

**SIGNATURE BOX**

*Balanced nutrition and variety with enough food to assist in feeding a family of four for a week.*

- 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! Exclusive to AFM - first time offered anywhere)
- 1 lb. Lean Ground Beef
- 1 lb. Frozen Baby Limas
- 1 lb. Frozen Green Beans
- 1 lb. Pasta
- 25 oz. Pasta Sauce
- 4 ct. Large Russet Baking Potatoes
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs
- Dessert

**\$30.00**

**SENIOR & CONVENIENCE MEALS**

***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.*

- 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
- Desserts:** Assorted Cookies, Strawberry Frozen Yogurt Cup, Pineapple Fruit Cup, Peach Fruit Cup, Orange Juice, Fruit Punch

**\$28.00**

**5 LB. ALLERGEN-FREE FOOD 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 Fillet Patties
  - 1 lb. Breaded Chicken Tenders
  - 1 lb. Breaded Chicken Nuggets
  - 1 lb. Breaded Steak Fingers
  - 1 lb. Breaded Chicken Wings
- Battered/Breaded with water, white rice, brown rice, modified tapioca starch, flax seed, sugar, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika. Breading is pre-browned in Canola oil.*

**\$23.00**

**6 LB. PREMIUM SEAFOOD VARIETY BOX**

*Six pounds of the finest quality seafood assortment available.*

- 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.)

**\$35.00**

\*\*\*Specials may be purchased with or without the purchase of a Standard Box above\*\*\*

**FEBRUARY 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 8 oz.)
  - 1.5 lb. Lean Hamburger Patties (4 x 6 oz.)
  - 1.5 lb. Mild Italian Sausage Links with Cheese

**FEBRUARY SPECIAL #2**

- 5 lb. Assorted Meat & Chicken Combo \$22.00**
- 1.5 lb. Kansas City 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.)

**FEBRUARY SPECIAL #3**

- Stuffed Chicken Variety Pack \$18.00**
- 1.5 lb. Chicken Cordon Bleu (4 x 6 oz.)
  - 1.5 lb. Broccoli & Cheese (4 x 6 oz.)
  - 1.5 lb. Chicken Kiev (4 x 6 oz.)

**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

**FEBRUARY SPECIAL #5**

**Premium Fresh Fruit and Veggie Box \$22.00**

- 3 lbs. Tree-Ripened Oranges
  - 2 lbs. 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
- AFM February 2010 Fruit and Veggie Recipe Sheet

Orders Due: **In Person: Sun. Feb. 14<sup>th</sup> (12-1PM)**

**Online: Tues. Feb. 16<sup>th</sup> (5:00 PM)**

Distribution Day: **Sat. Feb. 20<sup>th</sup> (9:30 – 11:30 am)**

Visit our website and click the Angel Food link to order online

[www.ofbchurch.org](http://www.ofbchurch.org)