Slow Meals On Green Wheels – September 2009 Menus
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_____What is new_____

Nelly's **home-made noodle lasagna** is now available twice a month and can be also special-ordered. Try **focaccia** made Genovese-style and Gourmet magazine award winner recipe **Bunet** (chocolate/amaretti pudding). **Mandorletti** – the soft almond cookie, perfect as gift idea - are always available.

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.

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.

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: 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.

SEPTEMBER 2009

WEEK 1

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

Soup	Ribollita (Tuscan soup with kale, cannellini beans, crusty bread)
Entrée	Beef saltimbocca with sage and white wine
Torta	Torta with Swiss chard
Dessert	Biscotti with orange and chocolate

| | Fruit salad with rose syrup |
| Ice cream | Banana/vanilla gelato |

TUESDAY 9/1

Pizza with fresh tomato, basil, olives and Parmesan cheese
Turkey meatballs braised with fresh herbs
Zucchini with garlic and parsley

WEDNESDAY 9/2   Wheat-free

Ribollita (Tuscan soup with kale, cannellini and crusty bread)
Mini frittata with fresh herbs
Green beans sautéed with garlic and breadcrumbs

THURSDAY 9/3

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

FRiDAY 9/4

Torta with Swiss chard
Beef saltimbocca with sage and white wine
Cauliflower with garlic, thyme, chili

Week 2

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

Soup	Chicken soup with home-made noodles and meatballs
Entrée/lasagna	Lasagna alla Parmigiana
Torta	Torta with spinach
Desserts	Baked stuffed peaches
	Peach cobbler
Ice cream	Melon/lemon sorbet

TUESDAY 9/8

Spaghetti with cherry tomatoes, zucchini blossoms, basil
Roasted chicken with rosemary potatoes and sage

Cauliflower with balsamic vinegar

WEDNESDAY 9/9

Chicken soup with home-made noodles and meatballs
Focaccia with fresh tomatoes and Parmesan cheese
Ratatouille with zucchini, tomato, bell peppers, eggplant

THURSDAY 9/10

Roasted potatoes and root vegetables with rosemary
Breaded chicken breast shallow fried and topped with diced basil tomatoes
Sautéed spicy greens

FRIDAY 9/11

Home-made lasagna alla Parmigiana
Torta with spinach
Broccoli with almonds

Week 3

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

Soup	Minestrone with pesto
Entrée	Breaded beef scaloppine alla Milanese
Torta	Torta with red risotto
Desserts	Bunet (Chocolate/amaretti pudding)
	Baked pears in spicy red wine
Ice cream	Peach frozen yogurt

MONDAY 9/14

Torta with red risotto
Chicken strips sautéed with bay leaf
Green beans and potatoes

TUESDAY 9/15

Bow-ties with diced fresh tomato, garlic and basil
Beef stew with green olives
Sauteed carrot ribbons with terragon

WEDNESDAY 9/16

Polenta gnocchi with marinara sauce
Chicken cacciatore
Fennels and zucchini salad

THURSDAY 9/17   Wheat-free

Minestrone with pesto
Pork scaloppine alla Milanese
Salad with white and green beans

FRIDAY 9/18

Pasta salad with garden vegetables and fresh herbs
Vegetables stuffed with ground turkey and herbs
Broccoli and cauliflower with vinaigrette

Week 4

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

Soup	Spiced yellow summer squash soup
Entrée	Oven-baked fresh noodles with ragu
Torta	Focaccia stuffed with spicy greens
Desserts	Tiramisu
	Vanilla and ginger fruit compote
Ice cream	Pineapple and sage ice cream

MONDAY 9/21

Cracked wheat with diced vegetables
Lamb and olive skewers with mint sauce
Salad of mixed grilled vegetables with fresh oregano/mint and garlic

TUESDAY 9/22

Oven-baked fresh noodles with ragu
Sautéed green beans with garlic and diced tomatoes
Carrot salad with raisins and walnuts

WEDNESDAY 9/23

Spiced yellow summer squash soup
Chicken thighs baked on lemon slices, sage, rosemary, thyme
Focaccia stuffed with spicy greens

THURSDAY 9/24

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

FRIDAY 9/25

Pizza with olives and mozzarella
Chicken saltimbocca with diced zucchini
Cucumber and tomato basil salad

Week 5

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

Soup	White beans, fennels and fres tomato soup
Entrée/Lasagna	Home-made lasagna with pesto and green beans
Torta	Torta with asparagus and tomatoes
Desserts	Flourless almond/orange cake
	Vanilla and ginger fruit compote
Ice cream	Semifreddo with zabaglione

MONDAY 9/28

Home-made lasagna with pesto and green beans
Ratatouille with end-of-summer vegetables
Sauteed broccoli with garlic

TUESDAY 9/29

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

WEDNESDAY 9/30

White beans, fennels and fres tomato soup   Wheat-free
Chicken piccata with lemon, capers, olives
Torta with asparagus and tomatoes