

NONNA'S CUCINA MENU

(EFFECTIVE July - December 2024)

WEEK 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NONNAS COURSES	SOUP	Chicken & Vegetable A selection of finely chopped vegetables in our own rich chicken broth.	Italian Verdura & Pastina A hearty green Italian soup of mixed vegetables and small pasta, enhanced with fresh herbs & spring onions.	Potato & Leek A delicious puree of potato and leek blended to a creamy smooth soup.	Chicken & Sweetcorn A delicately flavoured wholesome soup of chicken pieces with fresh spring onion & sweetcorn.	Minestrone A nourishing and hearty combination of fresh vegetables and beans.
	MAIN	Bistecca Alla Pizzaiola Slow cooked beef in a tomato, caper, olive and herb sauce, served with baked potatoes, & green beans.	Chicken with Cacciatore Sauce Rustic Italian dish of roast chicken with tomato, capsicum, zucchini & eggplant, cooked in white wine sauce served with steamed rice.	Meat Lasagne Nonna's meat lasagne is made with fresh pasta sheets, layered with pork and veal sauce & plenty of cheese, baked until golden.	Vegetable Frittata Roasted vegetables with free range eggs & parmesan cheese, baked until golden and served with roast carrot & broccoli.	Tuna & Tomato Orecchiette Vine ripened tomato, cooked with tuna, anchovies, capers and served with orecchiette pasta.
GRANDMAS COURSES	DESSERT	Stewed Apple & Granola Yogurt Stewed apples paired with crunchy granola and creamy yogurt.	Citrus Cake Nonna's traditional tea cake made with lemon and orange with icing sugar to garnish.	Fresh Fruit Salad Honeydew, watermelon, pineapple, orange, kiwi fruit and grapes, hand cut in our kitchen.	Tiramisu An Italian favourite made to Nonna's recipe. Sponge finger biscuits layered with cream, marsala and cocoa.	Coffee Cake Our own soft sponge cake with creamy coffee frosting.
	MAIN	Pasta Rosé A traditional pasta made with chicken and mushroom cooked in a creamy tomato rosé sauce, served with parmesan cheese.	Vegetable Pastie One of our favourites, a combination of onion, celery, carrot, pumpkin & potato in short crust pastry. Served with tomato sauce.	Ham Steak with Pineapple & Cheese Old style baked ham steak with pineapples and melted cheese. Served with cocktail potatoes, carrot & peas.	Crumbed Fish Lightly crumbed oven baked fillet of fish and tartare sauce. Served with mashed potato, carrots, and beans.	Savoury Mince Casserole An Australian classic, lean beef mince cooked in a rich homemade gravy served with baked potato, carrots & peas
NONNAS COURSES	DESSERT	Fruit & Jelly Poached pieces of fruit set in flavoured jelly.	Creamed Sago A creamy tapioca sago in custard with stewed fruit.	Carrot Cake A moist cake made with grated carrots and walnuts topped with our famous cream cheese frosting.	Apple Custard Tart Oven-baked tart shell filled with delicious apples and crème brûlée custard.	Fresh Fruit Salad Honeydew, watermelon, pineapple, orange, kiwi fruit and grapes, hand cut in our kitchen.

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WEEK 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	SOUP OF THE DAY	Cream of Chicken This creamy puree offers delicate flavours packed with nutrition.	Beef & Vegetable A selection of finely chopped vegetables & zucchini in a rich beef broth.	Thick Vegetable Nutritional and flavoursome soup, packed with seasonal vegetables in a hearty broth.	Pea & Ham A hearty, warming soup with shredded ham in a split pea puree.	Pumpkin A velvety smooth puree of pumpkin soup.
		Pasta with Meatballs Traditional pork and veal meatballs, seasoned & cooked gently in a homemade tomato and basil sauce, served with fresh pasta and parmesan cheese.	Roast Chicken Succulent chicken leg fillet, marinated and roasted with crispy skin, served with herbed potato and steamed broccoli.	Risotto all 'Ortolana Traditional creamy risotto with seasonal vegetables of peas, zucchini, onion, carrots, spinach and pumpkin with parmesan cheese.	Chicken Scallopini Tender chicken topped with leg ham & melted cheese. Served with creamy mashed potato and pumpkin.	Crumbed Fish Lightly crumbed oven baked fillet of fish and tartare sauce. Served with a creamy potato bake, carrots and peas.
NONNAS COURSES	MAIN	Fresh Fruit Salad Honeydew, watermelon, pineapple, orange, kiwi fruit and grapes, hand cut in our kitchen.	Chocolate Mud Cake Rich and moist chocolate mud cake with a decadent chocolate frosting.	Baked Cheesecake Nonna's Cucina's delicious baked cheesecake with a hint of orange and lemon zest, topped with a lemon curd.	Italian Coconut Cream Cake Traditional Italian butter cake with a twist. Gently flavoured with vanilla and topped with a delicious coconut cream.	Rice & Orange Cake This is a much-loved recipe from Naples. Cooked rice in an egg custard with a hint of orange and vanilla.
		DESSERT	Chicken Rissoles Oven baked chicken mince & cheese rissoles. Served with broccoli, carrots & a smooth chicken gravy.	Cottage Pie Traditional cottage pie made with sautéed beef mince and vegetables. Topped with gratinated mash potato, served with pumpkin & beans.	Vegetable Quiche A combination of hand cut potatoes, zucchini, spinach & parmesan cheese, with golden baked pastry, served with sweet potato & beans.	Crumbed Fish Lightly crumbed oven baked fillet of fish and tartare sauce. Served with mashed potato, carrots, and peas.
GRANDMA COURSES	MAIN	Bread & Butter Pudding Sliced bread layered with butter, jam and sultanas, set in an egg custard.	Lamington Sponge cake coated in a layer of chocolate and rolled in coconut.	Fresh Fruit Salad Honeydew, watermelon, pineapple, orange, kiwi fruit and grapes, hand cut in our kitchen.	Stewed Apple & Granola Yogurt Stewed apples paired with crunchy granola and creamy yogurt.	Hummingbird Cake Homemade Hummingbird cake of banana, pineapple and delicious spices. Topped with cream cheese frosting and pecans.
		DESSERT				

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WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	SOUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NONNAS COURSES	SOUP OF THE DAY	Pastina, Egg & Parmesan Soup This is our traditional chicken & broth enhanced with egg, parmesan & small pasta.	Chicken & Vegetable Broth A selection of finely chopped vegetables and chicken pieces in a rich chicken & herb broth.	Minestrone This is a nourishing and hearty combination of fresh vegetables and beans in a tomato broth.	Cauliflower & Leek A soup of pureed cauliflower and leek with a smooth texture and well-developed flavours of fresh vegetables.	Beef & Barley A selection of finely chopped vegetables in a rich beef broth enriched with spinach & pearl barley.
	MAIN	Chicken Parmigiana Oven baked crumbed chicken breast topped with a tomato basil sauce & mozzarella cheese. Served with cocktail potatoes, baby beans and carrots.	Bacon & Potato Frittata Smoked bacon and hand cut potatoes with spinach, free range eggs and parmesan cheese. Served with broccoli and pumpkin.	Pasta Napolitana Fresh homemade pasta served with a traditional tomato and basil sauce, topped with parmesan cheese.	Cabbage Rolls Hand rolled cabbage leaves filled with pork and veal mince, rice, parsley and cheese cooked in a tomato and basil sauce.	Fish with Herb Crust Oven baked fish fillet topped with a herb crust of lemon zest, fresh basil & parsley. Served with seasoned potato, carrots, beans & tartare sauce.
	DESSERT	Creamed Caramel A creamy set custard, served with a homemade caramel sauce.	Fresh Fruit Salad Honeydew, watermelon, pineapple, orange, kiwi fruit and grapes, hand cut in our kitchen.	Jelly with Fruit Poached pieces of fruit set in flavoured jelly.	Banana Cake A rich cake made with fresh banana and topped with a banana frosting.	Strawberry Cheesecake Creamy cheesecake made with a hint of fresh lemon topped with strawberry coulis.
GRANDMA COURSES	MAIN	Tuna & Corn Mornay A traditional dish of tuna, corn, potato and cheese, baked in a bechamel sauce, served with peas and carrots.	Chicken Casserole A classic chicken casserole together with diced vegetables & mushrooms served on a bed of steamed rice.	Beef Sausages Beef sausages served with creamy mashed potato, carrot, peas & a delicious onion gravy.	Crumbed Fish Lightly crumbed fish fillet, oven baked served with a carrot, cauliflower & broccoli mix and tartare sauce.	Corned Beef Silverside poached with onions, celery and carrots, sliced and topped with a white sauce. Served with mashed potato and carrot.
	DESSERT	Fruit & Jelly Poached pieces of fruit set in flavoured jelly.	Peaches & Cream Peaches lightly baked with honey and crumble mix, served with cream.	Vanilla Cherry Torte A rich vanilla & cherry cake served with smooth set custard	Fresh Fruit Salad Honeydew, watermelon, pineapple, orange, kiwi fruit and grapes, hand cut in our kitchen.	Apple Pie Tart A light tart shell filled with spiced apples & sultanas, topped with golden pastry. Served with cream.

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WEEK 4

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	SOUP OF THE DAY	Zucchini & Bacon	Cannellini Bean	Sweet Potato	Lentil & Vegetable	Chicken Noodle
NONNA COURSES	SOUP	A hearty creamed soup of zucchini and bacon.	Nourishing soup combination of fresh vegetables and cannellini beans.	A delicious and flavoursome puree of sweet potato and potato blended to a creamy smooth soup.	This soup offers nutrition and flavour with lots of fresh vegetables in a vegetable broth with lentils.	A selection of finely diced vegetables in a rich chicken broth with noodles.
	MAIN	Pasta Ragù A traditional rich Italian sauce made with chicken, veal and pork, served with homemade fresh pasta and parmesan cheese.	Pork Sausage & Broccoli Risotto Traditional Italian pork & fennel sausage together with SA broccoli in a creamy risotto and parmesan cheese.	Pumpkin, Spinach & Ricotta Lasagne Homemade fresh pasta sheets, with pumpkin, spinach and ricotta, in a rich tomato and basil sauce. Served with broccoli and cauliflower.	Osso Bucco Lightly seared veal shin, stewed until tender in a tomato and white wine sauce. Served on a bed of saffron rice & peas.	Crumbed Fish Lightly crumbed oven baked fillet of fish, served with steamed potato, broccoli, carrots and tartare sauce.
GRANDMACOURSES	DESSERTS	Spiced Apple Crumble Lightly spiced apples with an Italian crumble topping, served with cream.	Italian Fruit Cake A particularly delicious cake made with sultanas, fruit zest served with custard.	Fresh Fruit Salad Honeydew, watermelon, pineapple, orange, kiwi fruit and grapes, hand cut in our kitchen.	Chocolate Marble Cake A light vanilla & chocolate swirl cake topped with chocolate frosting.	Italian Custard Italian baked custard with poached fruit.
	MAIN	Chicken Leek Pie Tender diced chicken cooked with fresh leek & topped with a creamy mashed potato. Served with carrots and beans.	Steamed Fish with White Sauce Lightly seasoned fish fillet, served with cocktail potato, beans, and pumpkin finished with a fresh herb white sauce.	Mexican Chilli Con Carne (mild) Beef mince, lightly seasoned & served on a baked potato topped with melted cheese and mixed beans.	Vegetable Stir Fry Vegetable stir fry with local SA grown vegies tossed in a mild sweet chilli & soy sauce. Served with steamed rice.	Roast Beef A traditional roast served with oven baked potato, pumpkin, & peas served with gravy.
	DESSERTS	Fresh Fruit Salad Honeydew, watermelon, pineapple, orange, kiwi fruit and grapes, hand cut in our kitchen.	Vanilla Yogurt A traditional vanilla yogurt topped with delicious berries.	Cinnamon Cake Baked vanilla cake with melted butter and cinnamon sugar.	Fruit & Jelly Poached pieces of fruit set in flavoured jelly.	Sticky Date Pudding A moist sponge cake cooked with rich sticky dates, baked and served with butterscotch sauce.

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WEEK 5		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	SOUP OF THE DAY	Chickpea & Vegetable Plenty of fresh vegetables and chickpeas in a wholesome broth.	Pumpkin A velvety smooth puree of pumpkin.	Italian Bean This is a nourishing and hearty combination of fresh vegetables and beans.	Chicken with Pastina A selection of finely diced vegetables and chicken pieces in our chicken broth with small pasta added.	Potato, Broccoli & Parmesan A soup of pureed potato & broccoli with a smooth texture and well-developed flavours of fresh vegetables and parmesan.
		Pasta al Forno A meaty Bolognese sauce with mushrooms and peas, mixed through pasta with melted cheese.	Roast Chicken Filled with Spinach & Cheese Rolled chicken, with a spinach and cheese filling, baked and served with creamy mashed potato, beans and gravy.	Ravioli with Napolitana Sauce Ravioli filled with beef in a rich tomato and basil sauce served with parmesan cheese.	Stracotto Di Manzo Con Polenta Beef and vegetables slowly braised in red wine, served with velvety smooth polenta and parmesan	Crumbed Fish Lightly crumbed oven baked fillet of fish and tartare sauce. Served with a cauliflower cheese bake, carrot and beans.
NONNA COURSES	MAIN	Lemon Raspberry Cake An Italian favourite lemon & raspberry cake dusted with icing sugar.	Jelly with Fruit Poached pieces of fruit set in flavoured jelly.	Fresh Fruit Salad Honeydew, watermelon, pineapple, orange, kiwi fruit and grapes, hand cut in our kitchen	Panna Cotta A delicate Italian dessert made with milk and cream, served with a berry sauce.	Italian Chocolate Slice Rich Italian dessert with layered sponge finger biscuits, cherries and a smooth chocolate mousse.
	DESSERTS	Lamb Hot Pot Slowly braised lamb with hand cut vegetables and potatoes, served with pumpkin & Brussel sprouts.	Crumbed Fish Lightly crumbed oven baked fillet of fish and tartare sauce. Served with cocktail potato, zucchini, and carrots.	Roast Pork A traditional roast served with oven baked potato, pumpkin, beans and gravy.	Sausage Casserole Traditional beef sausages cooked with vegetables in a rich beef gravy, served with mash potato, pumpkin & peas	Meat Loaf Hand rolled beef mince and vegetables with cheese and herbs, served with cauliflower, broccoli, carrot mix and gravy.
GANDMA COURSES	MAIN	Fresh Fruit Salad Honeydew, watermelon, pineapple, orange, kiwi fruit and grapes, hand cut in our kitchen.	Chocolate Brownie Delicious chocolate brownie slice, rich in flavour and served with fresh whipped cream.	Orange Cake A citrus sponge made with an orange zest and topped with buttercream frosting.	Fruit & Jelly Poached pieces of fruit set in flavoured jelly.	Lumberjack Cake An old-fashioned apple & date cake topped with caramelised coconut and oats. Served with custard.
	DESSERT					

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