



Delivery Dates:

Tuesdays - order by Noon on Friday

Fridays - order by Noon on Wednesday

Current Specials

Monday July 19th to Sunday August 1st, 2010

Braised Beef Pot Roast

served with roasted rosemary potatoes
and lemony snow peas and mushrooms
\$16.95

Black Bean Sautéed Pork Loin Strips

served with jasmine rice
and Asian stir-fried vegetables
\$20.95

Caribbean Jerk Chicken

served with sweet and Yukon potato mash
and grilled vegetables
\$20.95

Vegetarian Chili

served with tossed market greens salad
\$14.50

Box Lunch

Poached Atlantic Salmon and Mango Salsa
with seasonal crudités
fresh fruit salad and a cookie
\$19.95

Main Course Salad – San Diego Chicken

\$12.50

Side Salad - Cucumber with Dill and Yogurt

\$4.50

Cream of Potato and Leek Soup

\$5.25

Coconut Cream 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

Aranco 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

Soups		Desserts	
Chicken Noodle	\$5.25 pp	New York Cheesecake with <i>blueberry sauce</i>	\$5.25 pp
Beef Barley	\$5.25 pp		
Minestrone	\$5.25 pp		
Salads		Brownies	\$4.50 pp
Market Greens	\$4.95 pp	Gourmet Cookies	\$3.95 pp
Marinated Veggie	\$4.95 pp	Butter, Lemon, Fruit or Mousse Tarts	\$3.50 ea
Coleslaw	\$4.95 pp		
Pesto Pasta	\$4.95 pp	Assorted Mini Pastries	\$3.25 ea
Potato	\$4.95 pp		
Caesar	\$6.25 pp	Seasonal Sliced Fresh Fruit	\$6.95 pp
Baby Spring Mix	\$6.95 pp		
Grilled Chicken Caesar Salad Meal	\$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

Receive our bi-weekly menus, by email, right to your inbox.

Call or e-mail now.