

Slow Meals On Green Wheels – November 2009 Menus

www.ornellacucinaitaliana.com

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Thanksgiving Feast:

Platter of marinated artichokes, zucchini, beets

Assorted olives with orange zest, fennel, chilli

Focaccia crostini with herbed goat cheeses

Maple-glazed (brined) roast turkey with sage leaves under the skin

Dressing with apples, sausage, corn bread, herbs

Green beans with garlic and herbed toasted breadcrumbs

Roasted variety of root vegetables with rosemary and thyme

Cranberry sauce with orange and ginger

Butternut squash, pumpkin and ginger cake with caramelized squash sauce

Special for subscribers: \$ 39 per person. Minimum order: 6

Christmas Parties: Minimum # of guests: 8.

- Buffet dinner (Slow meal of the day, 2 appetizers, focaccia, dessert): \$ 29 per person
- Ravioli party: Learn how to make squash ravioli with amaretti. Cooking class, recipe and dinner (appetizer, ravioli, entrée, dessert): \$ 48 per person
- Appetizer party (3 appetizers, torta, focaccia): \$ 16 per person
- Dessert party (Platter of Italian cookies, mandorletti, panettone, cake,): \$ 19 pp

Give sweet Italian things as gifts. Order now your Mandorletti and Panettone.

Mandorletti: \$ 9.60 dz. Panettone: \$ 15.

Gift certificates: available: Mini Slow Meal Deal: \$ 55 (4 Slow Meals)

Slow Meal Deal: \$ 110 (8 Slow Meals)

Slow Meal Plan: \$ 150 (12 Slow Meals)

For information on how to subscribe and featured item pricing, go to:

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

NOVEMBER 2009

WEEK I

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

Soup	Garbanzo beans and Swiss chard soup
Entrée	Lasagna with home-made green noodles and marinara sauce
Torta	Torta with spinach and zucchini
Dessert	Lemon and orange cake with orange-flavored custard

MONDAY 11/2

Tomato and mozzarella pizza
Italian lean sausage
Sweet and sour red cabbage with pears and currants

TUESDAY 11/3

Lasagna with home made green noodles and marinara sauce
Baked frittata with herbs and artichoke hearts
Carrots, cabbage and apple salad

WEDNESDAY 11/4

Torta with spinach and zucchini
Beef saltimbocca with sage and white wine
Green beans and potatoes with garlic and thyme

THURSDAY 11/5

Wheat-free

Rice and peas Venetian-style (Risi e bisi)
Chicken breast shallow fried and topped with diced basil tomatoes
Roasted cauliflower with balsamic vinegar

FRIDAY 11/6

Wheat-free

Garbanzo beans and Swisschard soup (with optional fresh noodles)
Roasted chicken with rosemary potatoes and sage
Broccoli with black olives, garlic and lemon

Week 3

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

Soup	Butternut/kabocha squash soup with orange zest and crostini
Entrée	Roasted pork loin with rosemary and sage
Torta	Torta with red, yellow and green bell peppers
Dessert	Baked pears in spiced cabernet

MONDAY 11/9

Lasagna with home-made noodles and ragu
Omelette with sautéed mushrooms
Green bean and tomato salad with basil

TUESDAY 11/10

Torta with red, yellow and green bell peppers
Roasted pork loin with rosemary and sage
Honey-glazed root vegetables with spices

WEDNESDAY 11/11

Wheat-free

Polenta with cooked-in vegetables
Chicken arrabbiata
Fennels and zucchini salad

THURSDAY 11/12

Wheat-free

Butternut/kabocha squash soup with orange zest (and crostini)
Beef scaloppine alla Milanese
Salad with white and green beans

FRIDAY 11/13

Spaghetti with black olives and sage
Italian sausage and beans with herbed tomato sauce Tuscan-style
Red cabbage with cumin and balsamic vinegar

Week 3

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

Soup	Chicken and almond soup with crostini
Entrée	Beef saltimbocca with diced zucchini
Torta	Savory torta with squash Genovese-style
Dessert	Apple and pear cake

MONDAY 11/16

Semolina gnocchi with Parmesan cheese au gratin
Chicken piccata with black olives, capers, lemon, white wine
Roasted cauliflower and broccoli with balsamic vinegar

TUESDAY 11/17

Couscous with chickpeas and pistachios

Chicken braised with olives, herbs and white wine
Salad of mixed grilled vegetables with fresh oregano/mint and garlic

WEDNESDAY 11/18

Chicken and almond soup (with crostini) Wheat-free
Glazed pork roast with squash, parsnips and pears
Sautéed spicy greens

THURSDAY 11/19 Wheat-free

Risotto with mushrooms
White fish fillet on verbena leaves with white wine
Bell peppers with oregano and garlic

FRIDAY 11/20

Savory torta with squash Genovese-style
Pork chops with grape, rosemary and red wine sauce
Ginger-glazed carrots

Week 5

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

Soup	Pasta e fagioli with fresh noodles
Entrée	Fish stew with capers, tomatoes, olives Genovese-style
Torta	Caramelized onion and thyme tart
Dessert	Pumpkin/squash cake

MONDAY 11/23

Pasta e fagioli with fresh noodles
Sautéed chicken breast with orange gremolata
Herbed potato galette

TUESDAY 11/24 Wheat-free

Polenta with peas and beans
Fish stew with capers, tomatoes, olives Genovese-style
Bell peppers with oregano and garlic

WEDNESDAY 11/25

Penne and fusilli with, garlic and broccoli raab
Beef scaloppini with Marsala
Green beans and potato salad with garlic and parsley

THURSDAY 11/26

Thanksgiving dinner

Assorted marinated olives with orange zest, fennel, Serrano chilli
Herbed goat cheese with focaccia crostini
Marinated artichokes, zucchini, beets
Maple-glazed roast turkey with sage
(dressing with apples, bacon, corn bread, herbs)
Green beans sautéed with garlic, thyme and butter
Roasted variety of root vegetables with rosemary
Cranberry sauce with orange and ginger
Butternut squash, pumpkin and ginger pound cake

MONDAY 11/30

Caramelized onion and thyme tart
Salmon and tuna cakes with lemon zest and thyme
Roasted onions and beets with balsamic and sage