

## Slow Meals On Green Wheels – December 2010 menus

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### What is new

#### Holiday Party Proposals

**Buffet dinner** (Slow meal of the day, 2 appetizers, focaccia, dessert): \$ 29 pp

**Appetizer party** (3 appetizers, torta, focaccia): \$ 19 per person

**Dessert party** (Platter of Italian cookies, mandorletti, panettone): \$ 19 pp

#### Italian favorite dishes to enhance and complete your holiday menu:

**Timpano** – Sicilian-style impressive festive and delicious centerpiece – dome-shaped rice crust filled with bucatini, tiny meatballs, mozzarella with aromatic marinara sauce etc.

**Home-made potato gnocchi** with pesto or tomato sauce

**Lasagna with home-made noodles** (in a variety of sauces/fillings to choose from).

#### This season give gifts that leave a lasting memory of goodness and gratitude

#### Gift certificates for Slow Meals on Green Wheels subscriptions:

- Dinner for 2: \$ 40
- Dinner for 4: \$ 70
- Dinner for 6: \$ 100

#### Gift certificates for cooking classes (various denominations)

#### Give sweet Italian things as gifts:

Mandorletti (Flourless, soft almond cookies): \$ 9 dz

Panettone. Genovese with pine nuts, dried fruit and orange flower water: \$ 10

Panforte - Tuscan-style flat nut/fruit cake flavored with spices

Passulate – Spiced nut/raisin/honey cookies on lemon leaves: \$ 10 dz

## DECEMBER 2010

### WEEK I

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

<b>Soup</b>	White bean and spinach soup
<b>Torta</b>	Swiss chard and artichoke torta
<b>Dessert</b>	Lemon/apricot cake

## **WEDNESDAY 12/1**

Swiss chard and artichoke torta  
Beef saltimbocca with sage and white wine  
Green beans and potatoes with garlic and thyme

## **THURSDAY 12/2**      Wheat-free

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

## **FRIDAY 12/3**

Penne with fresh tomato and spicy/herbed meat balls  
Frittata with artichoke hearts, parsley and marjoram  
Mixed grilled vegetables with fresh oregano and garlic

## **Week 2**

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

<b>Soup</b>	Chicken soup with fresh noodles and meat balls
<b>Torta</b>	Torta with mixed bell peppers on a layer of potatoes with basil
<b>Dessert</b>	Orange cake with hazelnut and chocolate swirl

## **MONDAY 12/6**

Chicken soup with fresh noodles and meat balls  
Beef scaloppine alla Milanese  
Salad with potatoes, basil and green beans

## **TUESDAY 12/7**      Wheat-free

Torta with mixed bell peppers on a layer of potatoes with basil  
Roasted pork loin with rosemary and sage  
Roasted root vegetables with rosemary and thyme

## **WEDNESDAY 12/8**                      Wheat-free

Risotto with saffron  
Beef scaloppine alla Milanese  
Broccoli sautéed with garlic and white wine

## **THURSDAY 12/9**

Spaghetti alla puttanesca  
Roasted Italian sausage  
Red cabbage with cumin and balsamic vinegar

### **FRIDAY 12/10**

Lasagna with home-made noodles and fresh marinara sauce  
Baked mushroom/spinach frittata  
Grilled vegetables with olive oil, basil and garlic

### **Week 3**

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

**Soup** Butternut squash soup with rice  
**Torta** Torta with mushrooms and zucchini  
**Dessert** Baked pears in spiced Cabernet

### **MONDAY 12/13** Wheat-free

Risotto with peas Venetian-style  
Chicken piccata with black olives, capers, lemon, white wine  
Cauliflower and green beans sautéed with fennel seeds

### **TUESDAY 12/14**

Cracked wheat with ginger, orange, almonds and herbs  
Chicken arrabbiata  
Salad of mixed vegetables with fresh oregano/mint and garlic

### **WEDNESDAY 12/15**

Fettuccine with white sauce, sage, Parmesan cheese  
Beef stew with mushrooms and bay leaf  
Sautéed spicy winter greens

### **THURSDAY 12/16** Wheat-free

Butternut squash soup with rice  
Chicken breast grilled on verbena leaves  
Carrots and potatoes au gratin

### **FRIDAY 12/17**

Torta with mushrooms and zucchini  
Pork chops with grape, rosemary and red wine sauce  
Ginger-glazed carrots

## **Week 4**

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

<b>Soup</b>	Soup with leeks, tomatoes, celery, potatoes
<b>Torta</b>	Crustless spinach and zucchini torta
<b>Dessert</b>	Pandolce Genovese with pine nuts, orange flower water

### **MONDAY 12/20**

Oven-baked rigatoni with ragu  
Crustless spinach and zucchini torta  
Spicy sautéed eggplant with garlic

### **TUESDAY 12/21**

Wheat-free

Polenta with cooked-in squash flavored with sage and Parmesan cheese  
Beef stew with peas, carrots and potatoes  
Bell peppers and zucchini with oregano and garlic

### **WEDNESDAY 12/22**

Wheat-free

Rice with shredded carrots and orange zest  
Pork scaloppini with quince and white wine sauce  
Broccoli and cauliflower with spicy breadcrumbs

## **Week 5**

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

<b>Soup</b>	Soup with kale, Swiss chard Tuscan-style (Ribollita)
<b>Torta</b>	Torta with squash and mushrooms
<b>Dessert</b>	Passulate – Spiced nut/raisin/honey cookies on lemon leaves

### **MONDAY 12/27**

Lasagna with marinara/meat sauce  
Omelette with spinach and bell peppers  
Mixed winter greens sautéed with garlic and chilli

### **TUESDAY 12/28**

Wheat-free

Potato cake with ham and marjoram  
Chicken with forty cloves of garlic  
Cauliflower sautéed with balsamic vinegar

**WEDNESDAY 12/29**

Pissaladiere – provencal pizza with sliced tomatoes, garlic, herbs, Parmesan cheese  
Italian lean sausage  
Sweet and sour red cabbage with pears and currants

**THURSDAY 12/30**                      Wheat-free

Soup with kale, Swiss chard Tuscan-style (Ribollita)  
Pork chops with bay leaf and apples  
Roasted potatoes with rosemary

**FRIDAY 12/31**

Home-made semolina diamond-shaped noodles with fall vegetables  
Baked vegetables with herbed bread crumbs  
Braised endive with garlic