



**DO YOU LOVE TO COOK?
DO YOU HATE TO COOK?**
Either way, we have the answer.

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www.specificpacificfoods.com**

Voted "Best of L.A." by Los Angeles Magazine

As seen on "A.M. Los Angeles" KABC CH. 7 , CBS Evening News

100% SATISFACTION GUARANTEED

Specific Pacific Foods, Inc.

Appetizers

MINI DEEP DISH PIZZA #1001

Even pizza snobs love these. The dough is made with cream cheese, and top-quality sausage enhances the flavor. Bake frozen @ 350° for 12-15 minutes.

50 pizzas \$69

FRANKS 'N BLANKETS #1002

Remember these? High quality, ALL BEEF mini franks in a delicate, flaky, puff pastry. Great with honey mustard. Bake frozen on a greased (not buttered) cookie sheet @ 350° for 10-15 minutes, then keep turning until golden brown all over.

100 franks \$79

DRUMMETTES #1003

Just the meaty part of the wing marinated in our special, mesquite honey barbecue sauce. Messy, but great! Bake thawed @ 350° for 20-25 minutes or barbecue for 8-10 minutes per side on medium heat.

50-60 drummettes \$59

VEAL MEATBALLS #1004

These high-quality, flavorful meatballs are already cooked, so just heat and eat. A big hit at cocktail parties, or with your own sauce. Also great with spaghetti of course.

155-160 meatballs \$79

ITALIAN CHICKEN FINGERS #1005

Kids love them! Chicken tenderloins lightly breaded in zesty Italian seasoned bread crumbs. Make delicious sandwiches, a quick dinner or tasty appetizers. Preheat and bake frozen @ 450° for 15-18 minutes.

16-18 servings \$69

MINI-QUICHE LORRAINE #1006

The dough in these bite-size quiches is made with cream cheese, and the filling is egg, real bacon bits and cheese. Bake frozen @ 350° for 15-20 minutes.

50 quiches \$69

BACON WRAPPED SCALLOPS #1007

Sweet bay scallops rolled in bread crumbs, then wrapped in bacon. Bake thawed @ 350° for 15-20 minutes or until crisp.

50 scallops \$84

BROCCOLI BITES #1008

Chicken breast meat, broccoli florets and jack cheese, all blended together in tasty morsels. Bake frozen @ 350° for 20-25 minutes.

40-50 portions \$69

MINI MARYLAND CRAB CAKES #1010

Tender crabmeat combined with seasoned breadcrumbs and mayonnaise. Fry frozen for 1-2 minutes or until golden brown.

50 cakes \$84

COCONUT LOBSTER TAIL #1011

Tasty, miniature lobster tails marinated in coconut batter, skewered and rolled in coconut flakes. Deep fry from frozen until golden brown.

50 tails \$89

CAPONATA #1012

A delicious medley of roasted eggplant and peppers, feta cheese and crunchy pine nuts all tucked inside a delicate puff pastry. Bake frozen in preheated oven @ 350° for 10-12 minutes.

50 pastries \$79

ARTICHOKE BITES #1013

Chicken breast meat, artichoke hearts, spinach and cream cheese all blended together in tasty bite-size morsels. Bake frozen at 350° for 20-25 minutes.

40-50 portions \$69

GARLIC ROLLS #1014

Thinly sliced beef, seasoned with garlic, then wrapped in a pinwheel of puff pastry. Bake frozen on a greased (not with butter) cookie sheet @ 350° for 10-12 minutes, then turn until golden brown. Serve with honey mustard.

70-75 rolls \$79

MINI WELLINGTON PUFF #1015

Filet mignon, shitaki mushrooms, shallots and a touch of cream wrapped in an elegant French puff pastry. Bake frozen @ 350° for 12-15 minutes.

50 puffs \$89

SPANAKOPITA #1016

Fresh spinach, onion, cream cheese, feta cheese and Greek herbs in a flaky phyllo pastry. Bake frozen @ 350° for 15-20 minutes.

50 portions \$79

PARMESAN ARTICHOKE HEARTS #1019

This appetizing medley of flavors is certain to become one of the classics. It is a unique combination of tender artichoke hearts stuffed with creamy goat cheese and zesty Parmesan cheese, seasoned with a hint of garlic and lightly breaded. Best deep fried for 5-6 minutes or until golden brown.

50 hearts \$79

SHREDDED CHICKEN MINI TAQUITOS #1023

A sensational treat, these appetizers are filled with seasoned, shredded chicken and then nestled in a crunchy corn tortilla. Serve with guacamole, sour cream and salsa. Deep fry for 1-2 minutes or bake from frozen @ 375° for 9-11 minutes.

78-80 taquitos \$69

ADOBE CHICKEN #1024

Flaky phyllo stuffed with smoked chicken, andouille sausage and yellow rice. Fresh peppers and a special blend of spices give this appetizer a real zip. Bake frozen @ 350° for 8-10 minutes or until golden brown.

50 pieces \$79

ITALIAN BITES #1025

Chicken breast meat, marinara sauce, mozzarella cheese and Italian herbs, blended together in tasty bite-size morsels. Bake frozen @ 350° for 20-25 minutes.

40 50 portions \$69

BUFFALO WINGS #1026

We use the meatiest part of the wing for these mouth watering appetizers. Perfectly seasoned with just the right kick. Fully cooked. The kids will be begging for these! Heat and serve with Ranch dressing.

40-50 wings \$69

MINI BEEF AND BEAN BURRITO #1030

Bite size burritos filled with tender shredded beef, refried beans and jack cheese seasoned with Southwestern herbs and spices, then wrapped in a fresh flour tortilla. Bake frozen @ 425° for 10-15 minutes. May also be deep fried for 4-6 minutes until golden brown or microwaved for 1-1 1/2 minutes on medium heat.

76-80 burritos \$69

MINI BEEF TAQUITOS #1031

Tender shredded beef seasoned for just the right kick and then rolled in a crunchy bite size corn tortilla. Serve with guacamole, sour cream and salsa. Bake frozen @ 375° for 10-15 minutes or deep fry until golden brown. Try sprinkling with cheddar cheese then continue to bake for 2-3 minutes.

68-70 taquitos \$69

MINI BEEF TACOS #1032

Ground beef seasoned with taco seasonings then tucked into a crispy corn tortilla. Great as an appetizer for dipping or an after school snack. For a yummy dip, mix 2 parts sour cream with 1 part salsa. Bake frozen @ 425° for 10-15 minutes or deep fry until golden brown.

150-160 tacos \$69

(Continued on page 3)

Meat

BLACK BEAN SOUTHWEST SPRING ROLLS #1034

We have brought together the tangy tastes of the Southwest including black beans, spicy chorizo sausage, jicama, cheddar cheese and a touch of cilantro into the crispy spring roll wrapper. It's a great sample of the incredible wonders that occur when the Far East meets the Southwest. Cook Frozen. Deep fry for 2 minutes or Bake @ 400° for 15-17 minutes.
50 rolls \$79

VEGETABLE CORNUCOPIA #1035

A new kind of quesadilla filled with flavor. Each flour tortilla captures the spicy flavor of assorted peppers, tomatoes, and onions. Complement that with the mellow taste of mild Cheddar and Monterey Jack cheese accented with cilantro and a touch of garlic. Bake from frozen @ 375° for 15-17 minutes.
50 cornucopias \$79

SMOKED CHICKEN CORNUCOPIA #1036

We start with a delicious combination of smoked chicken, mild Cheddar, Monterey Jack cheese, and assorted peppers. Then we add tomatoes, cilantro, onions and a touch of garlic, and roll it in a flour tortilla. Bake from frozen @ 375° for 15-17 minutes.
50 cornucopias \$79

PORTOBELLO PUFF #1039

Delicious grilled Portobello mushrooms, vine ripened Roma tomatoes and roasted red peppers combine with Monterey Jack and goat cheese to create this elegant puff pastry treat. Bake from frozen @ 325° for 12-15 minutes.
40 puffs \$79

BUTTER PECAN SHRIMP #1042

Large shrimp lightly coated in a decadent blend of buttered pecans and coconut flakes. Deep-fry or sauté from frozen for 5-7 minutes or until golden brown.
50 servings \$89

MUSHROOM TART #1044

Shiitake, Oyster, Portobello, Cremini and Button mushrooms, fresh herbs and Swiss cheese fill a flaky handmade chive tart shell. Bake from frozen at 350° for 9-12 minutes.
50 tarts \$69

ROASTED VEGETABLE TART #1045

A succulent blend of fresh zucchini, yellow squash, carrots, peppers, sun dried tomato, corn, Monterey Jack cheese and cheddar cheese in a sun dried tomato tart shell. Bake from frozen at 350° for 9-12 minutes.
50 tarts \$69

PESTO PUFFS #1070

This unique and delicious appetizer is made by spreading a tasty pesto sauce made with a blend of basil, garlic, parmesan cheese and olive oil, over strips of flaky French puff pastry. Then we roll this treat into delightful little pinwheels. Bake frozen @ 350° for 15-18 minutes.
100-120 puffs \$79

CASHEW CHICKEN SPRINGROLLS #1071

Chicken breast meat, cashews, cabbage and other vegetables with a delicious hoisin sauce, nestled inside a light, flaky spring roll wrapper. Don't thaw. Deep-fry for 2-3 minutes or pan-fry until golden brown.
50 rolls \$79

DIJON CHICKEN PUFFS #1072

These delicate puffs are filled with marinated chunks of Dijon chicken breast meat combined with a tangy garlic-herb cream cheese. Bake frozen at 375° for 16-18 minutes or until golden brown.
50 puffs \$79

CHOICE NEW YORK STEAKS #2003

Try these fabulous USDA choice steaks on the barbeque or under the broiler. Beautifully marbled and full of flavor. Broil or grill thawed for 8-10 minutes rare, 12-14 minutes medium, or 18-20 minutes well-done, turning at halfway point.
10 steaks \$116

BEEF KABOBS #2004

Tender chunks of Filet Mignon marinated in a delicious bordelaise sauce, skewered with fresh bell peppers and red onions. Thaw, then bake or barbecue.
10-12 kabobs \$79

MONTREAL KABOBS #2008

Tender and extremely flavorful, these skewers are filet mignon in fresh garlic and our Montreal seasoning. Barbeque or broil thawed for 5-6 minutes per side.
16 kabobs \$79

SWEET HICKORY BAR-B-Q TRI-TIP SANDWICH #2010

Tri-tip roast smothered in our famous sweet hickory barbecue sauce and cooked slowly until it is unbelievably tender, then heaped into a fresh bun. Thaw, then microwave, wrapped in a paper towel on high for 1-1 1/2 minutes.
8 sandwiches \$49

BEEF TOURNADO #2019

We built our reputation on this steak! Tender center-cut filet mignon, marinated in Bordelaise sauce, and wrapped in a generous slice of thick bacon. Bake thawed @ 400° 8-10 minutes on first side, then cook 5-8 minutes on second side. Towards end of cooking time, unwrap and lay the bacon flat on both sides to cook it thoroughly. Even better on the barbecue!
10-12 steaks \$106

RIB EYE STEAKS #2020

Try this USDA choice center cut of the prime rib for a truly tasty meal. Thaw and broil or barbecue. Broil for 8-10 minutes turning at halfway point.
10 steaks \$116

TENDERLOIN SUPREME #2021

Marinated cubes of filet mignon, seasoned mushrooms or potatoes (please specify) and a light butter sauce, wrapped in flaky puff pastry. Bake frozen @ 375° for 35-40 minutes.
8 servings \$79

FILET MIGNON #2022

1-1/2" thick and meticulously trimmed. These USDA choice steaks are very tender and full of flavor. Broil or grill thawed for 14-16 minutes rare, 18-20 minutes medium, or 22-26 minutes well-done, turning at halfway point.
10 steaks \$116

MARINATED NEW YORK STEAKS #2023

Beautifully trimmed and seasoned to perfection, these USDA choice steaks make for a hearty meal. Broil, bake or barbecue. Broil or grill thawed for 8-10 minutes rare, 12-14 minutes medium, or 18-20 minutes well done, turning at halfway point.
10 steaks \$116

PORTERHOUSE T-BONE #2026

These extra large steaks are great no matter how you cook them. Thaw and then cook to desired taste in the oven or on the barbecue.
5-6 steaks \$106

(Continued on page 4)

Poultry

TRI-TIP ROASTS #2027

People rave about these! Well-trimmed and seasoned to perfection, these roasts are tender and tasty. Leftovers make great sandwiches. Bake thawed @ 350° for 15-20 minutes per side or barbecue. Be sure to slice thin AGAINST the grain.

3 roasts \$79

WESTERN CHATEAUBRIAND #2028

This one is great for company. A whole filet mignon tenderloin wrapped in bacon and seasoned with garlic and pepper. Simple, yet elegant. Bake thawed @ 450° for 45 minutes rare, 60 minutes medium, or 75 minutes well-done.

2 large filets \$106

BEEF BORDELAISE STICKS #2029

Tender filet mignon marinated in bordelaise sauce, skewered and ready for the barbecue. Barbecue or bake thawed @ 375° for 5-6 minutes per side.

16-18 sticks \$79

LEAN GROUND BEEF PATTIES #2030

Steak trimmings give our ground beef great flavor.

15 1/3 lb patties \$49

LEAN GROUND BEEF BULK #2031

Steak trimmings give our ground beef great flavor.

5 1 lb packs \$38

BLACK ANGUS STEAKBURGERS #2032

Best burger around! A huge 1/2lb. Black Angus steakburger wrapped with a slice of apple-cured bacon and sprinkled with a porterhouse seasoning. Thaw first. Bake at 350° for 10-12 minutes on first side, continue on second side for a few more minutes.

12 burgers \$64

PROVIMI VEAL CUTLETS #2033

The best veal there is. Perfect thickness for making veal marsala, parmigiana or scaloppini. Use for all of your favorite recipes.

16 cutlets \$96

PROVIMI VEAL STEAKS #2034

A great, quick veal dish. Ground veal lightly coated in Italian bread crumbs. We suggest that you sauté frozen in olive oil until thoroughly browned, then add marinara sauce, a slice of mozzarella cheese and bake @ 350° until cheese melts.

16 steaks \$86

STEW BEEF #2035

Definitely not your typical supermarket stew beef! Choice cuts of very lean U.S.D.A. beef.

5 1-lb. packs \$48

CHATEAU GABRIELLE #2036

Elegant company meal. Filet mignon stuffed with a truly fabulous blend of shrimp, wild rice, white rice, scampi butter and savory herbs. Each serves two to three nicely. Bake thawed at 350° covered for 25-30 minutes.

3 large chateaus \$106



MUSHROOM TRIO CHICKEN #3026

Love shrooms? Boneless, skinless chicken breast filled with a mixture of Portobello, Cremini and Shitaki mushrooms in herbal butter. Bake frozen @ 350° for 35-45 minutes. Uncover to brown during last 5-10 minutes.

8 portions \$74

ASIAGO CHICKEN #3027

We start with a plump, boneless, skinless breast and fill it with fresh asparagus spears, asiago cheese and savory herbs. Bake frozen and covered @ 350° for 35-45 minutes. Uncover for last 10 minutes.

8 breasts \$74

SWEET CORN CAKE CHICKEN BREAST #3028

One of our best-selling stuffed chickens. This unique item has a Mexican flair with sweet corn cake stuffed inside a boneless and skinless chicken breast. Popular with kids. Bake frozen @ 350° for 35-45 minutes.

8 breasts \$74

POLLO RICO #3031

Boneless, skinless chicken breast stuffed with mashed potatoes, butter, sour cream and chives, then topped with an authentic Baja rub. Ole! Bake from frozen at 350° for 35-45 minutes.

8 breasts \$74

PORTOBELLO CHICKEN #3032

A boneless, skinless breast overflowing with portobello mushrooms, sun-dried tomatoes, fresh herbs and gouda cheese. Bake frozen and covered at 350° for 35-45 minutes. Uncover for last 10 minutes.

8 breasts \$74

CHICKEN GABRIELLE #3033

An immediate bestseller! Fresh spinach, feta cheese, chopped shallots, fresh garlic and sun-dried tomatoes, all stuffed inside a plump, boneless and skinless chicken breast. Bake frozen and covered @ 350° for 35-45 minutes. Uncover for last 10 minutes.

8 portions \$74

GROUND CHICKEN #3044

Ground fresh with only the best white meat chicken. Use in all of your favorite recipes to replace ground beef.

5 1-lb packs \$44

CHICKEN SCAMPI #3045

Tender chicken breasts, deboned and stuffed with large shrimp prepared in a tasty garlic butter sauce, then rolled in lightly seasoned Italian bread crumbs. Bake covered from frozen @ 350° for 35-45 minutes. Pour drippings over breasts prior to serving.

8 breasts \$74

TROPICAL CHICKEN #3049

Pineapple, white rice and teriyaki sauce provide a refreshing and unusually tasty filling for these boneless breasts. Bake covered from frozen @ 350° for 35-45 minutes.

8 breasts \$74

CHICKEN CORDON BLEU #3051

Overflowing with ham and Swiss cheese and lightly breaded, these boneless, skinless breasts make a substantial meal. Bake frozen @ 350° for 35-45 minutes.

8 breasts \$74

CHICKEN KIEV #3052

A classic! The flavor of these tender boneless, skinless breasts is subtly enhanced with a delicate butter, chive and garlic filling. Lightly breaded. Bake frozen @ 350° for 35-45 minutes

8 breasts \$74

(Continued on page 5)

STUFFED CHICKEN #3053

Chunks of fresh diced celery and minced onion are added to Mrs. Cubbison's® delicious stuffing to fill these boneless breasts. Bake frozen @ 350° for 35-45 minutes.

8 breasts \$74

WILD RICE & MUSHROOM CHICKEN #3054

Boneless breasts stuffed with healthy long grain wild rice, white rice and fresh mushrooms. Great drizzled with cream of mushroom soup or gravy. Bake frozen @ 350° for 35-45 minutes.

8 breasts \$74

CHICKEN EXTRAORDINAIRE #3055

Boneless, skinless breasts filled with a blend of fresh-chopped spinach and cream cheese, all wrapped in flaky puff pastry. Bake frozen @ 350° for 35-45 minutes or until browned.

8 breasts \$74

CHICKEN A L'ORANGE #3056

Very moist! These boneless, skinless chicken breasts are stuffed with a mixture of mandarin oranges, almonds and sweet creamery butter, then rolled in seasoned bread crumbs. Bake frozen @ 350° 35-45 minutes.

8 portions \$74

JAMAICAN CHICKEN #3057

Yeah Mon! We take a boneless, skinless breast and fill it with bread stuffing, apples, almonds and jerk seasoning. An island treat. Bake frozen @ 350° 35-45 minutes.

8 portions \$74

BROCCOLI AND CHEESE CHICKEN #3058

This is a delicious and nutritious item sure to be a hit with the whole family. Boneless, skinless breast meat, filled with chopped broccoli and jack cheese. Bake frozen @ 350° 35-45 minutes.

8 portions \$74

CHICKEN ITALIANO #3059

Boneless, skinless breast meat filled with mozzarella cheese, tomato sauce, and Italian spices. Bake frozen at 350° for 35-45 minutes. Serve with spaghetti and garlic bread. A kids' favorite.

8 portions \$74

MEDITERRANEAN CHICKEN #3060

A great company meal. Two whole deboned roasting chickens, hand-rubbed with unique Mediterranean spices, then wrapped in a cooking net. Fabulous flavor! Bake thawed on a rack @ 350° uncovered for 1-1/2-2 hours. Slice with net on.

2 roasts \$59

GRILLED CHICKEN STRIPS #3061

These julienned strips of chicken are seasoned and fully cooked. Just thaw and serve with salads or use in your favorite recipes.

approx. 100 strips \$59

CHICKEN TOURNADO #3062

One of our best sellers! Boneless breasts wrapped with bacon, then marinated in an elegant bordelaise sauce. These breasts are tender and tasty through and through. Great on the barbecue! Bake thawed @ 350° for 20-30 minutes or grill for 10-14 minutes each side. Be sure bacon is cooked on both sides.

10-12 breasts \$74

CHICKEN PATTIES #3063

Like burgers, but don't want meat? Try these ground chicken patties. Very low in fat. Season and bake or barbecue.

20 patties \$49

ROASTED GARLIC CHICKEN BREASTS #3064

Boneless, skinless breasts marinated in a fabulous roasted garlic oil. Bake thawed at 350° for 8-10 minutes per side. Serve with rice.

12-14 portions \$64

CAJUN CHICKEN BREASTS #3065

Here is one of our most popular items. Very moist and meaty, these mildly hot breasts are fabulous in the oven or on the barbecue. Bake thawed and covered, breast side down @ 350° for 25-30 minutes. Turn over and broil uncovered for 5 - 10 minutes more and baste for extra flavor. May also be barbecued for 10-15 minutes per side. Use drippings and extra sauce to season white rice.

8-9 breasts \$64

CHICKEN CUTLETS #3066

These versatile boneless and skinless breasts are ready for your special recipes. Very, very moist. Bake frozen @ 350° or barbecue for 8-10 minutes per side.

16-18 cutlets \$59

CAJUN CHICKEN CUTLETS #3067

These mildly spicy cutlets are made with fresh chicken breast cutlets marinated in our famous Cajun sauce. Wonderful served over rice or crisp greens or in a sandwich. Bake frozen @ 350° for 10-12 minutes each side.

12-14 cutlets \$64

MESQUITE CUTLETS #3068

Boneless, skinless chicken breasts marinated in Texas-style mesquite barbecue sauce. Bake frozen @ 350° for 10-12 minutes per side.

12-14 cutlets \$64

TERIYAKI CHICKEN STICKS #3069

Fresh chicken tenderloins marinated in a special teriyaki sauce. Makes a quick and easy low-fat meal. Bake thawed @ 350° for 12-14 minutes. Of course, they're great broiled or on the barbecue.

16-18 sticks \$69

MESQUITE & HONEY BAR-B-Q CHICKEN STICKS #3070

Kids like this one. Fresh chicken tenderloins dipped in a mesquite honey barbecue sauce. Finger lickin' good. Bake thawed @ 350° for 12-14 minutes or barbecue for extra flavor.

16-18 sticks \$69

LIMON CHICKEN STICKS #3071

Fresh chicken tenderloins marinated in a lite lemon-lime and garlic marinade. Perfect for summer barbecues. Bake thawed @ 350° for 12-14 minutes.

16-18 sticks \$69

CHICKEN KABOBS #3072

Fresh zucchini, onions and tender chunks of white meat chicken are marinated in the best Italian dressing ever. Bake thawed @ 350° for 6-8 minutes per side or barbecue for extra flavor.

10-12 kabobs \$74

CHICKEN ITALIAN SAUSAGE #3073

Unbelievably low in fat, all natural, and no preservatives. Great taste! Customers tell us it's the best they've ever had! Thaw and use in your favorite recipes, in sandwiches or salads.

5 lbs. \$56

CHICKEN BRIE ANNA #3074

A boneless, skinless chicken breast filled with sweet, juicy apples and tangy cranberries in a creamy blend of Cheddar, Brie and Mozzarella cheeses. A perfect blend of flavors for this elegant entree. Bake from frozen and covered @ 400° for 35-45 minutes.

8 breasts \$74

MARCO POLO CHICKEN #3077

Boneless, skinless chicken breast filled with broccoli, wild rice and cheddar cheese, then wrapped in a light flaky puff pastry. Bake frozen @ 350° for 40-45 minutes or until browned.

8 breasts \$74

CHICKEN SATE #3078

Tender, boneless and skinless chicken breast thinly sliced and marinated in a Thai peanut sauce and then skewered. Bake frozen @ 350° for 12-14 minutes.

18 sticks \$74

(Continued on page 6)

LEMON HERB CUTLETS #3079

An immediate best seller! These moist chicken cutlets are marinated in a light, tasty lemon herb marinade. Bake frozen @ 350° for 8-10 minutes each side. Excellent on the barbecue as well.
16 cutlets \$79

BREADED CHICKEN PATTIES #3082

These lightly breaded breasts are fully cooked, so they make a quick and tasty meal. Great for the kids. Bake frozen @ 350° for 10-15 minutes.
20 patties \$59

WILD RICE & MUSHROOM HENS #3083

Semi-boneless game hens stuffed with a healthy blend of wild rice, white rice and mushrooms. Bake frozen @ 350° for 45-50 minutes.
4 hens \$59

MESQUITE HENS #3084

Large game hens cut in half and marinated in a Texas-style mesquite barbecue sauce. Excellent for the barbecue. Bake frozen @ 350° for 35-45 minutes.
8 portions \$59

CHICKEN LASAGNA #3093

Your entire family will love this unique lasagna. A delicious blend of tender white meat chicken, juicy red and yellow peppers, spinach and garlic. A fabulous blend of cheeses in a garlic cream sauce top off this lasagna with style. Bake thawed @ 350° 25-35 minutes or microwave for 6-8 minutes.
12 servings \$69

MEXICAN LASAGNA #3094

Try this unique gourmet treat that consists of twelve mouth watering layers of shredded white meat chicken, pinto beans (refried with no lard), Spanish rice, tasty tortillas, and cheddar cheese. Picante sauce gives this lasagna an extra kick. Bake frozen @ 350° for 25-35 minutes or microwave for 4-6 minutes. Serve with sour cream and guacamole.
12 servings \$69

ARTICHOKE PARMESAN CHICKEN #3097

Artichoke hearts, spinach and red peppers are combined in a zesty parmesan sauce, hand-wrapped inside a moist, tender chicken breast and topped with Italian herbs and parmesan cheese. Bake frozen @ 400 for 30-40 minutes.
8 breasts \$74

MUSHROOM EN CROUTE #3098

All natural chicken breast filled with a decadent blend of portobello, cremini and white button mushrooms in a Marsala demi-glace, then wrapped in a delicate French puff pastry. Bake frozen @ 450° for 15 minutes then reduce to 400 for 30 minutes.
8 servings \$74

FRENCH APPLE BREAKFAST PUFFS #3109

A fabulous gourmet breakfast made with fluffy eggs scrambled with French apple chicken sausage and cheddar cheese, then nestled in a light flaky puff pastry. Bake thawed @ 375° for 20-25 minutes.
8 servings \$62

LINDBERG CHICKEN #3111

Plump half chickens seasoned to perfection with a flavorful blend of seasonings. Bake thawed @ 350° for 30-40 minutes or good for the barbecue as well.
6 halves \$59

GROUND TURKEY #4078

All white meat turkey ground and ready for your favorite recipes. Try using in place of ground beef for a low fat, low cholesterol alternative.
5 -1 lb packs \$49

STUFFED TURKEY BREASTS #4079

It can be Thanksgiving all year! Boneless, skinless breasts filled with a delicious, all natural bread stuffing. Delicious with gravy on top. Bake thawed, wrapped in foil @ 350° for 35-40 minutes.
7-8 servings \$62

TURKEY CORN DOGS #4082

If your kids like corn dogs, but you hate what's in a hot dog, here's a good compromise: our all natural Foster Farms® turkey corn dogs. Bake frozen @ 350° for 12-14 minutes.
16 corn dogs \$36

TURKEY CHOPS #4083

Here's a unique one. A bone-in, 1/2" thick slice of breast meat. Be creative with these or use them as an alternative to pork chops. They're versatile, low in fat and cholesterol. Bake thawed @ 350° for 12-14 minutes per side.
20 chops \$69

Pork

MICHELE'S PORK CHOPS #5034

1 1/2" - 2" thick center-cut pork chops seasoned with our classic Porterhouse seasoning. Michele sears thawed chops on both sides in a hot skillet, then adds 1/2 cup Marsala wine to the pan. Reduce the heat, cover and simmer, 25-30 minutes.
8-9 chops \$74

WILD RICE & MUSHROOMS STUFFED CHOPS #5035

The perfect blend of wild rice, white rice and mushrooms complement our boneless chops beautifully. Drizzle with cream of mushroom gravy or soup before serving. Bake frozen @ 325° for 1 hour.
9-11 chops \$74

STUFFED PORK ROAST #5036

Large boneless pork loins stuffed two different ways: Wild rice, white rice and mushrooms in a light butter sauce (baste with cream of mushroom soup) or bread stuffing, apples, almonds, and a unique Jamaican spice (baste with apple juice). Bake thawed @ 350° for 60-75 minutes.
2 roasts \$74

APPLE ALMOND STUFFED CHOPS #5037

Flavorful boneless pork chops stuffed with bread stuffing, apples, almonds, and a unique Jamaican spice. Bake frozen @ 325° for 1 hour. Baste with apple juice.
9-11 chops \$74

BONELESS PORK CHOPS #5038

These well-trimmed loin cuts are great for stir-fry, fajitas, or your own special recipes.
18-20 chops \$74

CENTER CUT PORK CHOPS #5039

Cut from the center loin, these chops are well trimmed and tasty. Rub with garlic and then grill for a delicious entree.
15-17 chops \$74

THICK CENTER CUT PORK CHOPS #5040

Cut from the center loin, these chops are well trimmed and tasty. Rub with garlic and then grill for a delicious entree.
9-11 chops \$74

Prices, weights & portions may vary according to market conditions. Ovens may vary. Cooking times & temperatures are approximate.
Effective March 2009

MARINATED BABY BACK RIBS #5041

Small racks of tender and tasty ribs marinated in our hickory smoked barbecue sauce, so they are loaded with flavor. Cover and bake thawed @ 325° for 1 hour, then uncover and broil 10-15 minutes, or barbecue.

6-8 racks \$59

DIJONAISE PORK KABOBS #5043

These fabulous kabobs are medallions of pork tenderloin marinated in a distinctive dijonaise marinade. Great on the barbecue or in the oven. Bake thawed @ 350° for 20-25 minutes.

16 kabobs \$79

CAJUN PORK KABOB #5051

Tender, juicy, pork tenderloins marinated in our famous honey cajun barbecue sauce. Great on the barbecue, or in the oven. Bake frozen @ 350° for 20-25 minutes.

16 kabobs \$79

LEMON PEPPER BONELESS PORK CHOPS #5052

Beautifully trimmed, these boneless pork loins are marinated in a tasty lemon-pepper marinade. Bake thawed @ 350° for 8-10 minutes per side. Also great on the barbecue.

12-14 chops \$69

Lamb

LAMB KABOB #6030

Nicely trimmed pieces of lamb lightly marinated in our fabulous garlic marinade. Broil or grill thawed 15-20 minutes.

15-16 kabobs \$79

RACK OF LAMB #6031

This rack of lamb is scrumptious and 100% organic. Tender, juicy New Zealand lamb perfectly seasoned with a tantalizing combination of herbs and spices. Pre sliced for ease of serving. Broil thawed for 8-10 minutes each side.

7-8 racks \$89

LAMB CHOPS #6047

U.S.D.A. loin cut lamb chops are thick and beautifully trimmed. Broil thawed until only slightly pink inside.

15-17 chops \$89

Order with Confidence!

If you are unsatisfied with an item, simply return it for refund or exchange.

100% Satisfaction Guaranteed.

Vegetarian

VEGETARIAN LASAGNA #8104

Even meat lovers will enjoy this. Spinach, carrots, cheese and a creamy sauce are topped with a unique crunchy topping. Popeye's favorite! Bake thawed @ 350° for 25-35 minutes.

12 servings \$66

ITALIAN EGGPLANT CUTLETS #8105

Sliced eggplant cutlets lightly coated with breadcrumbs seasoned with herbs and spices. Excellent as a side dish and perfect for eggplant parmigiana. Bake thawed @ 350° for 15-20 minutes. For parmigiana add marinara sauce and mozzarella cheese and continue to bake until cheese melts.

30-34 cutlets \$54

GARDEN BURGERS #8106

Health conscious? These meatless, low fat, low cholesterol burgers contain mushrooms, onions, brown rice and other natural ingredients. Microwave from frozen, or thaw and barbecue, bake, or even pop in the toaster.

24 burgers \$56

TWICE-BAKED POTATOES #8108

We take a large baked potato, spoon the potato from the skin, blend it with butter, sour cream and chives or cheddar cheese, then bake it again for a fabulous taste. Bake thawed @ 350° for 20-25 minutes or cut a small slit in wrap and microwave for 7-8 minutes on high.

12 servings \$49

VEGGIE PUFF #8110

A delightful blend of broccoli, carrots, and cauliflower lightly seasoned with parmesan, all wrapped up in a flaky puff pastry. Bake frozen @ 350° 15-25 minutes or until golden brown.

8 servings \$58

Seafood

SURF N' TURF KABOBS #9078

Skewered, large peeled and deveined black tiger shrimp and tender chunks of filet mignon in a fabulous low-cal garlic herb marinade. Thaw first, then barbeque on medium heat for 5-7 minutes per side, or broil, bake, or pan-fry.

16 skewers \$89

ROASTED GARLIC SALMON STIX #9079

Unbelievable flavor! Wild Alaskan silver salmon marinated in a roasted garlic oil. Great for a delicious quick meal, thaw first, then barbeque on medium heat for 5-6 minutes per side, or bake, broil or pan-fry.

16 skewers \$79

(Continued on page 8)

HERB CRUSTED SALMON #9080

We start with the best Wild Alaskan silver salmon filets, then coat them in a savory blend of fresh herbs and spices to make a delicious crust. Perfect for today's popular low-carb diets. Bake thawed @ 350° for 14-18 minutes or until flakes easily with fork.

9-11 filets \$89

AHI TUNA #9081

This Sashimi-style tuna is the highest grade of tuna. The preferred fish used in sushi, with a mild flavor and deep red color, this steak is perfect for broiler or barbecue. Broil thawed 3-4 minutes each side.

9-11 steaks \$79

ROASTED GARLIC TILAPIA #9083

Garlic lover? These mild fish filets are coated with a zesty, roasted garlic oil. Bake thawed at 375° for 12-15 minutes, or try pan-frying and mix with rice for a quick, tasty meal.

12-14 portions \$69

HALIBUT FILETS #9085

Top of the line Alaskan filets are flash frozen to ensure freshness. Perfect for light dining. Great for diets. Thaw, bake @ 350° for approximately 20 minutes or until firm to the touch. Try seasoning with garlic butter and parmesan cheese. Also terrific barbecued.

8-10 filets \$95

SWORDFISH STEAKS #9086

Try marinating these Japanese swordfish steaks in Italian dressing and then barbecuing them. Broil thawed @ 350° for 10-12 minutes until flakes easily.

8-10 steaks \$82

SALMON FILETS #9087

Boneless and skinless Wild Alaskan silver salmon filets. Flash frozen and vacuum packed. Poach, broil or barbecue.

9-11 filets \$84

ORANGE ROUGHY #9088

Straight from New Zealand, these boneless filets are moist, delicate and mild. Bake thawed @ 350° with pats of butter, garlic and parsley for 10-12 minutes, then turn and bake for a few more minutes.

9-11 filets \$79

SEA BASS #9090

This tasty fish comes to us from Chile. Our generous filets offer hearty taste and make satisfying meals. Bake thawed @ 350° for 20-25 minutes with pats of butter and garlic.

9-11 filets \$95

CAJUN CATFISH #9091

These delicious farm raised catfish have the perfect amount of seasoning. A wonderful entree. Bake frozen @ 375° for 10-12 minutes.

12-14 filets \$69

GARLIC BUTTER CATFISH #9092

Delicious Garlic Butter seasoned filets. Farm raised. Bake frozen @ 375° for 10-12 minutes.

12-14 filets \$69

LARGE FULLY COOKED SHRIMP #9093

These peeled and deveined shrimp are fully cooked. Individually quick frozen for your convenience. Just thaw and serve with cocktail sauce.

4 lbs. \$89

BREADED WHITING FILETS #9094

Great mild fish for the kids. Boneless, crunchy filets (true filets, not minced fish) that you bake. Bake @ 350° for 15-20 minutes.

24-25 pieces \$69

SCALLOPS #9095

Sweet, jumbo scallops from Japan. Individually quick frozen for your convenience. Sauté in butter and garlic, or coat with egg and bread crumbs, then bake or fry. Size and quantity varies with availability.

4 lbs. \$89

LOBSTER #9096

Large, warm water tails for that special occasion. Broil, boil, or steam until meat turns milky white. Size and quantity varies with availability.

3 lbs \$110

ALASKAN KING CRAB LEGS #9097

Large, succulent legs and claws from the pristine waters of Alaska. Sweet and full of meat, they're perfect alone or used in your favorite recipes. Steam for 8-10 minutes. Dip in melted butter.

4 lbs \$80

PETITE LOBSTER #9098

These sweet lobster tails are just the right size for a tasty surf n' turf meal. Broil, boil, steam, or barbecue until meat is milky white.

3 lbs. \$96

SHRIMP #9099

Large, peeled, and deveined shrimp ready for your own recipes. Sauté with butter and garlic for your own scampi, or boil for 2-3 minutes for shrimp cocktail.

3 lbs. \$84

GIANT PRAWNS #9100

So large, most people mistake them for lobster, yet they're tender and tasty. Great on the barbecue!

3 lbs \$95

CAJUN SHRIMP #9101

HOT STUFF! One of our best sellers. Large shrimp coated with a Cajun glaze that melts down to a sauce as you cook it. Can be served over rice or pasta for a meal, or alone as a finger food. Size and quantity vary with availability. Sauté from frozen for 2-3 minutes per side. No oil or butter required.

4 lbs. \$89

SCAMPI SHRIMP #9102

Love garlic? Then try this one. Same idea as the Cajun shrimp, but not hot. For a truly decadent meal serve shrimp and sauce over medium rare filet mignon. Sauté from frozen for 2-3 minutes per side. Serve over rice or pasta, or as a finger food. No oil or butter required. Size and quantity vary with availability.

4 lbs. \$84

GOURMET BREADED SHRIMP #9103

Large, butterflied shrimp coated in herbs and spices. You won't be able to stop eating these wonderfully tasty morsels. Fry from frozen until golden brown. Serve with cocktail sauce.

3 lbs \$69

COCONUT CRUSTED TILAPIA #9104

Our best selling fish! These moist, mild, (not fishy) filets have a delicious toasted coconut, mango and papaya crust that even non-fish lovers will love. Preheat oven and bake from frozen at 375° for 28-30 minutes or until crust is firm.

16 servings \$84

POTATO CRUSTED COD #9105

Here's a kid-friendly one. Delicate, cold-water Icelandic Cod filets coated with a tasty, seasoned potato crust. Preheat oven to 375°. Bake from frozen for 28-30 minutes or until crust is firm.

16 servings \$84

SUMMER HERB CRUSTED COD #9106

Cold-water Icelandic Cod filets crusted with a delicate blend of savory herbs. Preheat oven. Bake from frozen at 375° for 28-30 minutes or until crust is firm.

16 servings \$84

CARRIBEAN CRUSTED SNAPPER #9107

A unique blend of island spices and herbs give these Snapper filets an island flair. Preheat oven to 375°. Bake from frozen for 28-30 minutes or until crust is firm.

16 servings \$84

Dessert

KENTUCKY PIE #10

Bittersweet chocolate chips, toasted Georgia pecans and butter, all in a tender crust. Just thaw and serve.

14 servings \$59

IRISH CREAM BASH #11

White chocolate mousse and delicate chocolate cake crumbles soaked with the finest Irish cream. Too good! Just thaw and serve.

14 servings \$59

TORTA TIRAMISU WITH KAHLUA #12

Creamy mascarpone filling, dewy with zabaglione, and saucy with Marsala and pillows of sponge cake with rich coffee liqueur. To die for! Just thaw and serve.

14 servings \$59

CARAMEL APPLE GRANNY #14

Tart Granny Smith apples surrounded by buttery caramel and creamy toffee all piled into a shortbread crust. Our most popular. Serve warmed with vanilla ice cream or just thaw and serve.

14 servings \$59

CHOCOLATE RASPBERRY BASH #15

A tango of dark and white chocolate on a brownie shortbread crust, strewn with truffled cream cheese and red-luscious ripe raspberries. Disguised in a halo of white chocolate whipped cream, this devilish dessert will fulfill your darkest desires. Just thaw and serve.

14 servings \$59

HEATH TOFFEE CRUNCH PIE #16

We start with a rich brownie shortbread crust. Then we add the buttery sweet crunch of Heath toffee to cream cheese that's been spiked with Devonshire Cream Liqueur. Finally we drizzle the top with rich creamy chocolate. Sinfully delicious! Just thaw and serve.

14 servings \$59

STRAWBERRY LABOMBA #17

Tart fresh strawberries and velvety amaretto cream, layered with silken cream cheese, all nestled in a buttery almond flecked cake. All ablaze in amaretto. Just thaw and serve.

14 servings \$59

CHOCOLATE LOVIN SPOON CAKE #18

This rich and delicious cake is a chocolate lovers fantasy! Two layers of moist, dark chocolate cake separated by creamy smooth chocolate pudding. Topped with chunks of cake and drizzled with even more melted chocolate. Just thaw and serve.

14 servings \$59

PUMPKIN CRANBERRY BASH #20

Tradition with a twist. Delicate pumpkin custard, fresh tart cranberries, and ribbons of orange. Seasoned with a cornucopia of spices in a ginger-snap crust. Perfect for the holidays. Just thaw and serve.

14 servings \$59

BREAD PUDDIN' PIE #21

Creamy chunks of custard croissants laced with rich sweet bourbon among bites of apples and raisins. Blended with a custard flan and nestled in a buttery shortbread crust. The best you've ever had! Just thaw and serve.

14 servings \$59

BANANA CHOCOLATE CHIP #22

Creamy custard, fresh sweet bananas, and dark chocolate chips fill this moist banana cake. Wrapped in chocolate cream cheese frosting and more chips. Just thaw and serve.

14 servings \$59

BLACK FOREST CHERRY TORTE #23

Three layers of moist fudge cake, brush them with brandy, and layer them with tart cherries and mounds of sweet whipped cream. An authentic European delight. Just thaw and serve.

14 servings \$59

BOURBON ST. PECAN PIE #24

A jazzy combination in the true New Orleans tradition! Mammoth toasted pecan halves layered in an intoxicating filling mellowed with the rich, smooth flavor of Kentucky bourbon. All nestled in our buttery crust. Just thaw and serve.

14 servings \$59

CARROT CAKE #26

We take walnuts, raisins, crushed pineapple, add a touch of cinnamon and spread on a tangy, smooth cream cheese icing. The best Carrot Cake ever! Just thaw and serve.

14 servings \$59

HAZELNUT CAPPUCCINO TORTE #27

A four-layer torte, made entirely of lightly-toasted hazelnuts (no flour), bittersweet chocolate ganache, and coffee buttercream. Just thaw and serve.

14 servings \$59

LEMONBERRY JAZZ #28

Light lemon mousse, large juicy blueberries and tart lemon curd in a buttery shortbread crust. Just thaw and serve.

14 servings \$59

KEY LIME PIE #30

Refreshing Florida Key Lime smothered in a light creamy whipped cream and tucked into a buttery graham cracker crust with a hint of granola. Just thaw and serve.

14 servings \$59

CHOCOLATE PEANUT BUTTER PIE #31

Graham cracker peanut butter crust filled with a silky dark-chocolate mousse, topped with a creamy smooth mixture of peanut butter and whipped cream. Then it's drizzled with peanut butter and chunks of Reese's Peanut Butter Cups. Just thaw and serve.

14 servings \$59

OREO COOKIE BASH #32

Whole Oreo cookies layered in a chocolate cheesecake made of white and dark chocolate mousse all tucked into a scrumptious chocolate-almond cookie crust. Topped off with fresh whipped cream. Just thaw and serve.

14 servings \$59

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See page 10 for details.

Your
Organization
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ChildrensHospitalLosAngeles
International Leader in Pediatrics

**Do You *Hate* to Cook? Do You *Love* to Cook?
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Date

Parents,

On *date*, the XYZ School is teaming up with Childrens Hospital Los Angeles and Specific Pacific Foods, LLC. for our first joint monthly fundraising event, *Super Marketing Day*.

When you purchase their high-quality fresh or frozen food using the attached order form, you get an immediate 10% discount off the list price. *Another 10% of the proceeds go to XYZ School, and an additional 5% goes to Childrens Hospital.* What a delicious way to raise money for two great organizations!

Voted “Best of L.A.” by *Los Angeles Magazine*, Specific Pacific Foods, LLC. has been delivering a full line of fresh and frozen USDA Choice meats, seafood, uniquely prepared poultry, appetizers and desserts to choosy local cooks since 1979. With over 150 top-quality selections, Specific Pacific is known for its health-conscious, simple-to-cook entrees, along with an amazing variety of high-end hors d’oeuvres and delicious kid-friendly meals and snacks.

Simply return the completed order form and your check or credit card information by *date*, and pick up your order at *location* on *date*.

See full product descriptions and cooking instructions at www.specificpacificfoods.com. All products come with a 100% satisfaction guarantee, so you can support our fundraising efforts with complete confidence. Stock up now!

Sincerely,

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Special Introductory Offer!

Order any 6 boxes and choose any box in this brochure valued up to \$60 ... **FREE**

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Tell your friends and colleagues about us. Referrals are **so** appreciated. It's probably how you became a customer...If you think you know someone who can use our service, jot down their names and numbers here and we'll give them a call and do the rest! Simply mail the form or fax it to (818) 707-9999. To show our appreciation, when one of your referrals becomes a customer we'll **reward you** with a FREE box of food.

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Address: _____

City/State/Zip: _____ Phone: _____

Your Name: _____ Phone: _____