

## Slow Meals On Green Wheels – July 2009 Menus

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### What is new

**Mini-subscription gift certificates** available to **Slow Meals** subscribers:  
Ideal for house warming, baby shower, graduation gifts, and other special occasion.

**\$55 for 4 Slow Meals.**

**Nelly's ice creams, sorbets and semifreddo.** Be sure not to miss this summertime treat. Made with home grown organic fruit and herbs. \$3.50 per portion.

### Slow Dining – Two non-subscription options

#### Slow Dining at Nelly's

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, an appetizer, Nelly's focaccia, dessert of the week, tax & 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 to 8.50 depending on location). No limit on number of Slow diners.

For information on how to subscribe to the Slow Meal Plan and Slow Meal Deal, including Featured Item pricing, please see

<http://ornellacucinaitaliana.com/slowmeals.shtml>.

#### WEEK I

The following featured items can be ordered in addition to your order:

<b>Soup</b>	Soup with barley, squash, endive, spinach
<b>Entrée</b>	Beef scaloppine with potatoes and pizzaiola sauce
<b>Torta</b>	Torta di riso with spinach (green risotto torta)
<b>Dessert</b>	Lemon/orange cake flavored with rosemary
	Fruit salad with rose syrup
<b>Ice cream</b>	Mango Ice cream

**WEDNESDAY 7/1**

Wheat-free

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

**THURSDAY 7/2**

Wheat-free

Soup with barley, squash, endive, spinach  
Chicken with olives and rosemary  
Peperonata

**FRIDAY 7/3**

Zuppa matta (bread salad with tomato, cucumbers, basil, etc.)  
Beef scaloppine with potatoes and pizzaiola sauce  
Zucchini with garlic and mint

**WEEK 2**

The following featured items can be ordered in addition to your order:

<b>Soup</b>	Carrot soup with ginger/orange zest (no cream)
<b>Entrée</b>	Eggplant alla Parmigiana
<b>Torta</b>	Torta with Swiss chard and spinach
<b>Desserts</b>	Baked stuffed peaches Flourless orange cake with almonds
<b>Ice cream</b>	Strawberry/lemon verbena sorbet

**MONDAY 7/6**

Wheat-free

Risotto with fresh tomatoes and tarragon  
Beef stew with green olives, potatoes, artichokes and other summer vegetables  
Fennels and zucchini with orange zest

**TUESDAY 7/7**

Grilled cherry tomato pasta with crisp breadcrumbs and basil  
Roasted chicken with fennel and black olives  
Broccoli with almonds

### **WEDNESDAY 7/8**

Fusilli with feta and lemon/caper pesto  
Eggplant alla parmigiana (no meat)  
Cucumber salad with mint and garlic

### **THURSDAY 7/9**

Grilled eggplants on herbed crostoni  
Grilled pork chops with fresh plum salsa  
Sweet and sour red cabbage

### **FRIDAY 7/10**

Wheat-free

Carrot soup with ginger/orange zest (no cream)  
Chicken thighs baked on lemon slices, sage, rosemary, thyme  
Cauliflower with parsley and garlic

### **Week 3**

The following featured items can be ordered in addition to your order:

**Soup** Fennel, Tomato, and white bean soup  
**Entrée** Breaded beef scaloppini Milanese-style  
**Torta** Savory strudel with potatoes, greens and herbs  
**Desserts** Rhubarb and strawberry pie  
Vanilla and ginger roasted plum compote  
**Ice cream** Peach frozen yogurt

### **MONDAY 7/13**

Pizza alla napoletana with mozzarella, capers (optional) anchovies,  
Pineapple glazed grilled chicken breast  
Green beans with basil and garlic

### **TUESDAY 7/14**

Fennel, Tomato, and white bean soup  
Breaded beef scaloppini Milanese-style  
Sweet and sour bell peppers with pine nuts Neapolitan-style

### **WEDNESDAY 7/15**

Savory strudel with potatoes, greens and herbs  
Roast pork with prune and ginger sauce  
Beet salad with cumin

**THURSDAY 7/16**

Wheat-free

Gnocchi made with polenta, sage, and Parmesan cheese  
Fish filet on potatoes baked on lemon leaves  
Zucchini gratiné

**FRIDAY 7/17**

Wheat-free

Seafood risotto  
Oven-baked frittata with garden vegetables and fresh herbs  
Cucumber salad with yogurt-mint dressing

**Week 4**

The following featured items can be ordered in addition to your order:

**Soup** Summer Tomato soup with tarragon  
**Entrée** Pork chops with apples  
**Torta** Zucchini and zucchini blossom torta  
**Desserts** Cake with apricots and orange  
Crème caramel  
**Ice cream** Apricot semifreddo

**MONDAY 7/20**

Spaghetti with fresh vegetables, calamari and shrimps  
Mini frittata with herbs  
Salad of mixed vegetables with fresh oregano and garlic

**TUESDAY 7/21**

Zucchini and zucchini blossom torta  
Pork chops with apples  
Green beans and potato salad

**WEDNESDAY 7/22**

Summer Tomato soup with tarragon  
Beef saltimbocca  
Sauteed Swisschard

**THURSDAY 7/23**

Focaccia with cherry tomato, feta, basil  
Cannellini/green bean salad with tuna, eggs and fresh herbs  
Grilled eggplants and zucchini

## **FRIDAY 7/24**

Pasta salad with olives, garden vegetables and herbs  
Chicken piccata with lemon, capers, olives  
Beet and carrot salad with yogurt and tahini

## **Week 5**

The following featured items can be ordered in addition to your order:

**Soup** Minestrone with pesto Genovese-style  
**Torta** Eggplant torta  
**Entrée** Home-made lasagna with pesto and green beans  
**Desserts** Apple and rhubarb cake  
Gingered baked summer fruit compote  
**Ice cream** Pineapple and sage ice cream

## **MONDAY 7/27**

Minestrone with pesto Genovese-style  
Breaded chicken breast shallow fried and topped with diced basil tomatoes  
Fennels with orange zest

## **TUESDAY 7/28**

Risotto with vegetables  
Oven-baked layered summer vegetables with chicken and basil  
Cucumber and tomato salad with basil and feta

## **WEDNESDAY 7/29**

Couscous with saffron  
Fish stew with tomato, capers, olives, pine nuts, Genovese-style  
Marinated zucchini and onions

## **THURSDAY 7/30**

Eggplant torta  
Beef scaloppine with Marsala wine  
Sautéed green beans with garlic

## **FRIDAY 7/31**

Home-made lasagna with with pesto and green beans  
Chickpea, calamari and zucchini salad  
Tomatoes with celery and basil