



DECEMBER 2010

#1 FAMILY BOX \$29.95

- 5 lb Chicken Tenders
- 1.5 lbs Premium Pork Tenderloin
- 1 ½ lbs Premium Country Fried Steak
- 1 lb Premium USDA Inspected Ground Beef
- 1 Large Package Premium Brown Gravy Mix
- 6 oz Chicken and Rice Pilaf
- 1 lb Bag Premium Black Eye Peas
- 1 lb Bag Premium Pinto Beans
- 1 lb Premium Fresh Frozen Chopped Collard Greens

- 1 lb Premium Fresh Frozen Field Peas with Snaps
- 1 lb Premium Fresh Frozen Cut Yellow Corn
- 1 lb Premium Fresh Frozen Chunk Sweet Potatoes
- 2 lbs Premium Fresh Cut Frozen Waffle Fries
- 7.2 oz Butter and Herb Mashed Potatoes
- 4 each Frozen Twice Baked Idaho Potatoes with Cheese
- 6 oz Southeastern Mills Southern Pancake Mix
- 1 Large Package Premium Cornbread Mix
- 1 1lb Bag Premium Long Grain Rice
- 1 Large Premium Pumpkin Pie

#4 DECEMBER FRESH PRODUCE BOX \$22.95

- 4 Large Florida Navel Oranges
- 2 Large Florida Ruby Red Grapefruit
- 4 Large Florida Sunburst Tangerines
- 4 Large Florida Tangelos
- 4 Large Washington State Red Delicious Apples
- 2 Large Washington State Gala Apples
- 2 Large Washington State Golden Delicious Apples
- 2 Large Washington State Granny Smith Apples
- 1 Stalk of California Celery
- 1 Head of Premium Green Cabbage
- 2 Large Premium Yellow Onions
- 4 ea Premium Baking Size Sweet Potatoes
- 4 ea Premium Idaho Baking Potatoes
- 1 lb Bag Premium California Carrots
- 1 Dozen Carton Grade A Large Eggs

#5 GOURMET EXPRESS MEALS 10 MEALS FOR \$27.00

Easy to prepare in a conventional oven, microwave or toaster oven

- Oven Broiled Beef Patty in Brown Gravy, Whipped Potatoes, and Italian Flat Beans
- Chop Steak in Ranch Style Gravy, Steakhouse Potatoes with Sour Cream, Onions and Chives, and Seasoned Peas
- New York Strip Steak Meal, Skin on Garlic Mash Potatoes, Zucchini, Yellow Squash, and Green Bean Medley
- Sliced Roast Beef with Mushroom Gravy, Whipped Potatoes Au Gratin, Green Peas
- Crispy Chicken Breast Patty, Skin on Diced Potato Chunks, Cauliflower and Broccoli Blend
- Grilled Chicken Breast with Barbecue Sauce, Au Gratin Potatoes, Garden Peas with Whole Kernel Corn
- Sliced Turkey with Cornbread Dressing, Whipped Potatoes, Green Peas with Onions
- Baked Ham in Pineapple Raisin Sauce, Sweet Potatoes Soufflé, Corn Relish
- Italian Spaghetti with Meatballs simmered in a Red Tomato Basil Sauce, Broccoli Cuts, Italian Vegetables (squash, zucchini, & mix vegetables)
- Oven Baked Fish in a Lemon Dill Seafood Sauce, Mixed Garden Vegetables

#6 FRESH FROZEN SOUTHERN VEGGIE BOX \$17.95

- 1lb Fresh Frozen Tree Ripened Sliced Peaches
- 12 ct Frozen Southern Biscuits
- 1lb Fresh Frozen Sliced Carrots
- 1lb Fresh Frozen Super Sweet Yellow Corn on the Cob
- 1lb Fresh Frozen Black Eye Peas
- 1lb Fresh Frozen White Acre Peas
- 1lb Fresh Frozen Turnip Greens
- 1lb Fresh Frozen Collard Greens
- 1lb Fresh Frozen Sliced Yellow Squash
- 1lb Fresh Frozen Cut Okra
- 1lb Fresh Frozen Speckled Butter Beans
- 1lb Fresh Frozen Italian Cut Green Beans
- 1lb Fresh Frozen White Corn
- 1lb Fresh Frozen Chunk Sweet Potatoes

#7 FRESH FROZEN NORTHERN VEGGIE BOX \$17.95

- 1lb Fresh Frozen California Whole Strawberries
- 1lb Fresh Frozen California Blend Vegetables
- 1lb Fresh Frozen Mixed Vegetables
- 1lb Fresh Frozen Yellow Sweet Corn on the Cob
- 1lb Fresh Frozen California Brussels Sprouts
- 1lb Fresh Frozen Green Peas with Carrots
- 1lb Fresh Frozen Summer Blend Vegetables
- 1lb Fresh Frozen Southern Biscuits
- 1lb Fresh Frozen California Broccoli Florets
- 1lb Fresh Frozen Yellow Cut Sweet Corn
- 1lb Fresh Frozen Chunk Sweet Potatoes
- 1lb Fresh Frozen Sliced Zucchini Squash
- 1lb Fresh Frozen California Sliced Carrots
- 1lb Fresh Frozen Cut Blue Lake Green Beans

#8 10 LB CHICKEN TENDER SPECIAL \$15.95

Excellent Quality Pre-Breaded Chicken Tenders
Packed in 2-5lb Bags

#9 GRILLING SPECIAL \$24.95

- 6 ea 7oz USDA Choice Ranch Cut Sirloin Steaks
- 6 ea 7oz USDA Inspected Premium Rib Eye Steaks

#10 5LB ALLERGEN FREE BOX \$19.95

- 1lb Breaded Chicken Nuggets
- 1lb Breaded Chicken Tenders
- 1lb Breaded Chicken Wings
- 1lb Breaded Chicken Breast Patty
- 1lb Breaded Cube Steak

#11 USDA CHOICE FILETS SPECIAL \$24.95

12 Premium 6oz USDA Choice Bacon Wrapped Sirloin Filets

#12 SPIRAL SLICED HONEY HAM \$32.95

7-9 lb Honey cured, richly smoked, fully cooked spiral sliced ham. Foil wrapped and individually boxed.

All of our products are free of: Wheat/Gluten, Milk, Egg, Peanut, Tree Nut, Fish, Shellfish, and Soy. Regardless of who you are and what your dietary needs may be, Allergy Free Foods is the hands down solution to leading a healthier life style.

ORDER DEADLINE DECEMBER 13 DELIVERY DATE DECEMBER 18

Order online at: oneharvest.com or call your order in at: 770.466.0000