

FEBRUARY 2010



ORDER DEADLINE FOR FEBRUARY

Saturday, February 6th 2010

(Call Your Local Site for their order cut-off Times)

Distribution at Your Local Site

Saturday, February 20th 2010

(Call Your Local Site for Distribution Times)

BASIC FOOD BOX - only \$30

- 5 lb Chicken Leg Quarters
- 10 4 oz. Hamburger Patties
- 1.5 lb Boneless Pork Roast
- 1 lb avg. Ground Pork
- 1 lb Italian Sausage Links
- Vegetable Pot Stickers
- 2 lb Apple Crescents
- 1 lb Blackberries
- 1 lb Carrots
- 2 lb Onion Strings
- 5.25 oz. Scalloped Potatoes
- Chili Mix
- Apple Muffin Mix

EMPTY NESTERS BOX - only \$20

- 3 lb B/L S/L Chicken Breast
- 1 lb Ground Pork
- 1 lb Green Beans
- 1 lb Blackberries
- Chili Packet
- Apple Muffin Mix

SENIOR MEALS – only \$28.00

New and improved supplier - <http://www.valleyinc.com/senior/nutrition.html>

7 Heat & Serve Meals - with an 8 oz glass of milk, these meals meet USDA RDA recommended dietary needs of seniors

ChckBreast & Rice w Apricot Sauce Green Bean Casserole Rosemary Roasted Potatoes Wheat Roll Margarine Orange Pineapple Juice	Steak Fingers Mixed Greens Black- Eyed Peas Rye Bread Margarine Mixed Fruit Cup	Chicken Broccoli Casserole w/ Rice Green Beans Squash Medley Wheat Bread Margarine Orange Juice	Chili with Beans Broccoli Applesauce Wheat Roll Margarine Fig Bar	Chicken Chop Suey Corn Green Peas with Onions, Mushrooms & Red Peppers Wheat Bread Margarine Animal Crackers	Meatloaf w/ Tomato Sauce Diced Rutabagas Lima Beans Wheat Bread Margarine Grape Juice Graham Crackers	Breaded Fish Rosemary Roasted Potatoes Italian Vegetables Rye Bread Margarine Blended Juice Ginger Cookie
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Great Food For All Reserves the right to substitute items of equal or greater value due to circumstances beyond our control

ORDER THE FOLLOWING SPECIALS WITH THE PURCHASE OF A BIG BOX, EMPTY NESTER OR SENIOR MEALS

- KIDS BOX** (1.5lb Popcorn Chicken, Flour Tortillas, 14oz. Taco Meat, 2 12oz. Pkg Hot Dogs, Chocolate Syrup, 2 Pudding Mixes, 2 10oz. Boxes of Vanilla Wafer) **\$20.00**
- BREAKFAST BOX** (2lb French Toast Stix, 2 12 count pancakes, 12 oz. Canadian Bacon, 1lb Ground Sausage, 1lb Blackberries, Strawberry Fruit Bars) **\$20.00**
- SEAFOOD/LENT BOX** (24oz. Catfish Fillets, 1lb Salmon, 4 5oz. Pecan Encrusted Tilapia, 18oz. Battered Fish) **\$20.00**
- 5LB RIBEYE SPECIAL** (5lb of Aged Premium Ribeye Steaks) **\$35.00**
- STUFFED CHICKEN SPECIAL** (4 – 6 oz of EACH – Chicken Kiev (seasoned butter stuffed), Chicken Broccoli (Broccoli & Cheese Stuffed), Cordon Bleu (Ham & Cheese Stuffed) 12 in all) **\$20.00**
- FRUIT/VEGGIE GRAB BOX** (14lbs of assorted Fruits and Veggies) **\$25.00**
- BASIC GRAB BOX** (Over \$40 of meats, veggies, fruits, potatoes and miscellaneous items) **\$25.00**

YOU MAY ORDER ANY QUANTITY OF FOOD BOXES