

Nelly Capra's
SLOW MEALS ON GREEN WHEELS

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Menus
February 2009

WEEK I

Soup of the week: Mescolanza (mixed grain soup with wheat berries, garbanzos and cannellini beans)
(New!) Entrée of the week: Beef stew with mushrooms with garlic bruschetta
Desserts of the week: Stewed pears with spiced wine syrup
Orange cake with pine nuts and grapes

MONDAY 2/2

Penne with sautéed cherry tomatoes and basil
Chicken piccata with capers and lemon
Garlic-roasted green beans and shallots

TUESDAY 3/2

Mescolanza soup
Pork chops with sweet onions, vermouth and parsley
Red Potato slices roasted with lemon and olives on spinach

WEDNESDAY 4/2

Wheat-free

Risotto alla Milanese
Beef scaloppine with white wine sauce
Carrot and squash ribbons with sage

THURSDAY 5/2

Spaghetti all'olio e aglio e pecorino (with oil, garlic, Romano cheese)
Breaded fish filet topped with sautéed diced tomatoes
Kale with garlic, onions and croutons

FRIDAY 6/2

Wheat-free

Polenta rosa (with tomato)
Beef stew with mushrooms
Eggplant and zucchini ragout

SATURDAY 7/2

Wheat-free

Herb-scented pork loin Tuscan-style
Roasted root vegetables with rosemary
Broccoli with garlic and chilli

Week 2

Soup of the week:

Vegetable soup with spelt

(New!) Entrée of the week:

Chicken cacciatore with rosemary focaccia

Desserts of the week::

Roasted apples with cinnamon and walnuts

Winter pear/apple cake

MONDAY 9/2

Linguine with pesto and green beans Genovese-style
Beef scaloppine with Marsala wine
Fennels with orange zest

TUESDAY 10/2

Wheat-free

Rice with carrots and lemon zest
Chicken braised with preserved lemons and chickpeas
Zucchini with garlic and mint

WEDNESDAY 11/2

Oven-baked rigatoni with marinara sauce
Breaded fish fillet shallow fried and topped with diced basil tomatoes
Green beans and cherry tomato salad

THURSDAY 12/2

Vegetable soup with spelt
Stuffed vegetables with breadcrumbs, herbs and amaretti
Broccoli sautéed with garlic

FRIDAY 13/2

Wheat-free

Polenta maritata (with beans, scented with garlic)
Chicken cacciatore
Sautéed mushrooms and zucchini

SATURDAY 14/2

Riso alla parmigiana (white risotto with Parmesan cheese)
Oven baked frittata with zucchini and herbs
Three bean salad

SATURDAY 14/2 (Valentine's day special)*

Three-color potato gnocchi with vegetable sauce and Parmesan cheese
Beef saltimbocca with prosciutto and sage
Spinach and pear salad with candied walnuts

*The above menu has an additional cost of \$ 10 per person

Week 3

Soup of the week:

Lentil soup

(New!) Entrée of the week:

Beef scaloppini with pizzaiola sauce with sliced oregano potatoes

Desserts of the week:

Biscotti di nonna Valeria with fennel seeds/pinenuts
Panna cotta with strawberry sauce

MONDAY 16/2

Pasta alla puttanesca with garlic, capers, tomato, parsley
Braised Chicken with marinara sauce, lemon and olives
Green and yellow zucchini with parsley and garlic

TUESDAY 17/2

Wheat-free

Polenta with kale and beans
Mixed vegetable ragout
Greens with sun-dried tomatoes and feta

WEDNESDAY 18/2

Wheat-free

Lentil soup
Italian sausage (chicken or pork) with aromatic cabbage
Carrot ribbons with parsley

THURSDAY 19/2

Wheat-free

Risi e bisi (Risotto with peas, Venetian-style)
Beef scaloppini with pizzaiola sauce

Sauteed cauliflower with garlic and vinegar

FRIDAY 20/2

Spaghetti with broccoli and breadcrumbs
Fish stew with capers, tomatoes, olives Genovese-style
Bell peppers with oregano and garlic

SATURDAY 21/2

Home made noodle lasagna with marinara sauce
Frittata with asparagus
Green bean salad

Week 4

Soup of the week: Chicken soup with home-made noodles
(New!) Entrée of the week: Zucchini and greens torta Genovese-style with green salad
Desserts of the week: Mardi Gras Bugie cookies (orange scented golden ribbons)
Apple fritters

MONDAY 23/2

Wheat-free

Red Risotto
Pork chops with apples
Roasted butternut squash

TUESDAY 24/2

Spaghetti aglio e olio (garlic, oil, Parmesan)
Beef scaloppini
Sauteed greens

TUESDAY 24/2 (Mardi Gras special)*

Saffron home-made noodles with marinara sauce
Beef rolls with ham
Sauteed greens with raisins and pine nuts

*The above menu has an additional cost of \$ 10 per person

WEDNESDAY 25/2

Chicken soup
Zucchini and greens torta Genovese-style
Focaccia with diced tomatoes and feta

THURSDAY 26/2

Penne with zucchini and sage
Fish fillet with lemon verbena and white wine
Slow roasted beet wedges and onions with thyme and rosemary

FRIDAY 27/2

Wheat-free

Rice with shredded butternut squash and orange zest
Chicken scaloppini with marsala
Baked vegetables with herbs

SATURDAY 28/2

Wheat-free

Polpettone (potato cake) with green beans Genovese-style
Roasted chicken
Sautéed green vegetables with garlic and chilli