



Signature Box \$30

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

- 1.5 lb. New York Strip Steaks (3 x 8 oz.)
- 1 lb. Steak Fajita Strips
- 2 lb. Chicken Stir Fry Skillet Meal
- 1 lb. Lean Ground Beef
- 1.5 lb. Breaded White Meat Chicken Tenders
- 1 lb. avg. Center Cut Ham Steaks (Hickory Smoked)
- 1 lb. Bake or Fry Fish Sticks (32 sticks)
- 1 lb. Pasta
- 25 oz. Marinara Sauce
- 1 lb. Frozen Baby Lima Beans
- 1 lb. Frozen Mixed Vegetables
- 2 lb. bag Fresh Apples (approx. 8-10 ct.)
- 10 ct. Flour Tortilla Wraps
- 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.

- Roasted Chicken
- Meat Lasagna
- Salisbury Steak and Gravy
- Meatloaf and Gravy
- Chicken Chow Mein
- Cheese Manicotti
- Chili with Beef and Beans
- Boneless Pork Patty
- Fettuccini Alfredo
- Lemon Pepper Baked Fish
- Assorted Cookies, Sugar-Free Applesauce, Vanilla Pudding Cup, Apple Juice, Orange Juice and Diced Pineapple

5 lb. 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 Breast Fillets
 - 1 lb. Breaded Chicken Breast Nuggets
 - 1 lb. Breaded Cubed Steak
 - 1 lb. Breaded Wings
 - 1 lb. Breaded Chicken Tenders
- 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.

Available for Pre-Order September 1st-October 28th!!! Thanksgiving Holiday Box \$36

*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 Cobetts (12) | 8 ct. Heat and Serve Large Dinner Roll | |

Specials are now available with or without the purchase of a standard box listed above

OCTOBER SPECIAL #1 \$23

7 lb. Assorted Meat Grill Box

- 1.5 lb. Ribeye Steaks (3 x 8 oz.)
- 2 lb. Pork Chops (4 x 8 oz.)
- 2 lb. Lean Hamburger Steaks (4 x 8 oz.)
- 1.5 lb. Bratwurst Sausage with Cheese

OCTOBER SPECIAL #2 \$22

4.5 lb. Assorted Steak Combo

- 1.5 lb. Bone In Ribeye Steaks (2 x 12 oz.)
- 1.5 lb. Kansas City Strip Steaks (2 x 12 oz.)
- 1.5 lb. T-Bone Steaks (2 x 12 oz.)

OCTOBER SPECIAL #3 \$20

10 lb. Breaded Chicken Combo Box

- 4 lb. Breaded Chicken Pieces
- 2 lb. Breaded Chicken Tenders
- 2 lb. Breaded Chicken Breast Fillet
- 2 lb. Breaded White Meat Chicken Nuggets

OCTOBER SPECIAL #4 \$22

Premium Fresh Fruit and Veggie Box

- 1 Sweet Golden Ripe Pineapple
 - 3 lb. bag New Crop Florida Tangerines
 - 1 Vine Ripened Cantaloupe
 - 4 Washington State Bosc Pears
 - 4 ct. Juicy Limes
 - 3 lb. bag New Crop Large Red Potatoes
 - 2 lb. bag New Crop Yellow Onions
 - 1 head Green Cabbage
 - 2 bulbs Jumbo Garlic
 - 2 ct. Large Green Bell Pepper
 - 3 lb. bag Idaho Potatoes
 - 1 lb. bag California Whole Peeled Baby Carrots
- AFM October 2009 Fruit and Veggie Recipe Sheet

CALL 678-570-2782

Order by October 12, 2009 -- Pickup October 19 at 8019 Durelee Lane, Douglasville

OR ORDER ONLINE AT <http://hope4douglasville.org>