



Delivery Dates: **Tuesdays** - order by Noon on Friday
Fridays - order by Noon on Wednesday

Current Specials

Roast Chicken Breast
served with wild and long grain rice
and sautéed vegetables
\$23.95

South Western Salmon
served with rice pilaf
and garden salad
\$24.95

Maple Glazed Pork Roast
served with garlic mashed potatoes
and baby carrots with green beans
\$23.95

Sautéed Vegetable Fussili Pasta
served with garden OR Caesar salad
\$19.95

Box Lunch
Sliced Beef Tenderloin with Honey Dijon
with crudités, fruit salad, cookie
and dinner roll with whipped butter
\$27.95

Main Course Salad – California Chèvre
\$14.25

Spring Mix Salad
with cucumber and cherry tomatoes
served with an apple cider vinaigrette
\$10.50

Apple and Butternut Squash Soup
\$7.50

Lemon Meringue Pie
\$6.50

Special Offer

Join Our Birthday Club

*And Franco Freshy Will Cook
A Gourmet Filet Mignon Dinner
Complete With Birthday Cake
And Deliver It To Your Home For Your Birthday*

Absolutely Free

*Conditions Apply
Substitutions Are Available*

Call 416•503•7777 To Join Today!

Always Available

Entrée Combos

Chicken Cacciatore
served with wild and long grain rice
\$26.95

Marinated Lime Grilled Chicken
served with broccoli and cheddar,
long grain rice and a mango salsa
\$21.95

Teriyaki Chicken
served with oriental rice
and oriental sautéed vegetables
\$21.95

Chicken Fingers
served with French fries and plum sauce
\$16.75

Chicken, Beef or Vegetable Stir Fry
served with chef salad and jasmine rice
\$19.95

Maple Glazed Salmon
served with green beans almandine,
long grain rice and a mango salsa
\$24.95

Filet of Sole Meuniere
served with Portuguese rice with clams
and sautéed spinach
\$24.95

Ribs n'Wings
served with Mexican rice
\$27.95

Filet Mignon
served with parisienne potatoes
and grilled vegetables
\$42.95

Top Sirloin Steak
served with garlic mashed potatoes
and green beans nicoise
\$25.95

Beef Bourguignonne
served with chef or Caesar salad
and egg noodles
\$22.95

Meat, Chicken or Vegetable Lasagna
served with chef or Caesar salad
and garlic bread
\$17.95

Penne All'Arrabbiata
served with chef or Caesar salad
\$15.95

Linguini with Ricotta Sauce
served with chef or Caesar salad
\$18.95

Franco Freshy's Healthiest Choices
Incredible Tasting, High Fiber, Low Fat & Low Sugar Gourmet Meals
YOU WILL NOT BELIEVE THAT THEY CAN BE SO GOOD FOR YOU!

Pork Tenderloin with Apple Compote
served with broccoli florets and sliced carrots
and brown rice
\$23.95

Leek Stuffed Sole
served with green beans almandine
and wild and long grain rice
\$24.95

Hunter Style Chicken
served with whole wheat linguini pasta
\$26.95

Garlic Shrimp Pasta
served with a tossed market greens salad
\$24.95

Fettuccine Primavera
served with seared tofu and baby greens salad
\$19.95

Substitutions to entrée combos are available at an additional charge.

Always Available

Chicken Noodle	\$7.25 pp	New York Cheesecake with	\$6.95 pp
Beef Barley	\$7.25 pp	blueberry sauce	
Minestrone	\$7.25 pp		
Salads		Brownies	\$4.95 pp
Market Greens	\$7.50 pp	Gourmet Cookies	\$4.95 pp
Marinated Veggie	\$7.50 pp	Butter, Lemon, Fruit	\$3.95 ea
Coleslaw	\$7.50 pp	or Mousse Tarts	
Pesto Pasta	\$7.50 pp	Assorted Mini Pastries	\$3.95 ea
Potato	\$7.50 pp	Seasonal Sliced Fresh Fruit	\$7.95 pp
Caesar	\$9.50 pp		
Baby Spring Mix	\$9.50 pp		
Grilled Chicken Caesar	\$14.25		

Disposables if required, are available at an additional cost of \$1.00 per set.

Gift Ideas

- Cookie Trays
- Cookie Boxes
- Candy Trays
- Gourmet Gift Baskets
- Wine Baskets
- Fruit Kabob Displays
- Chocolate Dipped Strawberry Trees
- Shrimp Displays

MAY WE TAKE YOUR ORDER?

Phone: 416•503•7777

Fax: 416•503•7799

Email: info@mealsdeliveredathome.com

Receive our bi-weekly menus, by email, right to your inbox.
Call or e-mail now.