoes and baby carrots.

Chicken Parmesan and Spaghetti 7.99

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

Chicken Pot Pie 7.99

Chunks of tender chicken and vegetables in a natural chicken gravy topped with a cheddar biscuit.

Classic Mac-n-Cheese 7.99

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

Eggplant Parm Lasagna 7.99

A contemporary, lower fat version layered with baked eggplant, spinach, roasted peppers and three cheeses.

Egg White Omelet 7.99

A hearty meal! Egg whites create this fluffy omelet served with two potato vegetable hash.

Grandma's Stuffed Peppers 7.99

An "O.K!" favorite! Sweet bell peppers, loaded with ground beef, rice, tomato and a tangy glaze.

Lemon Herb Cod 9.99

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

Liver & Onions 9.99

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

Mini Cheese Ravioli 7.99

Whole grain pasta with low fat cheese filling and homemade chunky tomato sauce with roasted veggies.

Not Your Mom's Tuna Noodle 7.99

We took this classic casserole and redid it right, no canned soup, all from scratch. A crowd pleaser.

Perogies and Kielbasa NEW 9.99

The classic potato and cheese filled perogies with sautéed onions, mushrooms and Hillshire smoked turkey kielbasa.

Poached Salmon 9.99

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

Roast Turkey Breast 7.99

Served with mashed sweet potatoes topped with homemade gravy and seasonal vegetable.

Scalloped Potatoes with Ham 7.99

This hearty dish of scalloped potatoes and julienned ham has just a bit of Cheddar cheese and green peas in a creamy white sauce.

Shepherd's Pie 7.99

Lean ground beef with peas and carrots in a light gravy baked under fluffy mashed potatoes.

Shrimp Scampi 9.99

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

Spaghetti & Meatballs 7.99

Beefy, hand rolled meatballs, homemade marinara sauce and a touch of Parmesan over spaghetti.

Swedish Meatballs 7.99

They're back...New and improved! A comfort food dish in a light sauce studded with peas served over herbed egg noodles.

Turkey Fried Rice NEW 7.99

Not your typical take out! This low sodium dish is overflowing with crunchy stir fry vegetables and lean, tender diced turkey.

Yankee Pot Roast 7.99

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



309 Green Road, Manchester, CT 06042
860-533-0588 • (Fax) 860-533-0585
www.OctoberKitchen.com