



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

## Current Specials

**Monday January 16<sup>th</sup> to Sunday January 29<sup>th</sup>, 2012**

**Roast Chicken Breast**  
served with wild and long grain rice  
and sautéed vegetables  
\$20.95

**South Western Salmon**  
served with rice pilaf  
and garden salad  
\$20.95

**Maple Glazed Pork Roast**  
served with garlic mashed potatoes  
and baby carrots with green beans  
\$20.95

**Sautéed Vegetable Fussili Pasta**  
served with garden OR Caesar salad  
\$16.95

**Box Lunch**  
**Sliced Beef Tenderloin with Honey Dijon**  
with crudités, fruit salad, cookie  
and dinner roll with whipped butter  
\$21.95

**Main Course Salad – California Chèvre**  
\$12.50

**Organic Spring Mix Salad**  
with cucumber and cherry tomatoes  
served with an apple cider vinaigrette  
\$6.95

**Apple and Butternut Squash Soup**  
\$5.25

**Lemon Meringue Pie**  
\$5.25

### *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  
\$21.50

**Marinated Lime Grilled Chicken**  
served with broccoli and cheddar,  
long grain rice and a mango salsa  
\$20.95

**Teriyaki Chicken**  
served with oriental rice  
and oriental sautéed vegetables  
\$20.95

**Chicken Fingers**  
served with French fries and plum sauce  
\$15.50

**Chicken, Beef or Vegetable Stir Fry**  
served with chef salad and jasmine rice  
\$17.95

**Maple Glazed Salmon**  
served with green beans almandine,  
long grain rice and a mango salsa  
\$20.95

**Filet of Sole Meuniere**  
served with Portuguese rice with clams  
and sautéed spinach  
\$20.95

**Ribs n'Wings**  
served with Mexican rice  
\$24.50

**Filet Mignon**  
served with parisienne potatoes  
and grilled vegetables  
\$38.50

**Top Sirloin Steak**  
served with garlic mashed potatoes  
and green beans nicoise  
\$22.95

**Beef Bourguignonne**  
served with chef or Caesar salad  
and egg noodles  
\$16.95

**Meat, Chicken or Vegetable Lasagna**  
served with chef or Caesar salad  
and garlic bread  
\$15.75

**Penne All'Arrabbiata**  
served with chef or Caesar salad  
\$14.50

**Linguini with Ricotta Sauce**  
served with chef or Caesar salad  
\$15.25

### *Prancco 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  
\$20.95

**Leek Stuffed Sole**  
served with green beans almandine  
and wild and long grain rice  
\$20.95

**Hunter Style Chicken**  
served with whole wheat linguini pasta  
\$19.50

**Garlic Shrimp Pasta**  
served with a tossed market greens salad  
\$21.95

**Fettuccine Primavera**  
served with seared tofu and baby greens salad  
\$17.95

Substitutions to entrée combos are available at an additional charge.

## Always Available

Chicken Noodle	\$5.25 <i>pp</i>	New York Cheesecake with	\$5.25 <i>pp</i>
Beef Barley	\$5.25 <i>pp</i>	blueberry sauce	
Minestrone	\$5.25 <i>pp</i>		
<b>Salads</b>		Brownies	\$4.50 <i>pp</i>
Market Greens	\$6.50 <i>pp</i>	Gourmet Cookies	\$3.95 <i>pp</i>
Marinated Veggie	\$6.50 <i>pp</i>	Butter, Lemon, Fruit	\$3.50 <i>ea</i>
Coleslaw	\$6.50 <i>pp</i>	or Mousse Tarts	
Pesto Pasta	\$6.50 <i>pp</i>	Assorted Mini Pastries	\$3.25 <i>ea</i>
Potato	\$6.50 <i>pp</i>	Seasonal Sliced Fresh Fruit	\$6.95 <i>pp</i>
Caesar	\$7.50 <i>pp</i>	New York Cheesecake with	\$5.25 <i>pp</i>
Baby Spring Mix	\$8.95 <i>pp</i>		
Grilled Chicken Caesar	\$12.95		

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](mailto:info@mealsdeliveredathome.com)**

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