

**JULY 2009 MENU ~ DISTRIBUTION = 07/25/09**

**SIGNATURE BOX**

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

- 1.5 lb. New York Strip Steaks (4 x 6 oz.)
- 1.5 lb. Boneless Pork Roast
- 1.5 lb. Lean Ground Beef
- 1 lb. Chicken Breast Fajita
- 2 lb. Chicken Stir-Fry Skillet Meal (All-White Chicken, Lo Mein Noodles, Vegetables & Gourmet Teriyaki Sauce)
- 12 oz. Deli Sliced Ham
- 5 oz. Chunk Light Tuna in Water
- 25 oz. Pasta Sauce
- 1 lb. Pasta
- 1 lb. Frozen Sliced Carrots
- 12 ct. White Corn Tortillas
- 4 ct. Fresh Large Baking Potatoes
- 1 Fresh Fajita Veggie Kit (Tray Pack - 1 each — Red Bell Pepper, Green Bell Pepper, Jumbo Yellow Onion)
- 1 ct. Fresh Cello-Wrapped Celery
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs
- Dessert

**\$30.00**

**SENIOR/CONVENIENCE BOX**

*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.

- New Orleans Style Chicken over Savory Rice** with Okra & Tomatoes and Diced Sweet Potatoes
- Grilled Chicken Strips & Penne Pasta with Creamy Tomato Basil Sauce**, Capri Blend Vegetables and Green Beans with Onions and Red Peppers
- Beef & Bowtie Pasta with Herbed Tomato Sauce**, Capri Blend Vegetables and Corn
- Flame-Broiled Salisbury Steak with Brown Gravy**, Sour Cream & Chive Potatoes and Mixed Vegetables
- Cheesy Chicken and Broccoli Casserole** with Rice, Green Beans and Squash Medley
- Classic Chicken Tetrazzini** with Diced Carrots and Green Peas
- Country Fried Steak with Cream Gravy**, Red Skin Whipped Potatoes and Mixed Vegetables
- Spaghetti with Meatballs**, Green Beans and Cinnamon Applesauce
- Chicken Parmesan** with Whipped Potatoes and Capri Blend Vegetables
- Flame-Broiled Beef Patty with Onion Gravy**, Sour Cream & Chive Potatoes and Capri Blend Vegetables

10 2-pack, individually-wrapped cookies

**\$28.00**

**ALLERGEN-FREE 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. Coated Chicken Tenders
- 1 lb. Coated Breast Filet
- 1 lb. Coated Chicken Nuggets
- 1 lb. Coated Chicken Wings
- 1 lb. Coated Cubed Steak (Chicken Fried Steak)

*Battered with water, white rice, brown rice, modified tapioca starch, flax seed, sugar, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika.  
Breaded with 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.*

**\$25.00**

Order online anytime at:  
[www.homeofthesoul.org](http://www.homeofthesoul.org)

**ROLLA  
CHURCH OF CHRIST**

Phone: 573-364-3488  
Email: afm@homeofthesoul.org

\*\*\*One or more specials available only with the purchase of any of the standard boxes above.\*\*\*

**JULY SPECIAL #1**

**\$23.00**

**7 lb. Assorted Meat Grill Box**

- 2 lb. Ribeye Steaks (4 x 8 oz.)
- 2 lb. Country Style Pork Ribs (4 x 8 oz.)
- 2 lb. Lean Hamburger Steaks (4 x 8 oz.)
- 1 lb. Bratwurst with Cheese

**JULY SPECIAL #2**

**\$22.00**

**5 lb. Steak Combo**

- 2.5 lb. Sirloin Strip Steaks (4 x 10 oz.)
- 2.5 lb. Bacon-Wrapped Beef Fillet (5 x 8 oz.)

**JULY SPECIAL #3**

**\$20.00**

**4.5 lb. Gourmet Flavored Chicken Breast Fillets**

*The Best Tasting Chicken You'll Ever Eat!!*

- 1.5 lb. Italian (4 x 6 oz.)
- 1.5 lb. Lemon Pepper (4 x 6 oz.)
- 1.5 lb. Honey Mustard (4 x 6 oz.)

**JULY SPECIAL #4**

**\$21.00**

**3.75 lb. T-Bone Special**

- 3.75 lb. T-Bone Steaks (5 x 12 oz.)

**JULY SPECIAL #5**

**\$22.00**

**Fresh Fruit and Veggie Box**

- 1 each Vine-Ripened Personal Red Seedless Watermelon
- 1 lb. Premium California Red Seedless Grapes
- 1.5 lb. Premium California Tree-Ripened Plums
- 1 each Premium Vine-Ripened Cantaloupe
- 3 lb. Premium Washington State Granny Smith Apples
- 3 each Premium Large Fancy Limes
- 4 ears Premium Super Sweet White Corn
- 1 head Premium California Iceberg Lettuce
- 3 lb. Premium Idaho Baking Potatoes
- 1 lb. Premium California Carrots
- 2 lb. Premium Large-Medium Yellow Onions
- 1 pkg. Premium Fresh Jumbo Garlic (5 ct.)  
AFM July 2009 Fruit and Veggie Recipe Sheet

**JULY SPECIAL #6**

**\$22.00**

**"Latin Flavors" Fresh Fruit and Veggie Box**

- 3 lb. California Premium Valencia Oranges
- 1 each California Premium Vine-Ripened Cantaloupe
- 1 each Premium Tree-Ripened Mango
- 6 each Premium Large Limes
- 4 ears Premium Super Sweet Yellow Corn
- 2 lb. Premium Large-Medium White Onions
- 1 head Premium California Iceberg Lettuce
- 1 lb. Premium California Carrots
- 1 lb. Premium Fresh Tomatillas
- 1 lb. Premium Fresh Jalapeño Peppers
- 5 lb. Premium Western-Grown Russet Baking Potatoes
- 1 Premium Yellow Corn Tortillas (30 ct.)
- 1 Premium Pinto Beans (12 oz. bag)  
AFM July 2009 Latin Flavors Recipe Sheet

**ORDER DATES & TIMES**

Tuesdays, Wednesdays, & Thursdays 8am ~ 4:30pm

**Last Day to Order: Thursday, July 9th**