

Nelly Capra's Slow Meal Menus – Sept/Oct 2011

Week 1 September 2011

Soup Summer vegetable soup with basil
Torta Torta with red rice and mozzarella
Dessert Biscotti with chocolate/hazelnut

Tuesday 9/6 wheat-free

Risotto with saffron
Roasted pork tenderloin with bay leaf
Steamed broccoli with sesame/lemon sauce

Wednesday 9/7 wheat-free

Summer vegetable soup with basil
Chicken thighs with braised orange-flavored fennel and olives
Steamed Swiss chard and potatoes with garlic and olive oil

Thursday 9/8

Torta with red rice and mozzarella
Chicken breast grilled on lemon leaves
Green beans and potato salad with garlic and parsley

Friday 9/9 wheat-free

Polenta with sage and garlic topped with Parmesan cheese
Ratatouille with eggplant, zucchini, bell peppers, basil
Fresh tomato salad with celery and garlic

Week 2 September

Soup Pumpkin soup with ginger/terragon
Torta with eggplant
Dessert Fruit salad with roasted grapes

Monday 9/12 wheat-free

Rice salad with olives, home-pickled vegetables and fresh herbs
Chicken with bell peppers and rosemary
Roasted fennels with orange zest

Tuesday 9/13

Bow ties with bell pepper/tomato sauce
Beef saltimbocca with sage and white wine
Sauteed cauliflower with balsamic vinegar

Wednesday 9/14 wheat-free

Pork chops with plum sauce
Roasted root vegetables with sage/rosemary
Kale with garlic, onions and crostini

Thursday 9/15 wheat-free

Pumpkin soup with ginger/terragon
Torta with eggplant
Zucchini sautéed with fresh oregano and garlic

Friday 9/16

Fusilli pasta salad with olive oil, terragon, olives, summer vegetables
Beef scaloppine with lemon sauce
Green and yellow bean salad with tomato and basil

Week 3 September

Soup Beans, garbanzo and black eye pea soup with sage
Torta with potato and green beans
Dessert Pineapple cake

Monday 9/19 wheat-free

Risotto with spinach and Swiss chard Frittata with artichoke hearts and zucchini
Beat salad with orange zest and fennel seeds

Tuesday 9/20 wheat-free

Roasted chicken thighs with herbs
Grilled zucchini and eggplants
Torta with potato and green beans

Wednesday 9/21 wheat-free

Bean, garbanzo and black eye pea soup with sage
Turkey meatballs with tomato sauce
Zucchini and bell peppers with parsley and garlic

Thursday 9/22

Linguine with pesto and peas
Pork scaloppine with bay leaf/white wine
Potatoes and green beans salad

Friday 9/23 wheat-free

Polenta layered with sauteed spinach, topped with garlic/chilli flavored olive oil and Parmesan cheese
Chicken cacciatore
Roasted broccoli and cauliflower

Week 1 October

Soup Squash and zucchini soup
Torta Eggplant Parmigiana
Dessert Lemon cake

Tuesday 10/4

Penne alla puttanesca with spicy tomato sauce, capers and black olives
Pork roast with lemon sauce
Green beans sautéed with garlic and butter

Wednesday 10/5 wheat-free

Polenta with cooked-in vegetables
Chicken scaloppine with basil tomato sauce
Roasted broccoli and cauliflower

Thursday 10/6 wheat-free

Squash and zucchini soup
Chicken thighs with black olives and lemon
Zucchini with mint, garlic and olive oil

Friday 10/7 wheat-free

Rice with peas, basil, scallions and ham
Eggplant Parmigiana
Tomato salad with celery and cucumber

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Week 2 October

Soup Minestrone genovese with pesto
 Torta Oven-baked artichoke heart torta
 Dessert: Baked Pears with cabernet/orange peel and spices

Monday 10/10 wheat-free

Minestrone genovese with pesto
 Pork chops with olives and lemon
 Zucchini with mint, garlic and olive oil

Tuesday 10/11

Fusilli with fresh marinara sauce and basil
 Chicken roast with lemon and orange sauce
 Green beans and cherry tomato salad

Wednesday 10/12 wheat-free

Risotto with squash and sage
 Oven-baked artichoke torta
 Tomato salad with mozzarella and basil

Thursday 10/13

Fettuccine with zucchini and parsley
 Pork scaloppine with bay leaf/white wine
 Potatoes and green beans salad

Friday 10/14 wheat-free

Polenta with beans and kale
 Chicken cacciatore
 Roasted broccoli and cauliflower

Order Now!

Focaccia al Formaggio

-6/8 portions \$ 20
 10/12 portions \$ 35

Lasagna with home-made noodles (white, flavored with garlic or green with spinach and marjoram.

With marinara sauce \$ 24 x 6
 With meat sauce \$ 32 x 6
 With pesto alla Portofino \$ 32 x 6

Other sizes available. Also available frozen.

Eggplant Season!

Torta with Eggplant

The summer version of Torta pasqualina. Made with tasty, luscious Italian eggplants, fresh ricotta and oregano. Perfect for picnic or as a center piece for a late summer dinner in the garden.

6/8 portions \$ 20
 10/12 portions \$ 30
 20/25 portions \$ 60

Eggplant Parmigiana

(Melanzane alla Parmigiana)

Made with Italian eggplants, fresh tomato marinara sauce, basil, olive oil, fresh mozzarella and Parmesan cheese.

6/8 portions \$ 20
 10/12 portions \$ 30

Tiramisu

Order Nelly's Tiramisu to celebrate a special occasion or give as a gift. Made according to the original Venetian recipe with Savoiardi cookies, mascarpone cheese and a mixture of Marsala and coffee liqueur, this Tiramisu will leave a lasting memory on your taste buds.

6/8 portions \$ 25
 10/12 portions \$ 40
 20/24 portions \$ 75