

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

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What is new

Special Valentines' Dinner for two

Asparagus and prosciutto on warm rosemary focaccia squares
Blood orange, frisee, arugula and avocado salad
Home-made ravioli with spinach and mushrooms in saffron/sage sauce
Strawberries with zabaglione semifreddo... (\$ 80 for two. Includes a bottle of Prosecco)

Mardi Gras/Carnevale Dinner

Lasagna with home made noodles and two sauces
Olive stuffed chicken thighs with red bell pepper sauce
Green, red and white beans with garlic and parsley
Bugie di Carnevale (\$ 32 pp. Includes appetizer, focaccia, a bottle of Prosecco)

Party ideas and gifts for all occasions

Appetizer party (3 appetizers, torta, focaccia): \$ 16 per person

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

Dinner à la carte (first, second course, side, focaccia, 2 appetizers, dessert) \$ 45 pp

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

Minimum: 8 guests (smaller or larger parties by special arrangement.)

Lasagna with home-made noodles available: \$ 24 for 6 (min order 6). \$ 30 for 8.

Give sweet Italian things as gifts

Almond Mandorletti and Hazelnut/chocolate Baci di Dama: \$ 10.50 a dz

Gift certificate	Mini Slow Meal Deal	\$ 70 (4 individual Slow Meals)
	Slow Meal Deal	\$ 100 (6 individual Slow Meals)
	Slow Meal Plan	\$ 150 (10 individual Slow Meals)

For information on how to subscribe and featured Item pricing, go to:

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

February 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

Soup	Orange flavored butternut squash soup
Torta	Torta with cardoni and spinach
Lasagna	with marinara sauce and Swisschard layers
Dessert	Hazelnut/chocolate cake

MONDAY 2/1 Wheat-free

Polenta maritata (with cannellini beans, garlic and Romano cheese)
Pollo alla cacciatore
Broccoli sautéed with garlic

TUESDAY 2/2 Wheat-free

Orange flavored butternut squash soup
Italian sausage with white wine, bay leaf and sautéed potatoes
Red cabbage and apple salad

WEDNESDAY 2/3 Wheat-free

Rice with carrots and lemon zest
Chicken braised with lemon and chickpeas
Zucchini with garlic and mint

THURSDAY 2/4

Torta with cardoni and spinach
Roasted pork loin on lemon leaves
Sweet potato slices roasted with lemon and olives

FRIDAY 2/5

Penne all'arrabbiata
Beef rolls (involitini) with parsley, garlic, mortadella
Cauliflower with parsley and garlic

Week 2

Soup	Asparagus soup with crostini
Lasagna	Home-made noodles and sausage
Torta	Torta with Swiss chard

Dessert Orange-flavored panna cotta with strawberry sauce

MONDAY 2/8

Pasta alla puttanesca with garlic, capers, tomato, parsley
Pork chop with bay leaf and white wine
Green and yellow zucchini with parsley and garlic

TUESDAY 2/9

Torta with Swiss chard
Chicken piccata with black olives, capers, lemon, white wine
Eggplant and zucchini with parsley

WEDNESDAY 2/10 Wheat-free

Asparagus soup with crostini
Roasted pork loin with rosemary and sage
Butternut squash gratin with spinach and herbs

THURSDAY 2/11 Wheat-free

Risotto with saffron
Beef stew with mushrooms
Sautéed cauliflower and green beans with fennel seeds

FRIDAY 2/12 Wheat-free

Polenta hearts with pink tomato sauce and Parmesan cheese
Chicken saltimbocca with prosciutto and sage
Green beans, fennel, red onion and arugula salad with rose vinaigrette

Week 3

Soup	Mescolanza soup (with garbanzo, cannellini, wheat berries)
Lasagna	Home-made noodles and spinach
Torta	Torta with bell peppers
Dessert	Bugie di Carnevale (Mardi Gras knotted cookies)

MONDAY 2/15 Wheat-free

Risotto with radicchio
Carne alla pizzaiola (beef scaloppini with pizzaiola sauce and potatoes)

Shredded zucchini and carrots with parsley, thyme and garlic

TUESDAY 2/16

Lasagna with home made noodles and spinach
Olive stuffed chicken thighs with red bell pepper sauce
Green, red and white beans with garlic and parsley

WEDNESDAY 2/17 Wheat-free

Corn bread and honey butter
Chilli con carne
Sautéed mustard greens

THURSDAY 2/18 Wheat-free

Mescolanza soup (with garbanzo, cannellini, wheat berries)
Herbed pork chop with apples and white wine
Cauliflower, fennel and olives salad with lemon vinaigrette

FRIDAY 2/19

Couscous with ginger, almonds and herbs
Lamb stew with carrot, turnip, potato, etc.
Salad of mixed grilled vegetables with fresh oregano/mint and garlic

WEEK 4

Soup	Minestrone genovese with pesto
Torta	Torta with mushrooms and zucchini
Lasagna	with marinara sauce and layers of diced zucchini
Dessert	Apple strudel

MONDAY 2/22

Home made noodle lasagna with marinara sauce
Frittata with asparagus
Green bean salad

TUESDAY 2/23

Wheat-free

Risotto with squash

Fish stew with capers, tomatoes, olives, potatoes, peas Genovese-style

Bell peppers and zucchini with oregano and garlic

WEDNESDAY 2/24

Torta with mushrooms and zucchini

Pork saltimbocca with white wine and sage

Green beans and potato salad with garlic and parsley

THURSDAY 2/25

Wheat-free

Minestrone genovese with pesto

Breaded chicken breast topped with sautéed diced tomatoes

Kale with garlic, onions and croutons

FRIDAY 2/26

Linguine with pesto and green beans Genovese-style

Beef scaloppine with Marsala wine

Fennels with orange zest