

Signature Box

\$30

Balanced Nutrition and Variety with enough food to feed a family of four for about one week.

- 1.5 lb. Ribeye Steaks (4 x 6 oz.)
- 2 lb. Homestyle Lasagna Dinner Entrée
- 2 lb. Beef and Bean Burritos (8 x 4 oz.)
- 2 lb. Boneless/Skinless Chicken Breast Chunks
- 28 oz. Jumbo Beef Pattie Entrée with Gravy
- 1 lb. Lean Ground Beef (Pure Beef)
- 1 lb. All Meat Hotdog
- 10 oz. Individually Wrapped Sliced Cheese (16 slice)
- 20 oz. Shoestring Fries
- 1 lb. Broccoli Cuts
- 12 oz. Peanut Butter
- 1 lb. Rice
- 1 lb. Pinto Beans
- 1 lb. Margarine Tub (Zero Grams Trans Fat)
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs
- Dessert

Senior & Convenience Meals

For Seniors or People on the Go!

\$28

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.

- Home-Style Meatloaf with Zesty Tomato Sauce
- Beef Stroganoff with Sour Cream
- Sliced Roast Beef & Gravy
- Breaded Veal Patty
- Char-Broiled Beef Meatballs
- Savory Seasoned Baked Chicken Leg Quarter
- Chinese Style Chicken Chop Suey
- Grilled Chicken Strips with Sweet & Sour Sauce
- BBQ Pork Rib Patty
- Asian-Style Pork Fried Rice
- 10 2-pack, individually-wrapped cookies

Allergen-Free Food Box

\$25

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 Tenders
 - 1 lb. Breaded Chicken Breast Chunks (Boneless Wing)
 - 1 lb. Breaded Chicken Nuggets
 - 1 lb. Breaded Chicken Patties
 - 1 lb. Breaded Steak Fingers
- Battered/breaded with water, white rice, brown rice, modified tapioca starch, flax seed, sugar, dextrose, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika. Breading is pre-browned in Canola oil.

Seafood Box

\$35

- 2 lb. Alaskan Salmon Fillets (8 x 4 oz. fillets)
- 2 lb. Breaded Flounder Fillets (5 oz.-8 oz. fillets)
- 2 lb. IQF Large Shrimp (E-Z Peel & Deveined - 26-31 per lb.)

****One or More Specials Available Only with the Purchase of Any of the Boxes above*****

JUNE SPECIAL #1 \$23

- 7 lb. Assorted Meat Grill Box**
- 1.5 lb. New York Strip Steaks (2 x 12 oz.)
 - 2 lb. Thick-Cut Boston Butt Chops (4 x 8 oz.)
 - 2 lb. Baby Back Ribs
 - 1.5 lb. Bratwurst with Cheese

JUNE SPECIAL #2 \$22

- 4.5 lb. Meat & Chicken Combo**
- 1.5 lb. Bone-In Ribeye Steaks (2 x 12 oz.)
 - 1.5 lb. Sirloin Strip Steaks (2 x 12 oz.)
 - 1.5 lb. Bacon-Wrapped Chicken Breast (4 x 6 oz.)

JUNE SPECIAL #3 \$22

- 11 lb. Chicken Combo Box**
- 4.5 lb. (avg.) Perdue Whole Bird
 - 3 lb. Split Chicken Breast
 - 2 lb. Breaded Tenders
 - 1.5 lb. Boneless/Skinless Chicken Breast

JUNE SPECIAL #4 \$22

- Premium Fresh Fruit and Veggie Box**
- 1 each Sweet Vine-Ripened Red Seedless Watermelon
 - 1 each Large Sweet Vine-Ripened Cantaloupe
 - 2 each Large Tree-Ripened Mangoes
 - 3 lb. Premium Tree-Ripened Valencia Oranges
 - 1 lb. Premium Vine-Ripened Kiwi Fruit (5-6 Kiwis)
 - 4 ears Premium Super-Sweet Yellow Corn
 - 2 each Premium Fresh Zucchini Squash
 - 2 each Premium Fresh Yellow Squash
 - 2 lb. Premium Sweet Vidalia Onions
 - 1 head Premium Fresh Green Cabbage
 - 1 head Premium California Iceberg Lettuce
 - 3 lb. Premium Idaho Baking Potatoes
- Bottle Zesty Italian Salad Dressing and Marinade (16 oz.)
AFM June 2009 Fruit and Veggie Recipe Sheet

JUNE SPECIAL #5 \$22

- "Latin Flavors" Premium Fresh Fruit and Veggie Box**
- 1 each Premium Vine-Ripened Cantaloupe
 - 4 each Premium California Hass Avocados
 - 2 lb. Premium Fresh Key Limes
 - 1 each Premium Gold Pineapple
 - 2 each Premium Fresh Green Plantains
 - 2 each Premium Tree-Ripened Mangoes
 - 1 head Premium California Iceberg Lettuce
 - 2 each Fresh Yucca Root
 - 1 each Fresh Jicama
 - 1 Package Premium Yellow Corn Tortillas (30 ct.)
 - 2 lb. Premium Large-Medium White Onions
 - 1 lb. Premium Fresh Cello-Pack Carrots
 - 1 lb. Premium Fresh Jalapeño Peppers
 - 5 ct. Premium Garlic
- AFM June 2009 "Latin Flavors" Recipe Sheet