

## SLOW MEALS ON GREEN WHEELS

www.ornellacucinaitaliana.com

[Slowmeals@me.com](mailto:Slowmeals@me.com)

(650) 9644265

### What is new:

**Mini-subscription gift certificates** available to **Slow Meals** subscribers: **\$ 55 for 4 Slow Meals**. Ideal as house warming gifts, baby showers, graduation gifts, etc.

Now available:

- **Nelly's special rose vinegar** (great on salad and on strawberries) **rose syrup, lemon verbena and lavender syrup** (unforgettable on ice cream, yogurt, pancakes, and in teas and cold drinks. Made with home grown organic roses and herbs.
- **Nelly's ice creams, sorbets and semifreddo**. Be sure not to miss this. Made with home grown organic fruit and herbs. \$ 3.50 per portion.

### Slow Dining

#### Slow Dining on Sunrise Court

Sign up for 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 special occasion or simply enjoy dinner and relax in the company of your friends. A **Slow Dinner** includes: the menu of the day, appetizer, Nelly's focaccias, dessert of the week, tax and tip You may bring your own wine or other drink. Minimum 6, maximum 12 Slow Diners. Cost is \$ 25 per person. **Tuesdays and Fridays**.

**Slow Dining in your home:** as an alternative, you can order a **Slow Dinner** and enjoy it in your own home. No subscription is necessary. Available every day. Cost is \$ 25 per person plus delivery fee (ranging from \$ 7 t 8.50 depending on location). No limit on number of Slow diners.

## Menus June 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](http://www.ornellacucinaitaliana.com).

### WEEK I

<b>Soup of the week:</b>	Carrot soup with ginger/orange zest (no cream)
<b>Entrée of the week:</b>	Beef scaloppine with potatoes and pizzaiola sauce
<b>Torta of the week:</b>	Bell peppers torta
<b>Desserts of the week:</b>	Rice cake flavored with rosemary and orange Fruit salad flavored with rose syrup
<b>Ice cream of the week:</b>	(Exceptional) Mango Ice cream

## **MONDAY 6/1**

Fresh noodles with sautéed zucchini, zucchini blossoms, and cherry tomatoes  
Beef scaloppine with pizzaiola sauce  
Sautéed Swiss chard with garlic, topped with aromatic breadcrumbs

## **TUESDAY 6/2**    Wheat-free

Risotto with vegetables  
Chicken with olives and rosemary  
Zucchini with garlic and mint

## **WEDNESDAY 6/3**

Carrot soup flavored with ginger and orange zest                      Wheat-free  
Pork chops flavored with bay leaf and white wine  
Peperonata

## **THURSDAY 6/4**

Torta with bell peppers  
Beef scaloppine with Marsala wine  
Sautéed green beans with garlic

## **FRIDAY 6/5**

Linguine with pesto and green beans Genovese-style  
Frittata with asparagus and zucchini with tarragon  
Cucumber, tomato, basil salad

## **WEEK 2**

<b>Soup of the week:</b>	Minestrone Genovese with pesto
<b>Entrée of the week:</b>	Eggplant Parmesan
<b>Torta of the week:</b>	Torta with asparagus
<b>Desserts of the week:</b>	Baked stuffed peaches Hazelnut/carrot cake
<b>Ice cream of the week:</b>	(To die for) Strawberry/lemon verbena sorbet

## **MONDAY 6/8**

Minestrone Genovese with pesto                      Wheat-free  
Beef stew with spring vegetables

Fennels and zucchini with orange zest

## **TUESDAY 6/9**

Pasta alla puttanesca with garlic, capers, tomato

Salade nicoise with green beans, tuna, red onions, fresh herbs, eggs, etc.

Broccoli with almonds

## **WEDNESDAY 6/10**

Spaghetti aglio, olio and Romano cheese

Eggplant alla parmigiana

Cucumber salad with mint and garlic

## **THURSDAY 6/11**      Wheat-free

Rice and lentils with fresh thyme

Italian lean sausage with rosemary potatoes

Sweet and sour red cabbage

## **FRIDAY 6/12**

Torta with asparagus

Roasted chicken with rosemary and sage

Cauliflower with parsley and garlic

## **Week 3**

**Soup of the week:** Asparagus soup with herbed crostini

**Entrée of the week:** Chicken arrabiata

**Torta of the week:** Swisschard and spinach torta

**Desserts of the week:** Tiramisu

Fruit compote with home-grown rhubarb, peaches,  
apricot

**Ice cream of the week:** (Truly delicious) Peach frozen yogurt

## **MONDAY 6/15**

Pissaladiere (provençal pizza with onions, fresh tomatoes, garlic)

Chicken arrabiata

Green beans and bell peppers with Dijon and basil

## **TUESDAY 6/16**

Pasta alla Norma (with marinara sauce, grilled sliced eggplants, ricotta salata, basil)  
Breaded chicken breast shallow fried and topped with diced basil tomatoes  
Sweet and sour bell peppers with pine nuts Neapolitan-style

### **WEDNESDAY 6/17**

Noodles with zucchini blossoms and fresh herbs  
Roast pork with plums and ginger  
Steamed green beans with basil vinaigrette

### **THURSDAY 6/18**

Wheat-free

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

### **FRIDAY 6/19**

Shrimp risotto  
Swisschard and spinach torta  
Tomato and cucumber with yogurt-mint dressing

### **Week 4**

<b>Soup of the week:</b>	Zuppa del crociato (with greens, pesto, crostini)
<b>Entrée of the week:</b>	Home-made noodle lasagna with marinara sauce
<b>Torta of the week:</b>	Savory strudel with potatoes, greens and herbs
<b>Desserts of the week:</b>	Cake with apricots Orange flan
<b>Ice cream of the week:</b>	(Only in dreams) Semifreddo with apricots and zabaione

### **MONDAY 6/21**

Bow-ties with fresh vegetables, calamari and shrimps  
Oven-baked frittata with zucchini and tomato  
Salad of mixed vegetables with fresh oregano and garlic

### **TUESDAY 6/22**

Savory strudel with potatoes, greens and herbs  
Pork chops with apples  
Greens with sun-dried tomatoes and feta

**WEDNESDAY 6/23**

Wheat-free

Rice with eggplant caponata  
 Beef saltimbocca  
 Sautéed Swisschard with turnips

**THURSDAY 6/24**

Wheat-free

Zuppa del crociato – soup with greens, pesto (optional) crostini  
 Cannellini salad with tuna and fresh herbs  
 Spicy broccoli

**FRIDAY 6/25**

Home-made noodle lasagna with marinara sauce  
 Beef scaloppine with Marsala wine and mushrooms  
 Braised broccoli with pancetta

**Week 5**

<b>Soup of the week:</b>	Soup with barley, squash, endive
<b>Torta of the week:</b>	Torta di riso with spinach (green risotto torta)
<b>Entrée of the week:</b>	Spicy grilled pork with grapes on skewers
<b>Desserts of the week:</b>	Apple and rhubarb cake Strawberries and almond parfaits
<b>Ice cream of the week:</b>	(Hard to believe) Pineapple and sage ice cream

**MONDAY 6/28**

Soup with barley, squash, endive                      Wheat-free  
 Fish fillet with lemon and fresh oregano on potatoes  
 Fennels with orange zest

**TUESDAY 6/29**

Wheat berries with mushrooms  
 Spicy grilled pork with grapes on skewers  
 Oven roasted vegetables (zucchini, eggplant, tomatoes, etc)

**WEDNESDAY 6/30**

Torta di riso with spinach (green risotto torta)  
 Chicken piccata with lemon, capers, olives  
 Asparagus and provolone gratin

