

**Slow Meals On Green Wheels  
January 2011 Menus**

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**What is new**

**Special January Offer:** Subscription to any Slow Meal Deal or Plan for the first 3 months of 2011 (January through March) will earn a gift certificate equal to 10% of the total to be applied against any future purchase. (Example: 3 Slow Meal Deals = \$ 300: gift certificate \$ 30).

**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

**Gnocchi party class** Learn how to make 2 different kinds of gnocchi and sauces, hear about the many regional varieties of this wonderful Italian dish. Cooking class, appetizer, gnocchi, dessert: \$ 48 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: \$ 24 for 6 (min order 6). \$ 30 for 8.

**Torta di Verdure:** \$ 20 for 6/8; \$ 30 for 10/12

**Panettone Genovese:** \$ 15 1 lb; \$ 21 1.5 lb.

**Mandorletti:** \$ 10 per dz; \$ 18 2 dz.

<b>Gift certificates</b>	<b>Mini Slow Meal Deal</b>	\$ 70 (4 individual Slow Meals)
	<b>Slow Meal Deal</b>	\$ 100 (6 individual Slow Meals)
	<b>Slow Meal Plan</b>	\$ 150 (10 individual SlowMeals)

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

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

**JANUARY 2011**

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.

**WEEK 1**

<b>Soup</b>	New Year's herbed lentil soup with crostini
<b>Torta</b>	Pissaladiere – provencal pizza with tomatoes, garlic, herbs
<b>Dessert</b>	Panna cotta al caffè'

**MONDAY 1/3**

Wheat-free

New Year's herbed lentil soup with crostini  
Chicken with forty cloves of garlic  
Spicy broccoli

## **TUESDAY 1/4**

Pizza alla napoletana with capers, olives, mozzarella  
Italian lean sausage  
Sweet and sour cabbage

## **WEDNESDAY 1/5**                      Wheat-free

Polenta with beans and Parmesan cheese  
Pork chops with cumin and sautéed pears  
Orange salad with frisee and honey rose vinaigrette

## **THURSDAY 1/6**                      Wheat-free

Green bean/potato cake  
Carne alla pizzaiola (beef scaloppini with pizzaiola sauce and potatoes)  
Shredded zucchini and carrots with parsley, thyme and garlic

## **FRIDAY 1/7**                      Wheat-free

Risotto with radicchio  
Chicken breast shallow fried and topped with diced basil tomatoes  
Roasted cauliflower with balsamic vinegar

## **Week 2**

<b>Soup</b>	Minestrone genovese with pesto
<b>Torta</b>	Torta with artichoke hearts
<b>Dessert</b>	Baked pears with bay leaf and white wine

## **MONDAY 1/10**                      Wheat-free

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

## **TUESDAY 1/11**

Torta with artichoke hearts  
Roasted pork loin with rosemary and sage  
Honey-glazed root vegetables with spices

**WEDNESDAY 1/12**

Wheat-free

Polenta with vegetables and marinara sauce  
Italian sausage  
Red cabbage with cumin and balsamic vinegar

**THURSDAY 1/13**

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

**FRIDAY 1/14**

Lasagna with home-made noodles and marinara sauce  
Omelette with sautéed mushrooms  
Green and white beans salad with thyme

**Week 3**

<b>Soup</b>	Pasta e fagioli with fresh noodles
<b>Torta</b>	Torta with red rice and Parmesan cheese
<b>Dessert</b>	Apple and pears strudel

**MONDAY 1/17**

Baked rigatoni al ragu  
Cauliflower au gratin  
Fennel and red onion with arugula

**TUESDAY 1/18**

Couscous with ginger, almonds and herbs  
Pollo alla diavola  
Salad of mixed grilled vegetables with fresh oregano/mint and garlic

**WEDNESDAY 1/19**

Torta with red rice and Parmesan cheese  
Roasted pork loin with rosemary and sage  
Butternut squash gratin with sage and breadcrumbs

**THURSDAY 1/20**

Wheat-free

Risotto with mushrooms  
Chicken piccata with black olives, capers, lemon, white wine  
Sauteed cauliflower and green beans with fennel seeds

### **FRIDAY 1/21**

Pasta e fagioli with fresh noodles  
Pork chops with grape, rosemary and red wine sauce  
Sauteed broccoli

### **Week 4**

<b>Soup</b>	Swisschard and garbanzo beans soup and croutons
<b>Torta</b>	Torta with spinach and Swiss chard
<b>Dessert</b>	Baked stuffed apples with hazelnut and cocoa

### **MONDAY 1/24**                      Wheat-free

Swisschard and garbanzo beans soup (and croutons)  
Roast chicken with potatoes and rosemary  
Sauteed spicy winter greens

### **TUESDAY 1/25**                      Wheat-free

Polenta rounds with sage and Parmesan cheese  
Fish stew with capers, tomatoes, olives Genovese-style  
Bell peppers and zucchini with oregano and garlic

### **WEDNESDAY 1/26**

Torta with spinach and Swiss chard  
Beef saltimbocca with white wine and sage  
Green beans and potato salad with garlic and parsley

### **THURSDAY 1/27**                      Wheat-free

Rice with shredded butternut squash and orange zest  
Pork chop with bay leaf and white wine  
Slow roasted beet wedges with thyme and rosemary

### **FRIDAY 1/28**

Penne with zucchini and sage  
Chicken breast with orange gremolata  
Baked vegetables with herbs

**MONDAY 1/31**

Wheat-free

Lentil and spelt soup

Roasted chicken thighs with bell peppers

Broccoli with black olives, garlic and lemon