

SIGNATURE BOX

Balanced nutrition and variety with enough food to feed a family of four for a week.

- 1.5 lb. New York Strip Steak (4 x 6 oz.)
- 2 lb. Chicken Breast Stir Fry (Boneless/Skinless Chicken Breast Chunks)
- 2 lb. Breaded Breast Fillet
- 1 lb. Steak Fajita Strips
- 20 oz. Supreme Pizza
- 28 oz. Jumbo Beef Patties With Gravy
- 1 lb. All Meat Hot Dogs
- 10 oz. Individually-Wrapped Cheese (16 slice)
- 1 lb. Mixed Vegetables
- 2 lb. French Fries
- 12 ct. White Corn Tortillas
- 1 lb. Rice
- 15 oz. Peach Halves
- 6 oz. Pancake Mix
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs
- Dessert

\$30.00

SENIOR/CONVENIENCE BOX

For Seniors or People on the Go!

Ten perfectly seasoned, nutritionally balanced, fully cooked meals—just heat and serve. Each meal has been developed with the dietary needs of senior citizens in mind, and contains 3 oz. of protein, a starch & two vegetables or fruit.

- New Orleans Style Chicken over Savory Rice** with Okra & Tomatoes and Diced Sweet Potatoes
- Grilled Chicken Strips & Penne Pasta with Creamy Tomato Basil Sauce**, Capri Blend Vegetables and Green Beans with Onions and Red Peppers
- Beef & Bowtie Pasta with Herbed Tomato Sauce**, Capri Blend Vegetables and Corn
- Flame-Broiled Salisbury Steak with Brown Gravy**, Sour Cream & Chive Potatoes and Mixed Vegetables
- Cheesy Chicken and Broccoli Casserole** with Rice, Green Beans and Squash Medley
- Classic Chicken Tetrazzini** with Diced Carrots and Green Peas
- Country Fried Steak with Cream Gravy**, Red Skin Whipped Potatoes and Mixed Vegetables
- Spaghetti with Meatballs**, Green Beans and Cinnamon Applesauce
- Chicken Parmesan** with Whipped Potatoes and Capri Blend Vegetables
- Flame-Broiled Beef Patty with Onion Gravy**, Sour Cream & Chive Potatoes and Capri Blend Vegetables
- 10 2-pack, individually-wrapped cookies**

\$28.00

ALLERGEN-FREE BOX

Processed to eliminate the eight top serious allergens: Peanuts, Soybeans, Milk, Eggs, Fish, Crustacea, Tree Nuts and Gluten (wheat, rye and barley). Great for children and adults!

- 1 lb. Breaded Chicken Tenders
- 1 lb. Breaded Chicken Breast Chunk (Boneless Wing)
- 1 lb. Breaded Chicken Nuggets
- 1 lb. Breaded Chicken Pattie
- 1 lb. Breaded Steak Fingers

*Battered with water, white rice, brown rice, modified tapioca starch, flax seed, sugar, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika.
Breaded with white rice, brown rice, modified tapioca starch, flax seed, sugar, dextrose, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika.
Breading is pre-browned in Canola oil.*

\$25.00

New!!

FISH & SHRIMP SEAFOOD BOX

The Long-Awaited Seafood Box is Here!

- 2 lb. Alaskan Salmon Fillets (8 x 4 oz. vacuum-pack)
- 2 lb. IQF Whiting Fillets (4 oz.-6 oz. fillet)
- 2 lb. IQF Large Shrimp (26-30 per lb.)

\$35.00

***One or More Specials Available Only With the Purchase of Any of the Standard Boxes Above ***

APRIL SPECIAL #1

6 lb. Assorted Meat Box \$22.00

- 1.5 lb. T-Bone Steaks (2 x 12 oz.)
- 2 lb. Lean All-Beef Hamburger Steaks (4 x 8 oz.)
- 1.5 lb. Boneless Pork Roast
- 1 lb. Mild Italian Sausage with Cheese

APRIL SPECIAL #2

4.5 lb. Meat Combo \$21.00

- 3 lb. Ribeye Steaks (6 x 8 oz.)
- 1.5 lb. Bacon-Wrapped Pork Fillet (4 x 6 oz.)

APRIL SPECIAL #3

5 lb. Steak and Pork Combo \$21.00

- 1.5 lb. Kansas City Strip (2 x 12 oz.)
- 1.5 lb. Bone-In Ribeye (2 x 12 oz.)
- 2 lb. Thick-Cut Boston Butt Chops (4 x 8 oz.)

APRIL SPECIAL #4

Chicken Breast Fillet Box \$21.00

- 10 lb. IQF Boneless Skinless Chicken Breast

APRIL SPECIAL #5

6 lb. Hamburger Steak Box \$18.00

- Lean All-Beef 6Hamburger Steaks (12 x 8 oz.)

APRIL SPECIAL #6

Fresh Fruit and Veggie Box \$22.00

- 3 lb. No. 1 Premium Idaho Baking Potatoes
- 3 lb. No. 1 Premium North Carolina Sweet Potatoes
- 1 pkg. Wiley's Sweet Potato and Yam Seasoning
- 1 head Premium Green Cabbage
- 1 lb. No. 1 Premium California Baby Whole Peeled Carrots
- 2 Premium 1015 Jumbo Sweet Onions
- 1 each Premium Red, Yellow, Orange & Green Bell Peppers
- 2 Premium California Lemons
- 1 head Premium California Iceberg Lettuce
- 4 Washington State Premium Bosc Pears
- 4 Washington State Premium Red Delicious Apples
- 1 Premium Golden Ripe Pineapple
- 1 Premium Sweet Cantaloupe
- April Fruit and Veggie Recipe Sheet

APRIL SPECIAL #7

Valencia Orange Box \$14.00

Sweet and Juicy — Peak of the Season!

2/5 Bushel Tree-Ripened Valencia Oranges (approximately 40-50 oranges per box)

Orders must be paid in advance via, Cash, Money Order, or EBT Card.

**LAST DAY TO PLACE AND PAY FOR YOUR ORDER IS:
MONDAY, APRIL 13, 2009 By 1 PM**

**DISTRIBUTION DAY IS: SATURDAY APRIL 18, 2009
9:00 A.M. – 10:30 A.M.**

