

Slow Meals On Green Wheels – August 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 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, 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>.

AUGUST 2009

WEEK 1 Service not available

WEEK 2

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

Soup	Minestrone with pesto Genovese-style
Entrée	Beef scaloppine with Marsala wine
Torta	Torta with zucchini and zucchini blossoms
Dessert	Apricot/orange cake

Ice cream Fruit salad with rose syrup
Mango Ice cream

MONDAY 8/10

Minestrone with pesto Genovese-style
Breaded chicken breast shallow fried and topped with diced basil tomatoes
Green beans sautéed with garlic and breadcrumbs

TUESDAY 8/11

Polenta with cooked-in vegetables Wheat-free
Ratatouille with bell peppers, eggplant, zucchini, etc.
Carrot and beet salad with lemon zest

WEDNESDAY 8/12

Torta with zucchini and zucchini blossoms
Beef scaloppine with Marsala wine
Cauliflower with parsley and garlic

THURSDAY 8/13

Spaghetti with grilled eggplant, spicy tomatoes, feta
Torta with zucchini and zucchini blossoms
Peperonata

FRIDAY 8/14

Zuppa matta (bread salad with tomato, radish, cucumber, basil, etc.)
Chicken piccata with lemon, capers, olives
Zucchini with garlic and mint

WEEK 3

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

Soup	Fennel, Tomato, and white bean soup
Entrée	Eggplant alla Parmigiana
Torta	Torta with Swiss chard and spinach
Desserts	Baked stuffed peaches Apple and rhubarb cake
Ice cream	Strawberry/lemon verbena sorbet

MONDAY 8/17

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 8/18

Spaghetti with grilled cherry tomatoes, basil and crisp breadcrumbs

Roasted chicken with fennel and black olives

Broccoli with almonds

WEDNESDAY 19

Torta with Swiss chard and spinach

Grilled pork chops with fresh plum salsa

Sweet and sour red cabbage

THURSDAY 8/20

Penne with peas and pancetta

Eggplant alla parmigiana (no meat)

Green salad with herbed vinaigrette and garlic bruschetta

FRIDAY 8/21

Fennel, Tomato, and white bean soup

Wheat-free

Chicken thighs baked on lemon slices, sage, rosemary, thyme

Cauliflower with parsley and garlic

Week 4

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

Soup	Carrot soup flavored with ginger and orange zest
Entrée	Home-made lasagna with marinara sauce
Torta	Savory strudel with potatoes, greens and herbs
Desserts	Lemon cake with strawberries
	Vanilla and ginger roasted plum compote
Ice cream	Peach frozen yogurt

MONDAY 8/24

Savory strudel with potatoes, greens and herbs
Pineapple glazed grilled chicken breast
Salad of grilled bell peppers and eggplant with basil and garlic

TUESDAY 8/25

Home-made lasagna with marinara sauce
With sausage
Broccoli and cauliflower with vinaigrette

WEDNESDAY 8/26

Bowties with sage, garlic and pine nuts
Beef scaloppine with potatoes and pizzaiola sauce
Zucchini with garlic and parsley

THURSDAY 8/27

Focaccia with herbs and cherry tomatoes
Carrot soup flavored with ginger and orange zest
Frittata with spinach and tarragon

FRIDAY 8/28

Risotto with summer vegetables Wheat-free
Chicken strips with olives and rosemary
Broccoli with pancetta

MONDAY 8/31

Spaghetti with pesto, green beans and potatoes
Roast pork with rosemary and white wine
Green beans and potato salad with herbs