

HOME DELIVERED FAMILY MEALS

Delivered to you just in time for dinner!



You deserve a night or two off each week and let **Food for Thought** do the cooking for you. Homemade, delicious meals available for delivery or pickup in York Region. Meals are prepared for 4 or 6 people and can be easily reheated to make great leftovers or lunches the next day.

Fill in the form below, save it to your computer and email it back to time2eat@foodforthought.ca

Family Meal Options	Dinner for 4 \$50.00	Dinner for 6 \$70.00	Caesar Salad \$15.00	Greek Salad \$15.00	Sonoma Salad \$15.00
BBQ grilled chicken breast served with mini-potatoes and grilled vegetables					
Grilled salmon teriyaki served with rice pilaf and garlic broccoli spears					
Chicken souvlaki served with lemon potatoes and Greek salad					
Beef bourguignon served with mashed potatoes and caesar salad					
Chicken or beef fajitas with seasoned vegetables, Mexican rice and all the toppings (salsa, guacamole, sour cream, shredded lettuce and cheddar cheese)					
Chicken penne pasta with roasted peppers and sauteed mushrooms					
VEGETARIAN: Schezuan style eggplant served with tofu and basmati rice					
VEGETARIAN: Moroccan chick pea stew served with potatoes					
Meat or Veggie Lasagna					

PICKUP

DELIVERY (\$15 - \$25)

Pickup/Delivery Date: _____ **Time:** _____

Your name: _____ Cell Phone: _____

Delivery Address: _____ City: _____

Email: _____

****HST is extra and will be charged in addition to the meal prices above.***

Delivery is additional \$15 - \$25. Pickup address is: 696 Denison Street, Markham, Ontario L3R 1C1.

Payments accepted: Visa • MasterCard • American Express • etransfer

