

## Slow Meals On Green Wheels – August 2009 Menus

www.ornellacucinaitaliana.com

[Slowmeals@me.com](mailto:Slowmeals@me.com)

(650) 9644265

### What is new

**Mini-subscription gift certificates** available to **Slow Meals** subscribers:  
Ideal for house warming, baby shower, graduation gifts, and other special occasion.

**\$55 for 4 Slow Meals.**

**Nelly's ice creams, sorbets and semifreddo.** Be sure not to miss this summertime treat. Made with home grown organic fruit and herbs. \$3.50 per portion.

### Slow Dining – Two non-subscription options

#### Slow Dining on Sunrise Court

Sign up for a dining experience Italian-style in Nelly's dining room or, on a warm night, under the gazebo by the poolside. Reserve your space today and celebrate a special occasion or simply enjoy dinner and relax in the company of your friends. A **Slow Dinner** includes: the menu of the day, an appetizer, Nelly's focaccia, dessert of the week, tax & tip. You may bring your own wine or other drink. Minimum 6, maximum 12 Slow diners. Cost is \$ 25 per person. **Tuesdays and Fridays.**

**Slow Dining in your home:** as an alternative, you can order a **Slow Dinner** and enjoy it in your own home. No subscription is necessary. Available every day. Cost is \$25 per person plus delivery fee (ranging from \$7 to 8.50 depending on location). No limit on number of Slow diners.

For information on how to subscribe to the Slow Meal Plan and Slow Meal Deal, including Featured Item pricing, please see

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

## AUGUST 2009

**WEEK 1** Service not available

### WEEK 2

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

<b>Soup</b>	Minestrone with pesto Genovese-style
<b>Entrée</b>	Beef scaloppine with Marsala wine
<b>Torta</b>	Torta with zucchini and zucchini blossoms
<b>Dessert</b>	Apricot/orange cake

**Ice cream** Fruit salad with rose syrup  
Mango Ice cream

### **MONDAY 8/10**

Minestrone with pesto Genovese-style  
Breaded chicken breast shallow fried and topped with diced basil tomatoes  
Green beans sautéed with garlic and breadcrumbs

### **TUESDAY 8/11**

Polenta with cooked-in vegetables Wheat-free  
Ratatouille with bell peppers, eggplant, zucchini, etc.  
Carrot and beet salad with lemon zest

### **WEDNESDAY 8/12**

Torta with zucchini and zucchini blossoms  
Beef scaloppine with Marsala wine  
Cauliflower with parsley and garlic

### **THURSDAY 8/13**

Spaghetti with grilled eggplant, spicy tomatoes, feta  
Torta with zucchini and zucchini blossoms  
Peperonata

### **FRIDAY 8/14**

Zuppa matta (bread salad with tomato, radish, cucumber, basil, etc.)  
Chicken piccata with lemon, capers, olives  
Zucchini with garlic and mint

### **WEEK 3**

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

<b>Soup</b>	Fennel, Tomato, and white bean soup
<b>Entrée</b>	Eggplant alla Parmigiana
<b>Torta</b>	Torta with Swiss chard and spinach
<b>Desserts</b>	Baked stuffed peaches Apple and rhubarb cake
<b>Ice cream</b>	Strawberry/lemon verbena sorbet

**MONDAY 8/17**

Wheat-free

Risotto with fresh tomatoes and tarragon

Beef stew with green olives, potatoes, artichokes and other summer vegetables

Fennels and zucchini with orange zest

**TUESDAY 8/18**

Spaghetti with grilled cherry tomatoes, basil and crisp breadcrumbs

Roasted chicken with fennel and black olives

Broccoli with almonds

**WEDNESDAY 19**

Torta with Swiss chard and spinach

Grilled pork chops with fresh plum salsa

Sweet and sour red cabbage

**THURSDAY 8/20**

Penne with peas and pancetta

Eggplant alla parmigiana (no meat)

Green salad with herbed vinaigrette and garlic bruschetta

**FRIDAY 8/21**

Fennel, Tomato, and white bean soup

Wheat-free

Chicken thighs baked on lemon slices, sage, rosemary, thyme

Cauliflower with parsley and garlic

**Week 4**

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

<b>Soup</b>	Carrot soup flavored with ginger and orange zest
<b>Entrée</b>	Home-made lasagna with marinara sauce
<b>Torta</b>	Savory strudel with potatoes, greens and herbs
<b>Desserts</b>	Lemon cake with strawberries
	Vanilla and ginger roasted plum compote
<b>Ice cream</b>	Peach frozen yogurt

## **MONDAY 8/24**

Savory strudel with potatoes, greens and herbs  
Pineapple glazed grilled chicken breast  
Salad of grilled bell peppers and eggplant with basil and garlic

## **TUESDAY 8/25**

Home-made lasagna with marinara sauce  
With sausage  
Broccoli and cauliflower with vinaigrette

## **WEDNESDAY 8/26**

Bowties with sage, garlic and pine nuts  
Beef scaloppine with potatoes and pizzaiola sauce  
Zucchini with garlic and parsley

## **THURSDAY 8/27**

Focaccia with herbs and cherry tomatoes  
Carrot soup flavored with ginger and orange zest  
Frittata with spinach and tarragon

## **FRIDAY 8/28**

Risotto with summer vegetables                      Wheat-free  
Chicken strips with olives and rosemary  
Broccoli with pancetta

## **MONDAY 8/31**

Spaghetti with pesto, green beans and potatoes  
Roast pork with rosemary and white wine  
Green beans and potato salad with herbs