

Nelly Capra's
SLOW MEALS ON GREEN WHEELS

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What is new:

- Slow Dining on Sunrise Court

Starting this month you have the opportunity to enjoy a dining experience Italian-style in the warm atmosphere of Nelly's dining room, or when the weather permits it by her poolside. Book Nelly's dining room today and celebrate a birthday, special occasion or simply come here to relax and enjoy dinner with your friends. Slow Dining nights are Thursdays (but other days may be available upon request). The cost is \$ 20 – it includes the menu of the day, the dessert of the week and an appetizer. You can bring your own wine. Menu changes can be accommodated but require a price adjustment. Minimum 6 maximum 10 slow diners.

- Favorite non-Italian dinners

This month I am introducing – to add a little variety - some of my favorite non-Italian dinners – Chilli con carne with corn bread, Chicken curry, Corned beef, Goulash

Menus March 2009

WEEK I

Soup of the week:

Minestrone Genovese with pesto

Entrée of the week:

Beef stew with mushrooms and rosemary focaccia

Desserts of the week:

Pears baked with aromatic wine

Sweet focaccia with grapes and walnuts

MONDAY 3/2

Rigatoni with mushroom, peas and pancetta
Ratatouille with bell peppers, tomato, eggplant
Spinach with pears and walnuts

TUESDAY 3/3

Wheat/free

Risotto with radicchio
Balsamic, orange and honey glazed chicken
Garlic-roasted green beans and shallots

WEDNESDAY 3/4

Wheat-free

Minestrone Genovese with pesto
Beef scaloppine with white wine sauce
Red Potato slices roasted with lemon and olives

THURSDAY 3/5

Semolina gnocchi with sage and Parmesan cheese
Beef stew with mushrooms
Eggplant and zucchini with parsley

FRIDAY 3/6

Wheat-free

Corn bread and honey butter
Chilli con carne
Sautéed mustard greens

SATURDAY 3/7

Wheat-free

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

Week 2

Soup of the week:

Asparagus soup with crostini

Entrée of the week:

Chicken cacciatore with rosemary focaccia

Desserts of the week:

Poached grapefruit with cinnamon and a splash of
brandy
Pineapple cake

MONDAY 3/9

Wheat-free

Rice with leeks and parsley
Oven-baked frittata with zucchini and herbs
Cauliflower and broccoli with almonds

TUESDAY 3/10

Asparagus soup with crostini
Pissaladiere (provençal pizza with onions, fresh tomatoes, garlic)
Salade Nicoise with green beans, tuna, eggs, white beans, tomatoes

WEDNESDAY 3/11

Wheat-free

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

THURSDAY 3/12

Couscous with saffron, and raisins
Fish stew with capers, olives, pine nuts, tomato

Sautéed green beans with garlic and breadcrumbs

FRIDAY 3/13

Linguine with pesto and green beans Genovese-style
Beef scaloppine with Marsala wine
Glazed carrots and squash

SATURDAY 3/14

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

Week 3

Soup of the week:

Zuppa del crociato (greens, pesto, garlic crosttini)

Entrée of the week:

Corned beef with potatoes

Desserts of the week:

Frittelle with apples and raisins di S.Giuseppe

Coffee flavored panna cotta

MONDAY 3/16

Bowties Primavera
Broiled chicken breasts with sage
Green bean and cherry tomato salad with basil

TUESDAY 3/17

Wheat-free

Corned beef
Cabbage and greens
Potatoes and onions with mustard sauce

WEDNESDAY 3/18

Zuppa del crociato (greens, pesto, garlic crosttini)
Italian sausage with cannellini beans Tuscan-style
Spicy eggplants

THURSDAY 3/19

Pasta wheels with ricotta and Parmesan au gratin
Turkey rolls with ham
Broiled asparagus with orange slices and shallots

FRIDAY 3/20

Onion torta Genovese-style
Pork medallions with Marsala wine and mushrooms
Sautéed Swiss chard with garlic

SATURDAY 3/21

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

Week 4

Soup of the week:

Garbanzo bean soup with ginger and fresh pasta

Entrée of the week:

Chicken/shrimp ragout with curry spices/scallion
flat bread

Desserts of the week:

Tiramisu
Baked oranges with custard

MONDAY 3/23

Wheat-free

Risotto with peas, mint and lemon
Pork chops with diced spicy salsa
Roasted butternut squash

TUESDAY 3/24

Asparagus Penne alla Carbonara
Chicken saltimbocca
Sautéed greens with raisins

WEDNESDAY 3/25

Cracked wheat with mint, peas, carrots
Beef goulash
Peperonata

THURSDAY 3/26

Toasted almond rice Wheat-free
Chicken and shrimp ragout with curry spices
Spinach and cucumber with yogurt-mint dressing

FRIDAY 3/27

Wheat-free

Garbanzo bean soup with ginger and fresh pasta
Lamb stew with artichokes and potatoes
Green bean and cherry tomato with basil

SATURDAY 3/28

Wheat-free

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

Week 5

Soup of the week:

Leak and potato soup

Entrée of the week:

Frittatine on crostoni with salsa

Desserts of the week:

Lemon cake stuffed with pears

Strawberries with custard

MONDAY 3/30

Wheat-free

Risotto with borage and saffron
Spring frittatine with new onions, spring greens and blossoms
Salad of mixed grilled vegetables with fresh oregano and garlic

TUESDAY 3/31

Spaghetti with calamari and artichokes
Cauliflower, green beans, potatoes, eggs and capers with olive oil and thyme on
Spinach

