

FEBRUARY 2010 MENU

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.)

FEBRUARY 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

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

Distribution Day: February 20, 2010
 Hope Lutheran Church 1301 Vintage Lane
 Rochester, New York 14626