



APRIL 2012 MENU

ORDER DEADLINE FRIDAY APRIL 20
DELIVERY DATE SATURDAY APRIL 28

#1 FAMILY BOX \$35.00

3 lb Avg Split Chicken Breast Bone In or 4lb Chicken Thighs
 2 lb Avg Boneless Skinless Chicken Breasts
 12" Cheese Pizza (20oz)
 1 lb Lean Ground Beef
 1.25 lb RTC Chicken Breast Patties
 1 lb Lee Pork Breakfast Sausage
 12 oz pkg Kayem Brand Chicken Hotdogs
 1.5 lb Waffle Fries
 1 lb Fresh Frozen Butter Peas
 1 lb Fresh Frozen Yellow Squash
 1 lb Fresh Frozen Green Beans
 1 lb Fresh Frozen Breaded Okra
 5.6 oz Beef Pasta Skillet Dinner
 6.9 oz Chicken Flavored Rice Mix
 6.4 oz Lasagna Skillet Mix
 2.75 oz Onion Soup Mix
 1.25 oz Chili Seasoning Mix
 1 Dessert Item

#2 MORE THAN ENOUGH BOX \$46.00

3 lb Split Chicken Breast Bone in or 4 lb Chicken Thighs
 2 lb Avg Boneless Skinless Chicken Breast
 2 lb ¼ lb Hamburger Patties
 1.25 RTC Breaded Chicken Breast Patties
 1.5 lb Avg Center Cut Ham Slices
 12" Cheese Pizza (20 oz)
 2 lb Lean Ground Beef
 1.25 lb Breaded Chicken Breast Filets
 12 oz pkg Kayem Brand Chicken Hotdogs
 1 lb Lee Pork Breakfast Sausage
 3 lbs Waffle Fries (2 -1.5lb bags)
 1 lb Fresh Frozen Shoepeg Corn
 1 lb Fresh Frozen Peas & Carrots
 1 lb Fresh Frozen Broccoli Florets
 1 lb Fresh Frozen Green Beans
 1lb Fresh Frozen Breaded Okra
 7.25 oz Macaroni & Cheese
 4.4 oz pkg Alfredo Pasta & Sauce
 1 box Herb Mashed Potatoes
 2.75 oz Onion Soup Mix
 1.25 oz Chili Seasoning Mix
 1 Dessert Item

#7 CHICKEN SPECIAL \$22.00

RTC Breaded Chicken Breast Filets 10 lbs (two 5lb bags)
 Solid Breast Meat 3-5oz each
These are breast filets, not tenders.

#3 EXCLUSIVE SOUTHERN VEGGIE BOX \$35.00

*OneHarvest is proud to announce its partnership with "Sides to Go".
 1.25 lb boil in bag or microwave vegetables, precooked and
 preseasoned. This item is not available in grocery stores.*

1 ¼ lb Black Eyed Peas	1 ¼ lb Collard Greens
1 ¼ lb Carrots in Butter Sauce	1 ¼ lb Creamed Corn
1 ¼ lb Green "Pole" Beans	1 ¼ lb Kernel Corn
1 ¼ lb Lima Beans	1 ¼ lb Mac-n-Cheese
1 ¼ lb Mashed Potatoes	1 ¼ lb Okra & Tomatoes
1 ¼ lb Sweet Potato Casserole	1 ¼ lb Turnip Greens

#5 GOLDEN CUISINE EXPRESS MEALS

10 MEALS FOR \$27.00 (MSG FREE)

*Easy to prepare in a conventional oven,
 microwave or toaster oven*
Single Portion

- Chicken Parmesan w/ Mozzarella Cheese in marinara Sauce over Fettuccini served with turnips & zucchini
- Swedish Meatballs over Noodles w/ Broccoli & Black Bean Blend
- White Turkey & Dressing w/ Gravy, Corn & Green Beans
- Spaghetti & Meatballs with Corn, Peas & Carrots
- Breaded Baked Fish over White & Wild Rice Blend w/ Okra & Yellow Squash
- Chicken Teriyaki over Rice & Vegetables w/ Sugar Snap Peas
- Beef Pot Roast & Gravy w/ Mashed Potatoes, Green beans & Black Bean blend
- Biscuits & Gravy w/ white Country Gravy served with Potatoes O'Brien w/ Cheese
- Chicken Ala King w/ Vegetables over Bowtie Pasta served with cheesy Cauliflower, Spinach and Chickpeas
- Chicken & Rice w/ Mushroom sauce & Swiss Cheese served with Broccoli & Carrots

#6 FRESH FROZEN VEGGIE BOX \$25.00

ALL ITEMS IN THE BOX ARE FRESH FROZEN

1lb Sliced Peaches	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

#8 GRILLING SPECIAL \$37.00

- 4 8 oz USDA **Choice** Sirloin Steaks
- 4 8 oz USDA NY Strip Steaks
- 4 lb Marinated Boneless, Skinless Chicken Breast

Order online at: oneharvest.com

under Delivery Options select the location you would like to pick up from

***Items weights are approximate. In the event of a shortage, items may be substituted.*