

Slow Meals on Green Wheels  
[slowmeals@me.com](mailto:slowmeals@me.com)  
[www.ornellacucinaitaliana.com](http://www.ornellacucinaitaliana.com)  
(650) 964-4265

## March 2011 Menus



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, and dessert is available **in addition** to the set menu. For information on how to subscribe and featured Item pricing, go to: <http://ornellacucinaitaliana.com/slowmeals.shtml>.

### WEEK I

**Soup: Swiss chard and garbanzo beans soup and croutons**

**Torta: Torta with spinach and Swiss chard**

**Dessert: Chocolate Panna cotta**

#### Tuesday 3/1

Semolina gnocchi with sage and Parmesan cheese.

Beef stew with mushrooms

Sauteed broccoli with almonds

#### Wednesday 3/2

Rigatoni with peas and pancetta

Torta with Swiss chard and spinach

Mixed salad with pears and walnuts

#### Thursday 3/3 - Wheat-free

Green risotto with borage and spinach

Balsamic, orange and honey glazed chicken

Garlic-roasted green beans and shallots

#### Friday 3/4 - Wheat-free

Polpettone (potato cake) with green

beans Genovese-style  
Roasted chicken  
Sautéed greens with garlic and chilli

## WEEK 2

**Soup: Asparagus soup with crostini**

**Torta: Pissaladiere (provençal pizza with onions, fresh tomatoes, garlic)**

**Dessert: Bugie di Carnevale (typical Mardi-gras cookies)**

### Monday 3/7 - *Wheat-free*

Herb-scented pork loin Tuscan-style  
Roasted root vegetables with rosemary  
Mustard greens with garlic

### Tuesday 3/8 – (Mardi Gras) *Wheat-free*

Polenta maritata (with vegetables, scented with garlic)  
Chicken cacciatore  
Sautéed mushrooms and zucchini

### Wednesday 3/9 – *Wheat-free*

Asparagus soup with crostini  
Pissaladiere (provençal pizza with onions, fresh tomatoes, garlic)  
Salade Nicoise with green beans, tuna, eggs, white beans, tomatoes

### Thursday 3/10 - *Wheat-free*

Corn bread and honey butter  
Chilli con carne  
Sautéed mustard greens

### Friday 3/11 - *Wheat-free*

Rice with leeks and parsley  
Oven-baked frittata with zucchini and herbs  
Cauliflower and broccoli au gratin

## WEEK 3

**Soup: Potato and leek soup with crostini**

**Torta: Onion torta Genovese-style**

**Dessert: Rice pudding with lemon zest and mint**

### Monday 3/14

Pasta puttanesca with garlic, capers, tomato  
Braised Chicken with marinara sauce, lemon and olives  
Green and yellow zucchini with parsley/garlic

### Tuesday 3/15

Potato and leek soup with crostini  
Pork medallions with Marsala wine and mushrooms  
Sautéed Swiss chard with garlic

### Wednesday 3/16 - *Wheat-free*

Risotto with peas, mint, lemon  
Pork chops with spicy salsa  
Roasted butternut squash

### Thursday 3/17 - *Wheat-free*

Corned beef  
Cabbage and greens  
Potatoes and onions with mustard

### Friday 3/18

Onion torta Genovese style  
Rice with carrots and lemon zest  
Spring vegetable stew

#### **WEEK 4**

**Soup: Minestrone genovese with pesto**  
**Torta with artichoke hearts**  
**Dessert: Baked pears with bay leaf and white wine**

#### *Monday 3/21 - Wheat-free - Veg*

Spring salad of radicchio and arugula with rose vinaigrette  
Torta with artichoke hearts  
Mixed grilled vegetables and herbs

#### *Tuesday 3/22 - Wheat-free*

Minestrone genovese with pesto  
Beef scaloppine alla Milanese  
Fennels and zucchini with orange zest

#### *Wednesday 3/23*

Penne all'arrabbiata  
Chicken braised with olives, limes, herbs and white wine  
Zucchini with mint and garlic

#### *Thursday 3/24 - Wheat-free*

Roasted root vegetables with thyme and orange zest  
Pork chops with rosemary apple slices  
Greens sautéed with garlic and chilli

#### *Friday 3/25*

Spaghetti with tomato sauce, calamari and artichokes  
Cauliflower, green beans, potatoes, eggs and capers with olive oil and thyme

#### **WEEK 5**

**Soup: Silky cauliflower soup with thyme**  
**Torta: Asparagus torta**  
**Dessert: Apple and pears strudel**

#### *Monday 3/28 - Wheat-free - Veg*

Risotto with borage and saffron  
Spring frittatine with new onions, spring greens and blossoms  
Salad of mixed grilled vegetables with fresh oregano and garlic

#### *Tuesday 3/29 - Wheat-free - Veg*

Silky cauliflower soup with thyme  
Three bean salad  
Asparagus torta

#### *Wednesday 3/30 - Wheat-free*

Polenta with kale and beans  
Chicken roasted with balsamic and herbs  
Zucchini and broccoli sauté

#### *Thursday 3/31 - Wheat-free*

Roasted potatoes and carrots with rosemary and sage  
Stuffed beef rolls with white wine/sage sauce  
Shredded zucchini and carrots with parsley, thyme and garlic