

Nelly Capra's
SLOW MEALS ON GREEN WHEELS

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What is new:

Slow Dining on Sunrise Court:

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 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, Nelly's focaccia and an appetizer. You can bring your own wine. Menu changes can be accommodated with a small price adjustment. Minimum 6, maximum 10 slow diners.

Menus April 2009

For information on how to subscribe to the Slow Meal Plan and Slow Meal Deal, please click on [Slow Meals](#) on website www.ornellacucinaitaliana.com.

WEEK I

Soup of the week:

Leek and potato soup

Entrée of the week:

Frittatine on crostoni with salsa

Desserts of the week:

Lemon cake stuffed with pears

Strawberries with custard

WEDNESDAY 4/1

Penne with garlic and broccoli Apulia-style

Beef scaloppine with pizzaiola sauce

Spicy green vegetable mixture

THURSDAY 4/2

Wheat-free

Leek and potato soup

Chicken breast with lemon, olives and parsley

Fennels with orange zest

FRIDAY 4/3

Wheat-free

Creamy polenta with corn

Pork scaloppine with white wine sauce

Peperonata

SATURDAY 4/4 Wheat-free

Roasted pork loin with rosemary and sage with
Root vegetables
Broccoli with garlic and chilli

Week 2

Soup of the week: Tomato, leek, celery, carrot soup with crostini
Entrée of the week: Beef stew with peperonata and focaccia
Desserts of the week: Warm fruit salad with custard
Hazelnut/chocolate swirl cake

MONDAY 4/6

Bucatini alla matriciana Roman-style (with tomato and pancetta)
Oven-baked frittata with artichokes and marjoram
Cauliflower and broccoli with almonds

TUESDAY 4/7

Tomato, leek, celery, carrot soup with crostini
Beef scaloppine with Marsala wine and mushrooms
Baked mash potato cake with green beans Genovese-style

WEDNESDAY 4/8

Semolina gnocchi with Parmesan cheese Roman-style
Beef stew with peperonata
Sautéed Swiss chard with garlic

THURSDAY 4/9

Couscous with saffron
Chicken cacciatore
Sautéed green beans with garlic and breadcrumbs

FRIDAY 4/10

Focaccia with cherry tomatoes, basil, feta
Fish with tomato, capers, olives, pine nuts, Genovese-style
Marinated zucchini and onions

SATURDAY 4/11

Home made noodle lasagna with basil pesto Genovese-style
Roasted chicken drumsticks
Green and yellow zucchini with parsley and garlic

Week 3

Soup of the week: Barley soup with butternut squash/endive
Entrée of the week: Chicken arrabiata (spicy with pine nuts/tomato)
Desserts of the week: Rice cake with orange flower water
Milk pudding with strawberry sauce

MONDAY 4/13

Torta pasqualina (Easter quiche with Swisschard, ricotta, fresh herbs)
Roasted yogurth-marinated chicken
Baked rosemary potatoes and carrots

TUESDAY 4/14 Wheat-free

Risotto with mushrooms
Italian lean sausage with cabbage Piemontese style
Stewed lentils with bay leaf

WEDNESDAY 4/15

Home-made diamond-shaped noodles with spring vegetables
Baked vegetables with herbed bread crumbs
Sicilian salad with endive, green onions and blood orange

THURSDAY 4/16 Wheat-free

Barley soup with butternut squash/endive
Fish fillet baked on lemon leaves with oregano and potatoes
Asparagus grilled with oranges and shallots

FRIDAY 4/17 Wheat-free

Rice with shredded carrots and orange zest
Chicken arrabiata (spicy with pine nuts/tomato)
Zucchini with thyme and garlic

SATURDAY 4/18

Wheat-free

Potato torta with ham baked on fig leaves
Beef saltimbocca
Green bean salad

Week 4**Soup of the week:**

Chicken soup with fresh noodles and meat balls

Entrée of the week:

Spicy grilled pork and grapes kebabs with pita bread

Desserts of the week;

Tiramisu

Baked pears in aromatic wine

MONDAY 4/20

Spaghetti with tomato, capers and arugula
Pork chops with apples
Kale with garlic, onions and croutons

TUESDAY 4/21

Wheat-free

Risotto with asparagus
Chicken breasts on grilled eggplant
Greens with pancetta and garlic

WEDNESDAY 4/22

Chicken soup with fresh noodles and meat balls
Salad nicoise with green beans, tuna, eggs, marinated bell peppers
Focaccia with leeks, onions and rosemary

THURSDAY 4/23

Wheat-free

Aromatic green rice (with spinach and herbs) Wheat-free
Spicy grilled pork and grapes kebabs
Tomato and cucumber with yogurt-mint dressing

FRIDAY 4/24

Wheat-free

Polenta gnocchi gratin with sage and Parmesan cheese
Springtime vegetable stew with artichokes, fennels, peas and chicory
Baked red beets and onion salad with balsamic vinegar

SATURDAY 4/25

Wheat-free

Polpettone (potato cake) with green beans Genovese-style

Lamb stew with artichokes
Sau ed green vegetables with garlic and chilli

Week 5

Soup of the week: Ribollita – Kale, cannellini beans Tuscan style
Entr e of the week: Hoisin chicken stir-fry with flat scallion bread
Desserts of the week: Almond frangipane cake
Orange rice pudding

MONDAY 4/27

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 4/28

Chili con carne
Cornbread with scallions and bacon
Beet salad with crumbled feta

WEDNESDAY 4/29

Rice with leeks
Hoisin Chicken stir-fry
Spicy sauteed greens with garlic and ginger

THURSDAY 4/30

Ribollita – Kale, cannellini beans Tuscan style
Breaded chicken breast alla Milanese
Spicy broccoli