

## Slow Meals On Green Wheels – October 2009 Menus

www.ornellacucinaitaliana.com

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### What is new

#### Special Fall introductory Offer

During the month of October first-time subscribers who wish to have a taste of Slow Meals can purchase a Slow Meal Deal subscription (8 meals) at only \$ 10 per meal.

#### Special Fall Offer:

Subscribers who pre-pay the next 3 months' subscription to Slow Meal Plan (12 meals per month) will receive a **mini-subscription** (4 Meals – value \$ 55) – perfect as a gift idea.

**.Available to subscribers at special price (10% off regular price):**

- **Mandorletti** – the soft almond cookie – perfect as gift idea.
- **Nelly's catering services and cooking classes**

#### 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. 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>.

### OCTOBER 2009

#### Nelly's home-made lasagna available every Friday

4 portions \$ 15 - 8 portions \$ 28

#### WEEK I

#### THURSDAY 10/1

Pizza with fresh tomato, basil, olives and Parmesan cheese  
Artichoke, spinach and parsley frittata  
Roasted onions with balsamic and sage

**FRIDAY 10/2**

Wheat-free

Polenta with cooked-in vegetables  
Chicken arrabbiata (slightly spicy)  
Kale and potato gratin

**WEEK 2**

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

<b>Soup</b>	Lentil and bean soup
<b>Entrée</b>	Beef saltimbocca with sage and white wine
<b>Torta</b>	Focaccia with grapes and gorgonzola
<b>Dessert</b>	Lemon and orange cake with rosemary whipped cream

**MONDAY 10/5**

Focaccia with grapes and gorgonzola  
Italian lean sausage  
Spicy red cabbage with cumin

**TUESDAY 10/6**

Bucantini alla matriciana Roman-style (with tomato and pancetta)  
Beef saltimbocca with sage and white wine  
Green beans and potatoes with garlic and thyme

**WEDNESDAY 10/7**      Wheat-free

Lentil and bean soup  
Roasted chicken with rosemary potatoes and sage  
Roasted cauliflower with balsamic vinegar

**THURSDAY 10/8**

Risotto with squash and mushrooms  
Breaded chicken breast shallow fried and topped with diced basil tomatoes  
Sautéed spicy greens

**FRIDAY 10/9**

Home-made diamond-shaped noodles with fall vegetables  
Baked vegetables with herbed bread crumbs  
Sicilian salad with endive, orange and black olives

### **Week 3**

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

<b>Soup</b>	Chicken soup with fresh noodles and meatballs
<b>Entrée/lasagna</b>	Roasted pork loin with rosemary and sage
<b>Torta</b>	Torta with spinach
<b>Dessert</b>	Panna cotta with stewed fruit

### **MONDAY 10/12**

Chicken soup with fresh noodles and meatballs  
Torta with spinach  
Breaded fried zucchini and zucchini blossoms

### **TUESDAY 10/13**

Spaghetti alla puttanesca (with capers, olives, diced tomato)  
Pork chops with apples  
Kale with garlic and croutons

### **WEDNESDAY 10/14**

Wheat-free

Polenta gnocchi with marinara sauce  
Chicken cacciatore  
Fennels and zucchini salad

### **THURSDAY 10/15**

Wheat-free

Risotto with saffron  
Beef scaloppine alla Milanese  
Salad with white and green beans

### **FRIDAY 10/16**

Roasted pork loin with rosemary and sage with	Wheat-free
Root vegetables	
Broccoli with garlic and chilli	

## **Week 4**

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

<b>Soup</b>	Minestrone with pesto
<b>Entrée</b>	Beef saltimbocca with diced zucchini
<b>Torta</b>	Polpettone with green beans and potatoes
<b>Dessert</b>	Espresso pudding

### **MONDAY 10/19** Wheat-free

Rice with shredded carrots and orange zest                      Wheat-free  
Lamb stew with artichokes  
Salad of mixed grilled vegetables with fresh oregano/mint and garlic

### **TUESDAY 10/20**

Fresh home-made noodles with marinara sauce  
Balsamic, orange and honey glazed chicken  
Carrot salad with raisins and walnuts

### **WEDNESDAY 10/21**

Minestrone Genovese-style with pesto                      Wheat-free  
Pork chops flavored with bay leaf and white wine  
Roasted root vegetables with rosemary

### **THURSDAY 10/22**

Fettuccine with olives and sage  
White fish fillet on verbena leaves with white wine  
Bell peppers with oregano and garlic

### **FRIDAY 10/23**

Polpettone with green beans and potatoes      Wheat-free  
Beef saltimbocca with diced zucchini  
Cucumber and tomato basil salad

## **Week 5**

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

<b>Soup</b>	Wheat berry soup with white beans
<b>Entrée;</b>	Chili con carne
<b>Torta</b>	Baked leeks, fennels and potatoes torta

**Dessert**                  Pumpkin/squash cake

**MONDAY 10/26**

Garbanzo bean flour crepes filled with  
Ratatouille with end-of-summer vegetables  
Italian sausage with cabbage

**TUESDAY 10/27**

Polenta maritata (with white beans and Romano cheese)                  Wheat-free  
Pork chops flavored with bay leaf and white wine  
Carrots and squash sautéed with sage

**WEDNESDAY 10/28**

Wheat berry soup with white beans  
Chicken piccata with lemon, capers, olives  
Baked leeks, fennels and potatoes torta

**THURSDAY 10/29**

Chilli con carne  
Spicy greens  
Corn bread

**FRIDAY 10/30**

Risotto with butternut squash                  Wheat-free  
Turkey scaloppine with balsamic vinegar  
Four-bean salad