

NONNA'S CUCINA MENU

(EFFECTIVE July - December 2023)

WEEK 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NONNAS COURSES	SOUP	Chicken & Vegetable A selection of finely chopped vegetables in our own rich chicken broth.	Spring Onion & Vegetable A hearty soup of mixed vegetables and small pasta, enhanced with fresh spring onions.	Sweet Potato & Leek A delicious and filling puree of sweet potato and leek blended to a creamy smooth soup.	Cream of Sweetcorn A delicately flavoured combination of chicken pieces and sweetcorn in a wholesome chicken broth.	Minestrone A nourishing and hearty combination of fresh vegetables and beans.
	MAIN	Risotto all' Ortolana Traditional creamy risotto with seasonal vegetables of zucchini, peas, onion, carrots, spinach and pumpkin with parmesan cheese.	Chicken with Cacciatore Sauce This is a rustic Italian dish. Roast chicken topped with tomato, capsicum, zucchini and eggplant, cooked in white wine and served with steamed rice.	Meat Lasagne Our lasagne is made with fresh pasta, layered with pork and veal with sauce and plenty of cheese.	Roast Vegetable Frittata Hand cut vegetables, roasted and mixed with free range eggs and parmesan cheese. Served with broccoli and carrot.	Tuna & Tomato Pasta Vine ripened tomato, cooked with tuna, anchovies, olives, capers and served with 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. Lady finger biscuits are 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 sauce and served with parmesan cheese.	Vegetable Quiche Free range eggs are combined with hand cut potato, zucchini, and spinach with grated parmesan cheese, topped with pastry and baked until golden.	Ham Steak with Pineapple & Cheese Old style baked ham steak with pineapple and melted cheese. Served with cocktail potato & 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 creamy mashed potato and carrots.
GRANDMAS COURSES	DESSERT	Jelly with Pineapple Poached pineapple slices set in jelly.	Lamington Sponge cake coated in a layer of chocolate and rolled in coconut.	Bread & Butter Pudding Sliced bread layered with butter, jam and sultanas, set in an egg custard.	Apple Custard Tart Oven-baked tart shell filled with delicious apples and 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 in a rich beef broth.	Pea & Ham A hearty, warming soup with shredded ham in a pea puree.	Thick Vegetable Nutritional and flavoursome, packed with seasonal vegetables in a broth.	Pumpkin A velvety smooth puree of pumpkin.
	NONNAS COURSES	MAIN	Pasta with Meatballs Traditional pork and veal mincemeat, shaped into balls and cooked gently in a homemade tomato and basil sauce, served with pasta and parmesan cheese.	Roast Chicken Free range chicken leg fillet, marinated and rolled with crispy skin, served with seasoned herbs, potato and steamed broccoli.	Pasta alla Panna Short pasta is mixed with smoked, diced bacon and SA grown button mushrooms in a white wine and cream sauce.	Veal Scallopini Veal medallions topped with leg ham and shredded cheese. Complemented by creamy mashed potato and steamed carrot.
DESSERT		Fresh Fruit Salad Honeydew, watermelon, pineapple, orange, kiwi fruit and grapes, hand cut in our kitchen.	Italian Coconut Cream Cake Traditional Italian butter cake with a twist. Gently flavoured with vanilla and topped with a delicious coconut cream.	Baked Cheesecake Nonna's Cucina's delicious baked cheesecake with a hint of orange and lemon zest.	Chocolate Mud Cake Moist and rich chocolate mud cake with a decadent chocolate frosting.	Rice & Orange Cake This is a much-loved recipe from Naples. Cooked rice in an egg custard with a hint of orange and vanilla.
GRANDMA COURSES	MAIN	Crumbed Fish Lightly crumbed oven baked fillet of fish and tartare sauce. Served with mashed potato, carrots, and peas.	Cottage Pie Traditional cottage pie made with sautéed minced beef and vegetables. Topped with gratinated mash potato and served with pumpkin and beans.	Vegetable Pastie One of our favourites, a combination of onion, celery, carrots, and potato in short crust pastry. Served with tomato sauce on the side.	Chicken Rissoles Chicken mince mixed with rice, carrots, breadcrumbs, and cheese, rolled into patties and oven baked. Served with a smooth chicken gravy, peas, carrots and mashed potato.	Roast Lamb A traditional roast served with oven baked potato, pumpkin and gravy.
	DESSERT	Carrot Cake A moist cake made with grated carrots and walnuts topped with our famous cream cheese frosting.	Chocolate Mousse Light fluffy milk chocolate mousse.	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.	Dark Chocolate Cake Moist and rich chocolate cake with a decadent chocolate frosting.

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WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	SOUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	SOUP OF THE DAY	Egg & Parmesan Soup This is our traditional chicken broth enhanced with egg and parmesan.	Chicken & Vegetable Broth A selection of finely chopped vegetables and chicken pieces in a rich chicken broth.	Minestrone This is a nourishing and hearty combination of fresh vegetables and beans.	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 pearl barley.
NONNAS COURSES	MAIN	Chicken Parmigiana Oven baked crumbed chicken breast topped with a tomato and basil sauce & mozzarella cheese. Served with sauté, 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 Napoletana Pasta cooked in a tomato and basil sauce, served with parmesan cheese. Simple and classic!	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 An oven baked fish fillet topped with breadcrumbs flavoured with lemon zest, fresh basil, parsley. Served with herbed potato and carrots.
	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.	Banana Cake A rich cake made with fresh banana and topped with a banana cream icing.	Jelly Fruit Poached apple slices set in fruit jelly.	Lemon Cheesecake Creamy cheesecake made with a hint of fresh lemon.
GRANDMA COURSES	MAIN	Bangers & Mash Beef sausages with creamy mashed potato, onion gravy and steamed peas.	Chicken Casserole A classic casserole made with diced chicken, tomato, mushroom and capsicum served on a bed of rice.	Tuna Mornay A traditional dish of tuna, potato and cheese, baked in a bechamel sauce, served with peas and carrots.	Chicken Schnitzel Lightly crumbed breast of chicken served with gravy, baby carrots and beans.	Corned Beef Silverside poached with onions, celery and carrots, sliced and topped with a white sauce. Served with mashed potato and carrot.
	DESSERT	Jelly Fruit Poached apple slices set in fruit jelly.	Peaches & Cream Peaches lightly baked with honey and crumble mix, served with cream.	Vanilla Mud Cake A rich vanilla cake served with mixed berries and cream.	Fresh Fruit Salad Honeydew, watermelon, pineapple, orange, kiwi fruit and grapes, hand cut in our kitchen.	Lemon Tea Cake A light cake made with lemon zest and dusted with icing sugar.

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WEEK 4

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		Zucchini & Bacon	Cannellini Bean	Potato & Leek	Lentil & Vegetable	Chicken Noodle
NONNA COURSES	SOUP	SOUP OF THE DAY A hearty, warming soup with pieces of bacon in a zucchini & vegetable broth.	Cannellini Bean Nourishing and hearty combination of fresh vegetables and cannellini beans.	Potato & Leek A delicious and filling puree of sweet potato and leek blended to a creamy smooth soup.	Lentil & Vegetable This soup offers nutrition and flavour with lots of fresh vegetables in a vegetable broth with lentils.	Chicken Noodle 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 pasta and parmesan cheese.	Pork Sausage & Broccoli Risotto Traditional Italian pork & fennel sausage are added to a creamy risotto incorporating SA grown broccoli.	Pumpkin, Spinach & Ricotta Lasagne Layers of pasta sheets, with pumpkin, spinach and ricotta, in a rich tomato and basil sauce, served with broccoli and cauliflower.	Chicken Cacciatore Lightly seared chicken, stewed until tender in a tomato sauce with mushroom, capsicum, garlic, oregano, and white wine. Served on a bed of rice.	Crumbed Fish Lightly crumbed oven baked fillet of fish and tartare sauce. Served with steamed potato, peas and carrots.
NONNA COURSES	DESSERTS	Italian 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.	Italian Custard Slice Italian baked custard with poached fruit.	Chocolate Marble Cake A light vanilla sponge cake with chocolate swirl and chocolate frosting.
	MAIN	Chicken Leek Pie Succulent diced chicken cooked with fresh leek and topped with a creamy mashed potato. Served with carrots and beans.	Crumbed Fish Lightly crumbed oven baked fillet of fish and tartare sauce. Served with steamed cocktail potato, beans, and pumpkin.	Mexican Chili Con Carne (mild) A baked potato topped with beef, tomato, and spiced beans mix. Topped with melted cheese.	Vegetable Stir Fry SA grown vegetables tossed with sweet chilli and soy sauce. Served with rice.	Roast Beef A traditional roast served with oven baked potato, peas, and gravy.
GRANDMACOURSES	DESSERTS	Fresh Fruit Salad Honeydew, watermelon, pineapple, orange, kiwi fruit and grapes, hand cut in our kitchen.	Cinnamon Cake Vanilla cake with butter and a cinnamon sugar topping.	Vanilla Yogurt A traditional vanilla yogurt topped with delicious berries.	Jelly Fruit Poached peaches set in fruit jelly.	Sticky Date Pudding Rich dates, baked and topped with butterscotch sauce.

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WEEK 5		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NONNA COURSES	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.
	MAIN	Pasta al Forno A meaty Bolognese sauce with mushrooms and peas, mixed through pasta with melted cheese.	Italian Pork Sausage Chef's pork and fennel sausage recipe. Served with peperonata (capsicum, potato, zucchini, onion and tomato).	Ravioli with Napolitana Sauce Beef ravioli in a rich tomato and basil sauce served with parmesan cheese.	Chicken filled with Spinach & Cheese Rolled chicken, with a spinach and cheese filling, baked and served with creamy mashed potato, beans and gravy.	Crumbed Fish Lightly crumbed oven baked fillet of fish and tartare sauce. Served with cauliflower cheese bake and beans.
GANDMA COURSES	DESSERTS	Jelly Fruit Poached apricots set in fruit jelly.	Vanilla Sponge Cake A firm favourite vanilla sponge cake dusted with plain icing sugar.	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.	Fruit & Custard Poached fruit in a cream custard.
	MAIN	Lamb Hot Pot Slowly braised lamb with hand cut vegetables. Served with steamed potatoes.	Crumbed Fish Lightly crumbed oven baked fillet of fish and tartare sauce. Served with cocktail potato, beans, and carrots.	Roast Pork A traditional roast served with oven baked potato, pumpkin, and gravy.	Sausage Casserole Traditional beef sausages cooked with vegetables in a rich beef gravy, served on creamy mashed potato.	Meat Loaf Hand rolled beef mince and vegetables with cheese and herbs, served with creamy mashed potato, peas and gravy.
NONNA COURSES	DESSERT	Fresh Fruit Salad Honeydew, watermelon, pineapple, orange, kiwi fruit and grapes, hand cut in our kitchen.	Apple Crumble Sliced and lightly spiced apples with a classic crumble, served with fresh cream.	Orange Cake A citrus sponge made with an orange zest and topped with buttercream frosting.	Jelly Fruit Poached apricots set in fruit jelly.	Creamed Sago A creamy sago custard with stewed fruit.

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