

**Slow Meals On Green Wheels
September 2010 Menus**

www.ornellacucinaitaliana.com

Slowmeals@me.com

(650) 964-4265

What is new

The Art of Italian Living 2010

Piemonte Wine Country+Genova, Coast, Cinqueterre Cooking Tour

September 16-22 – Mombaruzzo and surroundings \$ 2,400

September 22-24 - Genova/ Cinqueterre \$ 950

Please note: The Slow Meals service will be available until September 10 and then resume on October 8.

Let's Do Lunch!

Come to Nelly's and enjoy the tasty Slow Meal of the Day.

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,min 2/max 8 guests

HOW: Reserve 24 hours in advance minimum.

Call: (650) 964-4265 or email ornella@ornellacucinaitaliana.com

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

September 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, pizza and dessert is available **in addition** to the set menu.

WEEK I

Soup Tomato soup with tarragon
Torta Torta with spinach
Desserts Fresh nectarine frozen yogurt

WEDNESDAY 9/1

Wheat-free

Tomato soup with tarragon
Beef scaloppini with white wine and bay leaf
Steamed Swiss chard and potatoes with garlic and olive oil

THURSDAY 9/2

Rice with carrots and orange zest
Spice-flavored turkey meatballs with chilli/orange sauce
Shredded zucchini and carrots with parsley, thyme and garlic

FRIDAY 9/3

Wheat-free

Penne all'arrabbiata
Lemon marinated chicken breast on lemon verbena leaves
Grilled cucumbers with tarragon

WEEK 2

Soup Garbanzo and white beans soup
Torta Torta with green beans
Dessert Rhubarb/pear/apple strudel

TUESDAY 9/7

Wheat-free

Garbanzo and white beans soup
Breaded chicken breast topped with sautéed diced tomatoes
Green beans and potato salad with garlic and parsley

WEDNESDAY 9/8

Risotto with summer vegetables
Chicken breast with bell peppers , mint and cumin
Grilled vegetable salad

THURSDAY 9/9

Wheat-free

Torta with green beans
Beef scaloppini with pizzaiola sauce
Spicy broccoli

FRIDAY 9/10

Pasta salad with summer vegetables
Pork scaloppini alla Milanese
Broccoli with almonds

October 2010

FRIDAY 10/8

Salad with cracked wheat and garden vegetables
Pork scaloppini with orange sauce
Grilled eggplants with basil and cherry tomatoes

Week 3

Soup	Minestrone Genovese with pesto
Torta	Pizza with fresh tomato, basil, olives and Parmesan cheese
Dessert	Crostata with apples and almonds

MONDAY 10/11

Penne with spicy seasonal vegetables and Romano cheese
Chicken breast stuffed with roasted bell peppers and feta
Sautéed greens with ginger

TUESDAY 10/12

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

WEDNESDAY 10/13 Wheat-free

Minestrone Genovese with pesto
Roasted pork loin on lemon leaves
Potatoes and carrots roasted with sage

THURSDAY 10/14 Wheat-free

Polenta with kale and Romano cheese

Grilled Italian sausage
Vegetable stew with herbs

FRIDAY 10/15 Wheat-free

Risotto alla milanese
Chicken arrabbiata (slightly spicy)
Kale and potato gratin

Week 4

Soup	Lentil and bean soup
Torta	Focaccia with grapes and gorgonzola
Dessert	Lemon and orange cake with rosemary whipped cream

MONDAY 10/18

Garbanzo bean flour crepes filled with
Ratatouille with end-of-summer vegetables
Beef saltimbocca with diced zucchini

TUESDAY 10/19

Fusilli with fennel and sausage
Aromatic frittata with garden vegetables and herbs
Zucchini with mint and garlic

WEDNESDAY 10/20

Green bean/zucchini torta
Beef strips with mushrooms and herbs
Salad of mixed grilled vegetables and herbs

THURSDAY 10/21 Wheat-free

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

FRIDAY 10/22 Wheat-free

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

Week 5

Soup Chicken soup with fresh noodles and meatballs
Torta Torta with mushrooms
Dessert Panna cotta with stewed fruit

MONDAY 10/25

Chicken soup with fresh noodles and meatballs
Torta with mushrooms
Sauteed zucchini and zucchini blossoms

TUESDAY 10/26

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

WEDNESDAY 10/27

Wheat-free

Polenta gnocchi with marinara sauce
Chicken cacciatore
Fennels and zucchini salad

THURSDAY 10/28

Wheat-free

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

FRIDAY 10/29

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