

MEA Golden Share Program

Please submit your order to MEA by 4:00pm Friday, April 16, 2010 9620 Chesapeake Drive, Suite 203 • San Diego, CA 92123 • MS #126

of packages

Basic Share Package - \$27.00

3 lbs. Chicken Breasts B/S Zip Lock bag • 1 lb. "Tarantino's" Ground Beef 80/20 • 1 lb. Ground Turkey • 1.5 lbs. "Tarantino's" Beef Stew Meat • 1.5 lbs. "Tarantino's" Seasoned Chicken Fajita Meat • 1 pint Sour Cream • 1 bag Fresh Potatoes • 1 ea. Fresh Celery Sleeved • 1 lb. Fresh Carrots • 1 bag Fresh Oranges • 1 bag Fresh Apples • 2 ea. Fresh Lemons

Veggie Pac - \$17.00

1 doz. Farm Fresh Eggs • 8 oz. Shredded Cheddar Cheese • 1 bag Fresh Potatoes • 1 ea. Fresh Broccoli Bunch • 2 ea. Fresh Italian Squash • 1 ea. Fresh Lettuce • 2 ea. Fresh Bell Peppers • 1 lb. Fresh Baby Peeled Carrots • 5 ea. Fresh Kiwi Fruits • 5 ea. Fresh Oranges • 1 lb. Fresh Strawberries • 2 ea. Fresh Mangos

Breakfast Package - \$22.00

1 doz. Farm Fresh Eggs • 1 pkg. Shredded Cheddar Cheese 1 lb. Hickory Smoked Bacon • 1.5 lbs. "Tarantino's" Breakfast Sausage • 2 lbs. French Toast Sticks • 1/2 doz. "Otis Spunkmeyer" Blueberry Bagels • 8 oz. Cream Cheese • (1) 18 oz. Instant Oatmeal • 1 pkg. Pancake Mix

Lunch Box - \$25.00

12 oz. "Heart Smart" Sliced Turkey • 12 oz. "heart Smart" Sliced Ham • 1 lb. "Farmland" Sliced Cotto Salami • 1 lb. "Farmland" Bologna • 1 lb. Sliced Cheddar Cheese • 1 jar Creamy Peanut Butter • 1 jar Strawberry Jelly • (6) 4 oz. Strawberry Yogurt • (8) 8 oz. Juice Boxes • 1 ea. Fresh Lettuce • 1 lb. Baby Carrots • 1 bag Fresh Apples

Steak Box - \$22.00

4.5 lbs. USDA Select Grade T-Bone Steaks (6 individually quick frozen/12 oz. steaks)

Mega Meat - \$35.00

2 lbs. "USDA Choice Grade Beef" Roast • 1.5 lbs. "Tarantino's" Beef Stew Meat • 3 lbs. Chicken Breasts B/S Zip Lock bag • 2 lbs. "Tarantino's" Carne Asada Meat - diced, not marinated • 3 lbs. Hamburger Patties 84/16 lean • 1.5 lbs. "Tarantino's" Italian Sausage - mild • 1 lb. Hot Dogs

Organic Produce - \$20.00

Fresh Assortment of fruits and vegetables. Over 15 lbs. of produce will be in the box!

*** Please pick up your order on Saturday, April 24th, 8:00am - 9:00am at PENN Athletic Area Rec Center - 2555 Dusk Drive • San Diego, CA 92139**

of packages

Premium Entrees - \$20.00

Lasagna with Meat Sauce • Grilled Chicken Breasts with Penne Pasta, Broccoli Florets in an Alfredo Sauce • Manicotti with Marinara Sauce • Beef Stir Fry with Broccoli Florets over Rice • Turkey Breasts with Mashed Potato, Super Sweet Corn and Turkey Gravy • Southern Fried Chicken Breast with Mashed Potatoes and California Vegetable blend • Chicken Cacciatore; Grilled Chicken Breast with Peppers, Onion and Sauce over Linguini

Choice Menu Items

You must purchase one of the above packages to order from the Choice Menu

1.75 lbs. Popcorn Chicken by "Brakebush" **\$7.00**

1.75 lbs. "Fiery" Chicken Strips by "Brakebush" **\$7.00**

Pantry Pack **\$15.00**

2 cans white meat chicken • 1 can refried beans • 1 box mac & cheese • 1 can tomato soup • 1 can chicken noodle • 1 lb. spaghetti pasta • 1 26 oz. pasta sauce • 1 bottle vegetable oil • 1 can pineapple chunks • 1 pasta salad kit-creamy parmesan • 1 can baked beans • 1 lasagna skillet dinner • 1 can whole corn kernels • plus one additional item.

Seafood Fantastic **\$20.00**

(1) 12 oz. shrimp • (2) 4 oz. teriyaki salmon fillets • (4) 3 oz. pollock fillets • (2) tilapia filets stuffed w/shrimp and herbs • (2) tilapia filets stuffed with scallops • (2) 4 oz. flounder filets

www.goldensharefoods.com

TOTAL NUMBER OF PACKAGES

Name _____ Phone Number _____ Total Cost _____ Cash _____ Check # _____



Did You Know that MEA's Share Program Can Save You Money on Your Grocery Bill?

MEA's Share Program is a Great Program for City Employees!

Last Name, First (please print)

Work Phone

Home Phone

Email

By signing below, I understand that I am required to pick up my order on Saturday, April 24th between 8:00am and 9:00am. All orders that are not picked up by 9:00am will be donated to a homeless shelter and no refunds will be given. Golden Share Foods reserves the right to substitute any of the above items due to availability, cost, and quality.

Signature _____

**** Check Policy: There will be a \$25.00 Bank Fee plus a \$15.00 MEA fee for all Returned Checks.**