

Nelly Capra's
SLOW MEALS ON GREEN WHEELS

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What is new:

- Every week a different kind of torta is now available. Tortas are a specialty from Genova and Nelly's signature dish. Enveloped in thin layers of home made (phillo-style) dough the filling is a mixture of yogurt, ricotta, herbs and seasonal vegetables or rice. They are healthy and especially enjoyable in the spring and summer. They can also be ordered as a centerpiece for parties, picnics, gatherings whole (min. 6 portions) or by the portion (\$ 2.50)
- Friday's menu is available also for Saturday's orders/delivery.
- It is possible to substitute items in the menu of the day with items from menus of the same week., Any *entr e of the day* can be substituted with the *entr e of the week* . Substitution fee is \$ 2.50 per person.
- Dietary needs are accommodated (wheat-free, dairy-free, low-salt, low-fat, vegetarian, no onion, no beans) at no charge, unless they require special preparations, in which case the \$ 2.50 per person substitution fee is applied.

Slow Dining on Sunrise Court:

Enjoy a dining experience Italian-style in Nelly's dining room or, on a warm night, under the gazebo by the poolside. Reserve your space today and celebrate a birthday, special occasion or simply relax and enjoy dinner with your friends. **Slow Dining** nights are Wednesdays (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 (substitution fee applied). Minimum 6, maximum 12 slow diners. As an alternative, you can have **Slow dinner** of the day delivered to your home for the same price plus delivery fee (no limit on number of diners).

Menus May 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:	Ribollita soup –Tuscan style
Entr�e of the week:	Beef scaloppini with potatoes and pizzaiola sauce
Torta of the week:	Onion and leek torta
Desserts of the week:	Almond frangipane cake Orange rice pudding

FRIDAY 5/I

Fresh noodles with broccoli and cherry tomatoes
Beef scaloppine with pizzaiola sauce
Sauteed Swiss chard with garlic, topped with aromatic breadcrumbs

WEEK 2

Soup of the week:	Minestrone Genovese with pesto
Entrée of the week:	Beef stew with spring vegetables and sage focaccia
Torta of the week:	Torta with asparagus
Desserts of the week:	Baked stuffed apples with amaretti and chocolate Sweet focaccia with grapes and walnuts

MONDAY 5/4

Minestrone Genovese with pesto	Wheat-free
Chicken breast with lemon, olives and parsley	
Fennels and zucchini with orange zest	

TUESDAY 5/5 Wheat-free

Polenta with peas topped with marinara sauce	Wheat-free
Pork chops flavored with bay leaf and white wine	
Peperonata	

WEDNESDAY 5/6

Linguine with pesto and green beans Genovese-style
Beef scaloppine with Marsala wine
Zucchini with garlic and mint

THURSDAY 5/7

Torta with asparagus
Chicken cacciatore
Sautéed green beans with garlic

FRIDAY 5/8

Home made lasagna with marinara/meat sauce
Frittata with asparagus
Cucumber, tomato, basil salad

Week 3

Soup of the week:	Mixed vegetable soup with spelt
Torta of the week:	Torta di riso (red risotto torta)
Entrée of the week:	Home made lasagna with marinara/meat sauce
Desserts of the week:	Rice/almond cake with orange flower water Strawberries with zabaione sauce

MONDAY 5/11

Pasta alla puttanesca with garlic, capers, tomato
Beef stew with spring vegetables
Broccoli with almonds

TUESDAY 5/12

Penne with zucchini and sage
Roasted chicken with rosemary
Cauliflower with orange zest

WEDNESDAY 5/13

Couscous with saffron
Fish stew with capers, tomatoes, olives Genovese-style
Bell peppers with oregano and garlic

THURSDAY 5/14

Mixed vegetable soup with spelt
Fish fillet baked on lemon leaves with oregano and potatoes
Asparagus alla parmigiana

FRIDAY 5/15

Torta di riso (red risotto torta) Wheat-free
Italian lean sausage with cabbage
Herbed lentil stew

Week 4

Soup of the week: Asparagus soup with herbed crostini
Entrée of the week: Oven-baked rigatoni with ragu
Torta of the week: Swisschard and spinach torta
Desserts of the week; Tiramisu
Vanilla and ginger fruit compote

MONDAY 5/18

Pissaladiere (provençal pizza with onions, fresh tomatoes, garlic)
Pork scaloppine and white wine sauce
Chickpeas, shredded carrots, radishes and aromatic herbs

TUESDAY 5/19

Wheat-free

Oven-baked rigatoni with ragu
Swisschard and spinach torta
Tomato and cucumber with yogurt-mint dressing

WEDNESDAY 5/20

Cracked wheat with diced vegetables
Lamb and olive skewers with mint sauce
Steamed green beans with basil vinaigrette

THURSDAY 5/21

Wheat-free

Asparagus soup with herbed crostini
Beef stew with green olives, carrots, potatoes, artichokes
Greens with pancetta and garlic

FRIDAY 5/22

Wheat-free

Bow-ties with marinara sauce and feta Sicilian-style
Breaded chicken breast shallow fried and topped with diced basil tomatoes
Sweet and sour bell peppers with pine nuts Neapolitan-style

Week 5

Soup of the week:	Creamy turnip soup French-style with crostini
Entrée of the week:	Breaded chicken breast alla Milanese
Torta of the week:	Torta with potatoes, green beans on fig leaves
Desserts of the week:	Home made apple/apricot strudel Crème caramel

MONDAY 5/25

Spaghetti with fresh tomato sauce, calamari, shrimps
Frittata with artichoke hearts
Salad of mixed vegetables with fresh oregano and garlic

TUESDAY 5/26

Wheat-free

Torta with potatoes, green beans on fig leaves

Beef saltimbocca

Greens with sun-dried tomatoes and feta

WEDNESDAY 5/27

Bucatini alla matriciana Roman-style (with tomato and pancetta)

Pork chops with apples

Cauliflower with almonds

THURSDAY 5/28

Wheat-free

Creamy turnip soup French-style with crostini

Breaded chicken breast alla Milanese

Spicy broccoli

FRIDAY 5/29

Wheat-free

Gnocchi made with polenta, sage, ham, Parmesan cheese

Beef scaloppine with Marsala wine and mushrooms

Zucchini gratiné