OCTOBER 2008 MENU

REGULAR BOX

For fourteen years, Angel Food has provided balanced nutrition and variety through its regular box, with enough food to feed a family of four for a week.

1.5 lb.	Ribeye Steaks (4 x 6 oz.)
4.5 lb. (avg)	Split Chicken Breast Family Tray Pack
26 oz.	Heat and Serve Meatloaf and Brown Gravy
1 lb.	Chicken Breast Fajita Strips
1 lb.	Boneless Center-Cut Pork Chops (4 x 4 oz.)
1 lb.	Fully Cooked Meatballs
1 lb.	All Meat Hot Dogs
1 lb.	Frozen Sliced Carrots
1 lb.	California Blend Vegetables
1 lb.	Pasta
28 oz.	Marinara Sauce
48 oz.	Hawaiian Punch
32 oz.	Borden 2% Reduced Fat Shelf Stable Milk
12 ct	Corn Tortillas
	One Dozen Eggs
	One Dessert Item

$30.00

SENIOR BOX

Ten perfectly seasoned, nutritionally balanced, fully-cooked meals – just heat and serve. Each meal has been developed with dietary needs of senior citizens in mind, and contains 3 oz. of protein, a starch & two vegetables or fruit.

BBQ Chicken; Slow roasted chicken diced and served with Western Flavor BBQ Sauce. Served with southern-style Black Eyed Peas and Collard Greens and Cinnamon Apple sauce.

Meatloaf with Brown Herb Gravy; Traditional Meatloaf topped with Herb seasoned Brown Gravy, served with Sweet Potatoes with brown sugar & maple, green peas, mushrooms and green beans.

Sweet 'n Sour Chicken; Slow cooked chicken chunks served in a sweet 'n sour sauce over steamed Rice with Steamed Broccoli, Mushrooms and Wax Beans.

Meat Patties with Country Style Gravy and Onions; Lightly Floured and Seasoned and served with a rich Brown Gravy and Onion. Creamy Mashed Potatoes, Steamed Broccoli with a sprinkling of Cheese along accompanied by Diced Beets.

Spaghetti with Meat Sauce; Spaghetti Noodles served with a rich traditional Italian Meat Sauce. Seasoned Italian Green Beans, Diced Pears and an Oatmeal Cookie.

Salisbury Steak with Brown Mushroom Gravy; Traditional Salisbury Steak Patties with Brown Mushroom Gravy; Mashed Potatoes, Peas and Carrots and diced Pineapple.

Thyme Baked Chicken; Slow cooked chicken chunks served in a savory Thyme Sauce with Parsley Potatoes, Three Bean Salad and Diced Peaches.

Creole Baked White Fish; Delicate White Fish baked with a Creole Sauce served with Red Beans and Rice, Creamed Spinach, and a Chocolate Chip Cookie.

Chicken Curry With Vegetables; Cooked tender chicken with Cut Green beans and Yellow Corn over Seasoned Onion Broth Rice with Broccoli Oriental Vegetables and Diced Pears.

Ground Beef Stroganoff; Tender Ground Beef in a rich Stroganoff Cream Sauce served over Parsley Egg Noodles, Green Beans and Onions, with Fruit Cocktail.

$28.00

One or More Specials Available with the Purchase of Either the Regular or Senior Box Above

OCTOBER SPECIAL #1

7 lb. Grill Box **$21.00**

2 lb	Top Sirloin Strips (4 x 8 oz.)
2 lb	Baby Back Ribs
1.5 lb	Hamburger Patties (4 x 6 oz.)
1.5 lb	Pork Chops (4 x 6 oz.)

OCTOBER SPECIAL #2

4.5 lb. Meat and Chicken Combo **$21.00**

1.5 lb.	Ribeye Steaks (2 x 12 oz.)
1.5 lb.	New York Strip Steaks (2 x 12 oz.)
1.5 lb.	Bacon-Wrapped Chicken Filets (4 x 6 oz.)

OCTOBER SPECIAL #3

3.75 lb. T-Bone Special **$21.00**

3.75 lb.	T-Bone Steaks (5 x 12 oz.)

OCTOBER SPECIAL #4

10 lb. Chicken Tender Box **$18.00**

10 lb.	Breaded Chicken Tenders

OCTOBER SPECIAL #5

Fresh Fruit and Veggie Box **$21.00**

1 head	New York State Green Cabbage
1 head	California Iceberg Lettuce (Cello wrapped)
1 bunch	California Broccoli
2 lb.	Medium-Large Idaho/East Oregon Yellow Onions
5 lb.	New Crop Yukon Gold Potatoes
3 lb.	North Carolina New Crop Red Apples
2 lb.	Bag of California Fancy Lemons
1	Super Sweet Gold Pineapple
1 lb.	Bag of California Peeled Baby Carrots

Orders Due: **Contact Your Local Host Site***
Distribution Day: **Saturday, October 25, 2008**

**Please note that some host sites have earlier order deadlines. Please contact your local host site for information.*

Visit our website to locate a host site near you
www.angelfoodministries.com

Angel Food Ministries is an equal opportunity provider and employer. Complaints of discrimination should be sent to USDA, Director, Office of Civil Rights, Washington, DC 20250-9410

Angel Food Ministries Reserves the Right to Substitute Any of the Above Items Due to Availability, Cost and Quality
We Accept Food Stamps (EBT).