

SIGNATURE BOX

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

- 1.5 lb. Ribeye Steaks (3 x 8 oz.)*
- 1 lb. Boneless Center Cut Pork Chops (4 x 4 oz.)
- 2 lb. Chicken Fried Rice Skillet Meal (All White Chicken Meat, Rice, Vegetables with Egg and Gourmet Teriyaki Sauce)
- 22 oz. Lasagna with Meat Sauce
- 22 oz. Breaded Fish Patties (5 ct.)
- 1 lb. Lean Ground Beef
- 1.5 lb. Breaded Chicken Breast Fillet
- 1 lb. Frozen Zucchini
- 1 lb. Frozen Cauliflower Florets
- 1 lb. Frozen Broccoli Florets
- 1 lb. (approx.) Hash Brown Patties (7 ct.)
- 8 oz. Breakfast Cereal
- 2 lb. bag Fresh Onions
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs and 1 Dessert Item

*Steaks in a box of Angel Food are now thicker than ever before. Though there may be fewer steaks in a box, it's the same amount of meat but the quality is higher and the steaks are more tender.

\$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.

- Sliced Turkey & Dressing with Gravy**, corn and green bean/cranberry blend
- Macaroni & Beef** with noodles, carrots zucchini/red pepper
- Country Herb Chicken** with mashed potatoes, broccoli and green bean blend
- Macaroni & Cheese** with broccoli and lima beans
- Beef Stew with Carrots & Potatoes**, Brussels sprouts and corn/red pepper blend
- Sweet & Sour Chicken** with rice, sugar snap peas and carrots
- Mesquite Chicken** with rice/black bean blend, carrots and green beans
- Chicken & Rice with Mushroom Sauce**, green beans and black bean/corn blend
- Charbroiled Beef Patty** with mashed potatoes, gravy, carrots and corn blend
- Lemon Pepper Baked Fish** with rice, peas and zucchini/red pepper blend
- Desserts:** Assorted Cookies, Mixed Fruit Cup, Applesauce, Nature Valley Bar, Cranberry Juice Cocktail, Pineapple Juice

\$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/Breaded and oleoresin paprika. Breading is pre-browned in Canola oil.



\$23.00

Thanksgiving Holiday Box \$36.00

Available for Pre-order September 1st-October 28th!!!!

*This year we have an exciting menu that we think your friends and family will enjoy and will make a nice gift for anyone that you believe needs a little uplifting around the holidays. This will not affect the normal November order period. This is a special order **in addition** to your regular order and no Holiday Box orders will be accepted after the October 28th deadline. This Holiday Box will ONLY be shipped during the November distribution period and not beforehand. SNAP benefits cannot be accepted with this order until 35 days prior to the delivery date and cannot be accepted online.*

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| 7 lb. (avg.) Perdue Roasting Hen | 2 lb. Frozen Green Beans | 4.5 oz. Brown Gravy Mix |
| 2.5 lb. Boneless Netted Ham | 1 lb. Frozen Cranberries | 1 Dessert Item (Pie or Cake) |
| 2 lb. Frozen Diced Sweet Potatoes | 17 oz. Ready to Cook Corn Bread Dressing | 1 Recipe Sheet with scripture |
| 3.5 lb. (avg.) Frozen Corn Cobbett's (12) | 8 ct. Heat and Serve Large Dinner Roll | |

Specials may now be purchased with or without the purchase of any of the Standard Boxes listed above*

NOVEMBER SPECIAL #1

\$23.00

7 lb. Assorted Meat Grill Box

- 1.5 lb. New York Strip Steaks (2 x 12 oz.)
- 2 lb. Boston Butt Chops (4 x 8 oz.)
- 2 lb. Lean Hamburger Steaks (4 x 8 oz.)
- 1.5 lb. Italian Sausage with Cheese

NOVEMBER SPECIAL #2

\$22.00

5 lb. Assorted Meat and Chicken Combo

- 2 lb. Sirloin Steak Strips (4 x 8 oz.)
- 1.5 lb. Bacon Wrapped Beef Fillet (4 x 6 oz.)
- 1.5 lb. Bacon Wrapped Chicken Fillet (4 x 6 oz.)

NOVEMBER SPECIAL #3

\$21.00

10 lb. Boneless/Skinless Chicken Breast Box

- 10 lbs. IQF Boneless/Skinless Chicken Breasts

NOVEMBER SPECIAL #4

\$22.00

Premium Fresh Fruit and Veggie Box

- 1 Stalk California Celery
- 3 lb. New Crop North Carolina Sweet Potatoes
- 3 lb. New Crop Idaho Potatoes
- 1 head Fresh Leafy Green Cabbage
- 1 lb. California Carrots
- 3 lb. Tree Ripened Juice Oranges
- 3 lb. New Crop Red Delicious Apples
- 1 (8 oz.) bag New Crop Georgia Grown Shelled Pecan Halves
- 4 Washington State Bosc Pears
- 1 (12 oz.) 100% Pure Sweet Honey Bear
- 2 New Crop Ruby Red Grapefruit

Orders Due: November 9, 2009 by 6:30 pm
Distribution Day: November 14, 2009 from 8am – 10am

Living Word Church
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