



**Delivery Dates:**

**Tuesdays** - order by Noon on Friday

**Fridays** - order by Noon on Wednesday

**Upcoming Specials**

**Monday August 2<sup>nd</sup> to Sunday August 15<sup>th</sup>, 2010**

**Chicken in Tarragon Sauce**  
served with garlic mashed potatoes  
and sautéed butternut squash  
\$20.95

**Portuguese Fillet of Sole**  
served with rice pilaf tossed with clams  
and sautéed spinach  
\$21.95

**Pork Tenderloin Medallions**  
with a shitake mushroom and peach  
sauce served with a potato soufflé  
and green beans nicoise  
\$20.95

**4 Cheese Vegetable Lasagna**  
served with garden OR Caesar salad  
and garlic bread  
\$15.95

**Box Lunch**  
Grilled Boneless Breast of Chicken  
and red pepper coulis  
with crudités, fresh fruit salad, cookie and  
dinner roll with whipped butter  
\$17.50

**Main Course Salad – Greek Chicken**  
\$12.95

**Side Salad - Caprese**  
\$6.95

**Carrot and Fennel Soup**  
\$5.25

**Pumpkin Pie**  
\$4.25

***Special Offer***

***Join Our Birthday Club***

*And Franco Freshly 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

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			
Market Greens	\$4.95 pp	Brownies	\$4.50 pp
Marinated Veggie	\$4.95 pp	Gourmet Cookies	\$3.95 pp
Coleslaw	\$4.95 pp	Butter, Lemon, Fruit or Mousse Tarts	\$3.50 ea
Pesto Pasta	\$4.95 pp		
Potato	\$4.95 pp	Assorted Mini Pastries	\$3.25 ea
Caesar	\$6.25 pp		
Baby Spring Mix	\$6.95 pp	Seasonal Sliced Fresh Fruit	\$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](mailto:info@mealsdeliveredathome.com)**

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

**Call or e-mail now.**