



People's Fellowship
4308 58th St
Lubbock TX 79413
806-799-8912

Orders Due: **Friday,**
September 11th 2009
Distribution Day: **Saturday,**
September 26th, 9:45AM



<p>SIGNATURE BOX</p> <p><i>Balanced nutrition and variety with enough food to feed a family of four for a week.</i></p> <p>1.5 lb. Rib eye Steaks (3 x 8 oz.) 1.81 lb. Perdue Tray Pack Split Chicken Breast (2 large breasts) 4 lb. Chicken Thighs 1.5 lb. Pork Chops (4 x 6 oz.) 1 lb. 80/20 Lean Ground Beef 1.5 lb. 100% White Meat Turkey Burgers (4 x 6 oz.) 12 oz. Deli Ham 1 lb. Frozen Sweet Potatoes 1 lb. Frozen Green Beans 15 oz. Pears (Product of U.S.A.) 12 oz. Orange Juice Concentrate (100% juice, no sugar added - makes over a quart of juice) 3 lb. bag Fresh Idaho Potatoes 2 lb. bag Fresh Onions 32 oz. 2% Shelf Stable Milk Dozen Eggs Dessert</p> <p style="text-align: center;"><u>\$30.00</u></p>	<p>SENIOR & CONVENIENCE MEALS</p> <p><i>For Seniors or People on the Go!</i></p> <p><i>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.</i></p> <p>Country Herb Chicken with Mashed Potatoes, Broccoli & Green Bean Blend Beef Stew With Carrots & Potatoes, Brussels Sprouts, Corn/Red Pepper Blend Chicken Parmesan with Fettuccini Noodles, Brussels Sprouts & Zucchini Mesquite Chicken with Rice/Black Bean Blend, Carrots, Green Beans Swedish Meatballs with Pasta, Broccoli Carrots & Red Pepper Chicken & Broccoli Alfredo with Carrots, Zucchini/Red Peppers Macaroni & Beef with Noodles, Carrots Zucchini/Red Peppers Chicken & Rice With Mushroom Sauce, Green Beans, Black Bean/Corn Bread Breaded Baked Fish with Wild Rice, Corn & Peas Spaghetti & Meatballs with Corn, Peas & Carrots Dessert: Assorted Cookies, Strawberry Applesauce, Mixed Fruit Cup, Pineapple Fruit Cup, Grape Juice, Fruit Punch</p> <p style="text-align: center;"><u>\$28.00</u></p>	<p>ALLERGEN-FREE FOOD BOX</p> <p><i>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!</i></p> <p>Allergen Free Frozen Food Products</p> <p>1 lb. Breaded Chicken Breast Chunks 1 lb. Breaded Chicken Tenders 1 lb. Breaded Chicken Wings 1 lb. Breaded Steak Fingers 1 lb. Breaded Chicken Fillet Patty</p> <p><i>Battered with water, white rice, brown rice, modified tapioca starch, flax seed, sugar, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika.</i></p> <p><i>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.</i></p> <p>Allergen Free Dry Mix Products</p> <p>1 lb. Pancake/Waffle Mix 1 lb. Vanilla Cake Mix 1 lb. Blueberry Muffin Mix 1 lb. Cobbler Crust Mix</p> <p style="text-align: center;"><u>\$35.00</u></p>
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Available For Pre-Order Now!!! Thanksgiving Holiday Box \$36.00

*The Thanksgiving Holiday Box will be featured for pre-order from the beginning of the September order period through October 28, 2009. * This year we have an exciting menu that we think your friends and family will enjoy and will make a nice gift for anyone that you believe needs a little uplifting around the holidays. This will not affect the normal November order period.*

7 lb. (avg.) Perdue Roaster	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 Cobbett's (12)	8 ct. Heat and Serve Large Dinner Roll	<i>*All boxes will be delivered in November</i>

SEPTEMBER SPECIAL #1 \$23.00

7 lb. Assorted Meat Grill Box

- 1.5 lb. Bone In New York Strip Steaks (2 x 12 oz.)
- 2 lb. Baby Back Pork Rib
- 2 lb. Lean Hamburger Steaks (4 x 8 oz.)
- 1.5 lb. Italian Sausage with Cheese

SEPTEMBER SPECIAL #2 \$22.00

5 lb. Assorted Meat & Chicken Combo

- 2 lb. New York Strip Steaks (4 x 8 oz.)
- 1.5 lb. Bacon Wrapped Ribeye (4 x 6 oz.)
- 1.5 lb. Bacon Wrapped Chicken Filet (4 x 6 oz.)

SEPTEMBER SPECIAL #3 \$21.00

11 lb. Random Size Split Chicken Breast Box

- 11 lb. Split Chicken Breast (20-24 ct.)

SEPTEMBER SPECIAL #4 \$22.00

Fresh Fruit and Veggie Box

- 1 head Premium New York State Green Cabbage
- 3 lb. Premium Idaho Baking Potatoes
- 2 lb. Premium Western Grown Yellow Onions
- 1 lb. Premium New Crop Carrots
- 1 Premium Extra Large New Crop Butternut Squash
- 4 Premium New Crop Bartlett Pears
- 3 lb. Premium New Crop Golden Delicious Apples
- 3 lb. Premium New Crop McIntosh Apples
- 1 Premium California Vine-Ripened Cantaloupe
- 1 Premium Haas Avocado
- 1 Premium Tree Ripened Mango
- 6 1.5 oz. Package California Seedless Raisins
- 1 pkg. Uncle Wiley's Homemade Apple Pie Spice

NAME: _____ ADDRESS: _____ CITY/STATE/ZIP: _____ PHONE: _____	FOOD BOX <u>\$30.00</u>	SEP SPECIAL #2 <u>\$22.00</u>	
	SENIOR BOX <u>\$28.00</u>	SEP SPECIAL #3 <u>\$21.00</u>	
	ALLERGEN-FREE <u>\$35.00</u>	SEP SPECIAL #4 <u>\$22.00</u>	
	SEP SPECIAL #1 <u>\$23.00</u>	ORDER TOTAL	
	7 lb. Assorted Meat Grill Box	\$ _____	