

**Slow Meals On Green Wheels
April/May 2010 Menus**

www.ornellacucinaitaliana.com

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What is new

Ravioli and Torta Pasqualina, two springtime treats

- Nelly's special home-made Ravioli filled with a mixture of home-grown and wild greens (Swiss chard, borage, spinach, nettles, etc.) dressed with pine nut, sage, garlic sauce and Parmesan cheese.

- Torta Pasqualina; the famous dish, made with fresh artichoke hearts, spinach, marjoram, ricotta, Parmesan cheese, eggs, enveloped in multiple layers of thin dough, with which Italians celebrate Easter and spring.

Healthy, tasty and beautiful, torta pasqualina is ideal for picnics, as gift or as a potluck contribution.

Ravioli: 4 portions: \$ 24 – 8 portions \$ 45

Torta Pasqualina 6/8 portions \$ 20
10/12 portions \$ 30
20/25 portions \$ 60

Let's Do Lunch!

Come to Nelly's and enjoy the tasty Slow Meal of the Day.
Fresh from the garden, hot from the kitchen,

SERVING: primo, secondo, contorno and a light dessert

WHERE: In Nelly's dining room or in the garden if weather permits

WHO: Perfect for a business lunch, special occasion, or outing with friends

WHEN: From 1 pm on week days

WHAT: Menus online at: www.ornellacucinaitaliana.com/slowmealsmenus

COST: \$ 19/pp, 2-8 guests

HOW: Reserve 24 hours in advance minimum.

Call: (650) 964-4265 or email Slowmeals@me.com

For information on how to subscribe and featured Item pricing, go to:
<http://ornellacucinaitaliana.com/slowmeals.shtml>.

April/May 2010

Each standard Slow Meal includes three items, plus an occasional surprise item (focaccia, an extra vegetable or sample of future menus).

Each week a featured soup, torta, lasagna and dessert is available **in addition** to the set menu.

Week 1 and 2

Soup of the week

Lasagna

Torta of the week

Desserts of the week

Asparagus soup with crostini

with home made noodles and marinara sauce

Torta pasqualina with Swiss chard and artichoke

Pastiera Napoletana with ricotta/wheat
berry/orange flower water

THURSDAY 4/1

Bucatini with spicy breadcrumbs and greens

Beef scaloppine with Marsala on rosemary red potato slices

Cauliflower and broccoli with balsamic vinegar

FRIDAY 4/2

Rice with carrots and lemon zest

Torta pasqualina with Swiss chard and artichoke

Salad of mixed grilled vegetables and herbs

MONDAY 4/5

Spaghetti with fresh tomato/basil sauce

Black olives/feta stuffed chicken thighs

Sauteed parsley and garlic eggplants

TUESDAY 4/6

Asparagus soup with crostini

Pizza napoletana with olives, mozzarella, capers (optional anchovies)

Salade Nicoise with green beans, tuna, eggs, white beans, tomatoes

WEDNESDAY 4/7 Wheat-free

Polenta with kale and beans

Chicken cacciatore with vegetables

Zucchini and broccoli sautee

THURSDAY 4/8 Wheat-free

Roasted root vegetables with thyme and orange zest

Pork chops with rosemary apple slices

Greens sautéed with garlic and chilli

FRIDAY 4/9

Lasagna with home made noodles and marinara sauce

Oven-baked frittata with green beans

Grilled asparagus with Parmesan cheese

Week 3

Soup	Pea soup with mint and crostini
Lasagna	Home made noodles, marinara sauce and mushrooms
Torta	Asparagus torta
Dessert	Poppy seed cake with lemon custard

MONDAY 4/11

Penne all'arrabbiata

Stuffed beef rolls with white wine/sage sauce

Shredded zucchini and carrots with parsley, thyme and garlic

TUESDAY 4/12

Lasagna with home made noodles, marinara sauce and mushrooms

Frittata with artichoke hearts

Green beans with garlic and parsley

WEDNESDAY 4/13 Wheat-free

Pea soup with mint and crostini

Chicken thighs with braised orange-flavored fennel and olives

Steamed Swiss chard and potatoes with garlic and olive oil

THURSDAY 4/14

Asparagus torta

Broiled chicken breasts with lemon and sage

Squash, carrots, potatoes with parsley and thyme

FRIDAY 4/15 Wheat-free

Risotto with saffron

Pork tenderloin stuffed with spinach and mushrooms

Steamed broccoli with sesame/lemon sauce

WEEK 4

Soup	Cauliflower soup with spices and crostini
Torta	Bell pepper and eggplant torta
Lasagna	with ragout
Dessert	Crème caramel flavored with peach leaves

MONDAY 4/18

Fettuccine with arugula-walnut pesto
Beef scaloppini with Marsala and mushrooms
Green bean and tomato salad with basil

TUESDAY 4/19 Wheat-free

Risotto with spring vegetables
Honey-balsamic baked chicken with tomatoes, mushrooms, peppers
Roasted butternut squash

WEDNESDAY 4/20

Bell pepper and eggplant torta
Breaded chicken breast topped with sautéed diced tomatoes
Green beans and potato salad with garlic and parsley

THURSDAY 4/21 Wheat-free

Cauliflower soup with spices and crostini
Pork chops with white wine and sage
Kale with garlic, onions and croutons

FRIDAY 4/22

Rigatoni with fresh tomato/basil sauce and mozzarella
Chicken saltimbocca
Sautéed mixed greens

Week 5

Soup	Minestrone Genovese-style with pesto
Torta	Potato/ham torta on fig leaves

Dessert Baked pears with zabaglione

MONDAY 4/24

Wheat-free

Minestrone Genovese-style with pesto
Pork medallions with walnuts and gorgonzola
Steamed potatoes and green beans with parsley

TUESDAY 4/25

Polenta gnocchi with Parmesan cheese
Beef stew with mushrooms
Zucchini and eggplant

Wheat-free

WEDNESDAY 4/26

Wheat-free

Roasted chicken thighs with herbs
Grilled asparagus with scallions and orange
Potato/ham torta on fig leaves

MAY 2010

Soup Creamy tomato soup
Torta Asparagus torta
Lasagna Green noodles with marinara sauce
Dessert Orange cake

Week 4

MONDAY 5/24

Wheat-free

Creamy tomato soup
Roasted pork loin on lemon leaves
Potatoes and carrots roasted with sage

TUESDAY 5/25

Asparagus torta
Chicken strips with black olives and lemon
Zucchini and bell peppers with parsley and garlic

WEDNESDAY 5/26

Wheat-free

Risotto with saffron
Beef scaloppini with pizzaiola sauce and mozzarella

Garlic-roasted green beans and shallots

THURSDAY 5/27

Wheat-free

Polenta with gorgonzola and Parmesan cheese

Chicken arrabbiata

Broccoli and cauliflower with herbed breadcrumbs

FRIDAY 5/28

Fresh fettuccine with spring vegetables and fresh herbs

Beef strips with mushrooms and herbs

Zucchini and potatoes with parsley and garlic