



THE ROCC OCTOBER 2010 MENU

Christmas and Thanksgiving Boxes Now Available for Delivery during November and December Distribution!!!

The ROCC / 437 N. Main / Seymour, MO 65746 417-935-9111
www.therocconline.com

B2 - Bit O' Blessing Box

- 2 lb. Fully Cooked Entrée
(Lasagna with Meat Sauce, Country Fried Steak with Gravy or Chicken Noodle Casserole)
- 1.5 lb. Breaded Chicken Nuggets
- 12 in. Supreme Pizza
- 1 lb. Hot Dogs
- 1 lb. Lean Ground Beef
- 1 lb. Broccoli Florets
- 1 lb. Corn
- 1 lb. Rice
- Dessert

\$21.00

(plus sales tax where applicable)

B4 - Fast & Flavorful Cuisine

Convenience meals great for seniors and people living with diabetes!

Ten perfectly seasoned, nutritionally balanced, fully-cooked meals – just heat and serve. Each meal has been developed with dietary needs of senior citizens and people living with diabetes in mind.

- Boneless Pork Patty w/Hickory BBQ Sauce
- Country Herb Chicken
- Fish Fillet
- Macaroni & Cheese
- Meat Lasagna
- Breaded Chicken Parmigiana
- Spaghetti With Meatballs
- Sweet 'n Sour Pulled Pork
- Chicken and Penne with Creamy Tomato/Basil Sauce
- Pot Roast with Vegetables

\$28.00

(plus sales tax where applicable)

S1 - OCTOBER SPECIAL #1 **\$25.00***

- Steak Combo Box (5 lbs.)
- 2 lb. Ribeye Steaks (4 x 8 oz.)
- 3 lb. Sirloin Strip Steaks (6 x 8 oz.)

S2 - OCTOBER SPECIAL #2 **\$35.00***

- Seafood Variety Box (6 lbs.)
- 16 oz. Buffalo Butterfly Shrimp (Oven Ready)
- 20 oz. (10) Stuffed Crab in Natural Shell (Oven Ready)
- 16 oz. Battered Fish (Oven Ready)
- 16 oz. Tilapia
- 11 oz. 2 Stuffed Salmon Portions
- 17 oz. (4) Crab Cakes (Oven Ready)

S3 - OCTOBER SPECIAL #3

\$23.00*

Premium Fresh Fruit and Veggie Box

- 3 lb. Red Potatoes
- 3 lb. Sweet Potatoes
- 2 lb. Yellow Onions
- 3 lb. Tangerines
- 1 lb. Cello Carrots
- 1 Head Green Cabbage
- 1 Head Cello Lettuce
- 1 Golden Ripe Pineapple
- 1 6-Pack Apple Sauce Cups
- 2 Green Peppers
- 4 Navel Oranges
- 4 Pears
- 1 AFM Fruit and Veggie Recipe Sheet

B1 - Bread of Life Signature Box

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

- 4 lb. IQF Chicken Drums & Thighs Combo
- 1.5 lb. Hamburger Patties (4 x 6 oz.)
- 1.75 lb. Fully-Cooked Breaded Party Wings
- 20 oz. Steak Fajitas
- 1 lb. Battered Fish Bites
- 1 lb. Lean Ground Beef
- 7 oz. Beef Link Sausage
- 1 lb. Fajita Blend Veggies
- 1 lb. Peas & Carrots
- 1 lb. Corn
- 20 oz. Shoe String Fries
- 1 lb. 16 Bean Soup Mix
- 1 lb. Rice
- 7.25 oz. Mac & Cheese
- 7.5 oz. Corn Muffin Mix
- 32 oz. 2% Shelf-Stable Milk
- 1 Dozen Eggs
- 1 Dessert

\$31.00

(plus sales tax where applicable)

B5 - Just 4 Me After School Box

An assortment of child-friendly snacks. Great for after school or any time.

- 2 lb. Breaded Chicken Rings
- 1.5 lb. Mini Corn Dogs
- 1 (14 oz.) Stuffed Breadsticks
- 2 (2.8 oz.) Peanut Butter & Jelly Jamwich
- 1 (16 oz.) Stuffed Sandwiches (Pk of 4)
- 3 (5 oz.) Pigs in a Blanket
- 2 (3.7 oz.) Charbroiled Beef & Cheese Sandwiches (Twin Packs)
- 1 (4.75 oz.) Pancakes & Sausage
- 2 (2.2 oz.) PBJ On Graham Wafers

\$24.00

(plus sales tax where applicable)

S4 - OCTOBER SPECIAL #4 **\$36.00***

Christmas Box – for delivery in December

- 7.5 lb. (avg.) All Natural Perdue Roasting Hen
- 3 lb. Boneless Netted Ham Roast
- 12 oz. Corn Bread Stuffing Mix (2 packages x 6 oz. = 12 servings)
- 1 lb. Frozen Cranberries
- 12 ct. Mini Corn Cobbettes
- 2 lb. Green Beans
- 2 lb. Diced Sweet Potatoes
- 12 ct. Whole Wheat Dinner Rolls
- 1.7 oz. Brown Gravy Mix (2 packages x .87 oz. = 2 cups gravy)
- Dessert
- Recipes and Cooking Instructions

NEW!!!

B3 - Bountiful Blessing Box

- 4 lb. IQF Chicken Drums & Thighs Combo
- 2 lb. Chicken Stir Fry Skillet Meal
- 1.5 lb. Hamburger Patties (4 x 6 oz.)
- 1.75 lb. Fully-Cooked Breaded Party Wings
- 1 lb. NY Beef Wieners
- 20 oz. Steak Fajitas
- 1 lb. Battered Fish Bites
- 1 lb. Lean Ground Beef
- 28 oz. Fettuccini Chicken Alfredo with Broccoli
- 7 oz. Beef Link Sausage
- 1 lb. Fajita Blend Veggies
- 1 lb. Green Beans
- 1 lb. Peas & Carrots
- 1 lb. Corn
- 20 oz. Shoe String Fries
- 1 lb. 16 Bean Soup Mix
- 1 lb. Rice
- 7.25 oz. Mac & Cheese
- 7.5 oz. Corn Muffin Mix
- 2 lb. Fresh Apples
- 8 oz. Breakfast Cereal
- 32 oz. 2% Shelf-Stable Milk
- Dozen Eggs
- Dessert

\$41.00

(plus sales tax where applicable)

Back by Popular Demand

B6 – Allergen Free Food Box

- 1 lb. Breaded Chicken Breast Nuggets
- 1 lb. Breaded Chicken Tenderloins
- 1 lb. Breaded Breast Fillet Patties
- 1 lb. Breaded Boneless Chicken Wings
- 1 lb. Breaded Cubed Steak

\$25.00

(plus sales tax where applicable)

S5 - OCTOBER SPECIAL #5 **\$36.00***

Thanksgiving Box – for delivery in November

- 7.5 lb. (avg.) All Natural Perdue Roasting Hen
- 3 lb. Boneless Netted Ham Roast
- 12 oz. Corn Bread Stuffing Mix (2 packages x 6 oz. = 12 servings)
- 1 lb. Frozen Cranberries
- 12 ct. Mini Corn Cobbettes
- 2 lb. Green Beans
- 2 lb. Diced Sweet Potatoes
- 12 ct. Whole Wheat Dinner Rolls
- 1.7 oz. Brown Gravy Mix (2 packages x .87 oz. = 2 cups gravy)

Orders Due October 21st
Distribution Day October 30th 9am
Contact 417-259-0083 / 417-935-9111