

# freshdirect®

## 4-MINUTE MEALS

### **T a b l a**



The groundbreaking New Indian cuisine of Chef Floyd Cardoz.

**Chicken Tikka Masala w/ Pea Pilaf**

### *Presto Italiano*

Indulge in luscious Italian comfort classics.

**Classic Chicken Parmesan & Spaghetti**

**Four-Cheese Ravioli in Slow-Cooked Tomato Sauce**

**Lobster Ravioli w/ Classic Vodka Sauce & Basil**

**Parmesan Meatballs w/ Mezzi Rigatoni & Basil**

**Penne Rigate w/ Roasted Chicken & Marsala Wine Mushroom Sauce**

**Ziti w/ Mozzarella, Ricotta & Slow-Cooked Tomato Sauce**

### EATINGWELL®

Nutritious vegetarian meals – Under 500 calories!

**Portobello Mushroom Ravioli w/ Three-Tomato Sauce**

### ROSA MEXICANO®

Mexico's regional cuisines. Spicy. Zesty. Innovative.

**Chipotle-Lime Chicken & Rice**

### TERRANCE BRENNAN

Decadent dishes from the chef who created Picholine & Artisanal.

**Parmesan Risotto w/ Porcini Mushrooms, Asparagus & Peas**

### Smart & Simple

Perfectly portioned meals – each at 500 calories or fewer!

**Black Olive Char-Marked Salmon w/ Saffron Rice**

**Chicken Teriyaki w/ Fresh Pineapple & Brown Rice**

**Roasted Chicken w/ Barley Risotto & Vegetables**

### Salads

Delicious salads – just right for easy, on-the-go meals.

**Grilled Chicken (Raised without Antibiotics) Salad w/ Balsamic Vinaigrette**

**Spinach Salad w/ Beets, Goat Cheese & Dressing**

While supplies last. Selection may vary.



**AVAILABLE 24/7**

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