

REGULAR BOX

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

- 1.5 lb. Ribeye Steaks (4 x 6 oz.)
- 3 lb. Split Chicken Breast
- 1.5 lb. Country Fried Steak Patties (6 x 4 oz)
- 1 lb. Package 80/20 Ground Beef
- 1 lb. Fully Cooked Meatballs
- 1 lb. Mild Italian Sausage
- 12 oz. Deli Sliced Ham
- 1 lb. California Blend Veggies
- 1 lb. Green Beans
- 20 oz. Shoestring Fries
- 1 lb. Pasta
- 28 oz. Marinara Sauce
- 21 oz. Condensed Soup (makes 5 servings)
- 1 lb. Pinto Beans
- 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.

- BBQ Pork Rib Patty** with Sweet Potato Casserole and Green Peas
- Red Beans & Rice with Smoked Sausage**, Cabbage and Diced Carrots
- Home-Style Meatloaf** with Zesty Tomato Sauce, Diced Rutabagas and Lima Beans
- Asian-Style Pork Fried Rice** with Ginger Carrots and Cabbage
- Peppered Beef Patty** with Loaded Potato and Mixed Greens
- Flame-Broiled Salisbury Steak with Brown Gravy**, Sour Cream & Chive Potatoes and Mixed Vegetables

Chicken Sausage with Seasoned Baked Beans, Red Skin Whipped Potatoes and Peas & Carrots

Pot Roast and Gravy with Vegetables, Diced Potatoes and Green Peas

Chicken & Bean Burrito with Cheesy Sauce, Mexicorn and Applesauce

Char-Broiled Beef Meatballs with Rice & Gravy, Peas & Carrots and Lima Beans

10 2-pack, individually-wrapped cookies

\$28.00

All New!!

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)

\$25.00

***One or More Specials Available Only With the Purchase of Any of the Boxes Above ***

MARCH SPECIAL #1

7 lb. Assorted Meat Box

- 2 lb. New York Strip Steaks (4 x 8 oz.)
- 2 lb. Thick-Cut Pork Chops (4 x 8 oz.)
- 1.5 lb. Baby Back Ribs
- 1.5 lb. Bratwurst with Cheese

\$22.00

MARCH SPECIAL #2

4.5 lb. Meat Combo

- 3 lb. Sirloin Strip Steaks (6 x 8 oz.)
- 1.5 lb. Bacon-Wrapped Chicken Filet (4 x 6 oz.)

\$21.00

MARCH SPECIAL #3

Mom's Easter Sunday Dinner Box

- 2 lb. Mom's Favorite Recipe Meatloaf (Pure Beef Seasoned with Vegetables)
- 2 lb. Choice Cut Beef Roast
- 2 lb. Boneless Pork Roast

\$22.00

MARCH SPECIAL #4

Mom's Easter Sunday Dinner Side Box

- 2 lb. Heat & Serve Corn
- 2 lb. Heat & Serve Green Beans
- 2 lb. Heat & Serve Mashed Potatoes
- 1 Brown Gravy Mix
- 17 oz. Cornbread Stuffing
- 8 ct. Dinner Roll
- 1 Dessert

\$19.00

MARCH SPECIAL #5

Chicken Tenders Box

\$18.00

10 lb. Breaded Chicken Tenders

MARCH SPECIAL #6

Fresh Fruit and Veggie Box

\$22.00

- 3 lb. No. 1 Premium Idaho Baking Potatoes
- 3 lb. No. 1 Premium North Carolina Sweet Potatoes
- 1 head Premium Florida Green Cabbage
- 1 lb. Premium California Carrots (cello-packed)
- 2 lb. Premium Western Grown Yellow Onions
- 2 pack Premium Fresh Jumbo Garlic (2 pack tube)
- 1 Large Premium Sweet Cantaloupe
- 3 lb. Premium Tree-ripened Valencia Oranges
- 4 each Premium Tree-ripened Honey Tangerines
- 4 Large Premium Washington State Granny Smith Apples
- 3 lb. Large Premium Washington State Fuji Apples
- 1 each Premium Tree-ripened Mango

**Orders Due: Saturday, March 14, 2009
10:00 a.m. -12:00 p.m.**
**Distribution Day: Saturday, March 21, 2009
9:30 a.m. - 12:00 noon**

*Orders taken/ Distribution site:
430 Cathedral Avenue, Pittsburgh, PA 15210
Joshua Development Corporation
412.488.9135
Bishop Otis L. Carswell, President, JDC
Reverend Gloria Kirkland, Director, AFM*