

FEBRUARY 2010 MENU

SIGNATURE BOX

Balanced Nutrition and variety with enough food to assist in feeding a family of 4 for a week.

\$30.00



2 lb. Top Sirloin Steaks (4 x 8 oz.)



1.5 lb. Boneless Pork Roast



2 lb. IQF Boneless/Skinless Chicken Breast



2 lb. Lasagna with Meat Sauce



1.5 lb. Fully Cooked Boneless Chicken Drumsticks (Brand New Item)



1 lb. Lean Ground Beef



1 lb. Frozen Baby Lima Beans



1 lb. Frozen Green Beans



1 lb. Pasta



25 oz. Pasta Sauce



4 ct. Large Russet Baking Potatoes



2% Shelf Stable Milk



Dozen Eggs

Each box contains one family dessert item

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 and two vegetables or fruit.

\$28.00



Chicken Parmesan with brussels sprouts & zucchini



Charbroiled Beef Patty with mashed potatoes, carrots & corn blend



Macaroni & Beef with noodles, carrots & zucchini blend



Lemon Pepper Fish with rice, peas & zucchini blend



Mesquite Chicken with rice, carrots & green beans



Spaghetti & Meatballs with corn, peas & carrots



Boneless Pork Patty with roasted sweet potatoes, sugar snap peas & broccoli/cauliflower



Cheese Manicotti with green beans, peas & carrots



Chicken & Rice with Mushroom Sauce, green beans, corn blend



Macaroni & Cheese with broccoli & lima beans



Dessert: Assorted Cookies, Mixed Fruit Cup, Fig Bar, Strawberry Applesauce, Grape Juice, Apple Juice

More Blessings in the Box!!! NEW LOWER PRICE!!!

5 LB. ALLERGEN-FREE FOOD BOX

5 lbs. of allergen free frozen foods processed to eliminate the top serious allergens: Peanuts, Soybeans, Milk, Eggs, Fish, Crustacea, Tree Nuts and Gluten (wheat, rye and barley). Great for children and adults!!

\$23.00



1 lb. Breaded Chicken Fillet Patties



1 lb. Breaded Chicken Tenders



1 lb. Breaded Chicken Nuggets



1 lb. Breaded Steak Fingers



1 lb. Breaded Chicken Wings

Back by Popular Demand!!

6 LB. PREMIUM SEAFOOD VARIETY PACK

6.1 lbs. of ready to cook premium seafood.

\$35.00



2 lbs. Alaskan Snow Crab Legs



1 lb. Large EZ Peel Shrimp



2 lbs. Oven Ready Popcorn Shrimp



1 lb. Stuffed Crab in Natural Shell (8 ct.)

FEBRUARY SPECIALS

Angel Food Specials can now be ordered individually with or without the purchase of one of the Standard Boxes.

special #1

6.5 lb. Assorted Meat Grill Box

\$23.00



1.5 lb. T-Bone Steaks
(2 x 12 oz.)



2 lb. Boneless Pork Chops
(4 x 6 oz.)



1.5 lb. Lean Hamburger Patties
(4 x 6 oz.)



1.5 lb. Italian Sausage with Cheese

special #2

5 lb. Assorted Meat & Chicken Combo

\$22.00



**1.5 lb. Kansas City Strips/
Bone-in New York Strips**
(2 x 12 oz.)



1.5 lb. Prime Rib Steak
(2 x 12 oz.)



**2 lb. Gourmet Flavored
Boneless Chicken Breast**
Mesquite (4 x 4 oz.) & Lemon Herb (4 x 4 oz.)

special #3
Stuffed Chicken Variety Pack

\$18.00



1.5 lb. Chicken Cordon Bleu
(4 x 6 oz.)
(Ham & Cheese)



1.5 lb. Broccoli & Cheese
(4 x 6 oz.)



1.5 lb. Chicken Kiev
(4 x 6 oz.)
(Butter, Spices & Chives)

special #4
Super Value Fajita Kit (5+ lbs.)

\$21.00



2 lb. Steak Fajita Strip Packs (2 x 1 lb.)



2 lb. Chicken Breast Fajita Strip Packs (2 x 1 lb.)



1 lb. Onions & Bell Peppers



20 ct. 8" Flour Tortillas

special #5

Premium Fresh Fruit and Veggie Box

\$22.00



3 lb. Tree-Ripened Oranges



2 lb. Premium Red Delicious Apples



1 lb. New Crop Chilean Plums



4 Washington State Anjou Pears



4 Washington State Fuji Apples



4 Tree Ripened Tangerines



2 Tree Ripened Red Grapefruit



6 pack 1 oz. Boxes Premium Sun Dried Raisins



3 lbs. Premium Red A-Size Potatoes



2 lbs. Premium Yellow Onions



1 head Premium Leafy Green Cabbage



1 lb. Premium Whole Peeled Baby Carrots



1 lb. Dried Pinto Beans