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| Macintosh HD:Users:matthewtkimball:Desktop:One Harvestlogo.jpg | GROCERY RELIEF!  **A Family of 4 can eat for a week or more for $35!** |

# OCTOBER 2013 MENU

**Items are shipped Frozen to a One Harvest partner Near You! Choose your closest location online when ordering. Have Questions? Call Your Local One Harvest Partner at: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| #1 FAMILY BOX $36.00 4 ea USDA Choice Bacon Wrapped Sirloin (avg. 5.5 oz ea) 5 ea Home Style Meat Loaf (4 oz. ea piece) 5 ea Breaded Veal Patties (avg. 3.2 oz ea) 1.5 RTC Breaded Parmesan Chicken Breast Fillet 1.5 lb RTC Breaded Pollack Fish Sticks 1 lb Premium Ground Beef 1 lb Lee Breakfast Sausage 32 oz French Fries 1 lb Fresh Frozen Field Peas with Snaps 1 lb Fresh Frozen Peas with Carrots 1 lb Fresh Frozen Yellow Cut Corn 1 lb. Fresh Frozen Cut Okra 1 lb Fresh Frozen Sliced Carrots 7 oz. Jiffy Blueberry Muffin Mix 8.5 Jiffy Cornbread Muffin Mix 1 Dessert Item #2 MORE THAN ENOUGH BOX $46.00 4 ea USDA Choice Bacon Wrapped Sirloin (avg. 5.5 oz ea) 5 ea Home Style Meat Loaf (4 oz. ea piece) 5 ea Breaded Veal Patties (avg. 3.2 oz ea) 1.5 RTC Breaded Parmesan Chicken Breast Fillet 1.5 lb Tilapia Fillets 1.5 lb RTC Breaded Pollack Fish Sticks 1.5 lb Breaded Pork Chops 3 lb. Split Chicken Breast or 1.5 Salisbury Steak 1 lb Premium Ground Beef 1 lb Lee Breakfast Sausage 32 oz. French Fries 1 lb Fresh Frozen Field Peas with Snaps 1 lb Fresh Frozen Peas with Carrots 1 lb Fresh Frozen Yellow Cut Corn 1 lb. Fresh Frozen Cut Okra 1 lb Fresh Frozen Sliced Carrots 7 oz. Jiffy Blueberry Muffin Mix 8.5 Jiffy Cornbread Muffin Mix 1 Dessert Item #3 Golden Cuisine Meals: 10 Meals $29.50 • Chili with Beef and Beans, Sweet Potatoes, Green Beans • Spaghetti & Meatballs with Corn, Peas & Carrots • Chicken Cacciatore over Rice w/ Brussel Sprouts and Yellow Squash • Roasted Chicken w/ Red Skin Potatoes, Sugar Snap Peas & Carrots • Beef Stew with Roasted Potatoes, Green Peas and a blend of Chickpeas & Spinach • Fiesta Chicken & Rice w/ Vegetables, Corn & Cauliflower • Salisbury Steak w/ Gravy Served on Roasted Skin Potatoes w/ Peas & Carrots • Turkey Medallions, w/ Cannellini beans & Peas over Bowtie Pasta served with Yellow Squash • Creole Baked Fish over Baby Lima Beans w/ Corn served over Cauliflower and Green Beans • Spanish Omelet with Maple Oatmeal & Cinnamon Applesauce |  | #4 FRESH FROZEN VEGGIE BOX $25.50 ***ALL ITEMS IN THE BOX ARE FRESH FROZEN***  1lb FF Strawberries 12 ct Frozen Southern Biscuits 1lb FF Sliced Carrots 1lb FF Corn on the Cob 1lb FF Broccoli Florets 1lb FF Green Peas and Carrots 1lb FF Mixed Vegetables 1lb FF Vegetable Gumbo 1lb FF Sliced Yellow Squash 1lb FF Breaded Okra 1lb FF Speckled Butter Beans 1lb FF White Shoepeg Corn 1lb FF Field Peas with Snaps 1lb FF Stir-Fry Mixed Vegetables 1lb FF Green Peas 1 lb FF Green Beans #5 CHICKEN SPECIAL $21.00 10lbs RTC Breaded Chicken Breasts Fillets (2-5lb Bags) **These are Breast Fillets Not Pieces** #6 PREMIUM GRILLING SPECIAL $39.00 (4) 8oz USDA Sirloin Steaks (2lb) (4) 8oz Marinated Rib Eyes (2lb) 4 lb Marinated Chicken Breasts #7 SUPER SAVER GRILLING SPECIAL $34 3 lb Hamburger Patties 3 lb Boneless Choice Cut Pork Chops 3 lb Italian Marinated Chicken Breast #8 KIDS BOX $29.00 6 pkgs of 2 Sausage & Biscuit 12 Corn Dogs 4 pkgs of 2 Cheeseburger Sliders 4 pkgs of 2Chicken Sliders 10 ct. Aunt Jemima Waffles 4 (7 in.) Cheese Pizza 4 (6.5oz) Chicken Sandwiches w/Pepper Jack Cheese 4 (6.5oz) Turkey Sandwich w/Swiss Cheese #9 BONELESS SKINLESS CHICKEN BOX $26.00 10lbs Boneless Chicken Breast #10 ST LOUIS STYLE PORK RIBS BOX$24.00 10lbs Ready To Cook St. Louis Style Pork Ribs THANKSGIVING SPECIAL PRE-ORDER FOR NOVEMBER $39 10-12 lb Avg Whole Turkey 2 lb Frozen Cornbread Dressing Casserole 2 lb Fresh Frozen Green Beans 2 lb Fresh Frozen Shoe Peg Corn 2 lb Fresh Frozen Sliced Carrots 2 boxes 6.6 oz Herb & Butter Mashed Potatoes 8 oz Jiffy Buttermilk Biscuit Mix 8 oz Jiffy Corn Muffin Mix 1 lb Giblet Gravy 2 Ready to Serve Baked 8in Pumpkin Pies |

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