angelfood MINISTRIES

MAY 2009 MENU

SIGNATURE BOX

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

2.5 lb. Lean Chopped Beef Steaks (5 x 8 oz.)
5 lb. Leg Quarters
2 lb. Chicken and Corn Bread Stuffing Casserole (Ready to Cook)
28 oz. Salisbury Steak Dinner Entrée
1 lb. Boneless Pork Chops (4 x 4 oz.)
1 lb. Corn Dogs (6 ct.)
12 oz. Deli Sliced Ham
5 oz. Chunk Light Tuna in Water
32 oz. French Fries
1 lb. Sweet Corn
15 oz. Musselman's Apple Sauce
15 oz. Pears (Product of U.S.A.)
8 oz. Dinner Roll Mix (Makes 8 Nice Rolls)
7.5 oz. Mac 'n Cheese
32 oz. 2% Shelf Stable Milk
Dozen Eggs
Dessert

$30.00

SENIOR & CONVENIENCE MEALS

For Seniors or People on the Go!

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

Creamy Chicken Fettuccine Alfredo with Corn and Capri Blend Vegetables

Beef Chili Macaroni Casserole with Diced Carrots and Green Beans

Grilled Chicken Strips & Penne Pasta with Creamy Tomato Basil Sauce, Capri Blend Vegetables and Green Beans with Onions and Red Peppers

Three Cheese Ravioli with Garlic Tomato Meat Sauce, Rosemary Roasted Potatoes with Zucchini and Tomatoes

New Orleans Style Chicken over Savory Rice with Okra & Tomatoes and Diced Sweet Potatoes

Flame Broiled BBQ Chicken Breast with Diced Sweet Potatoes and Broccoli

Seasoned Beef Meatballs & Shell Pasta with Creamy Alfredo Sauce, Green Bean Casserole and Squash Medley

Pot Roast and Gravy with Vegetables, Diced Potatoes and Green Peas

Home-Style Meatloaf with Zesty Tomato Sauce, Diced Rutabagas and Lima Beans

Breaded Chicken Patty with Baked Beans and Mixed Vegetables

10 2-pack, individually-wrapped cookies

$28.00

ALLERGEN-FREE FOOD BOX

Processed to eliminate the eight top serious allergens: Peanuts, Soybeans, Milk, Eggs, Fish, Crustacea, Tree Nuts and Gluten (wheat, rye and barley). Great for children and adults!

1 lb. Coated Chicken Tenders
1 lb. Coated Breast Filet
1 lb. Coated Chicken Nuggets
1 lb. Coated Chicken Wings
1 lb. Coated Cubed Steak (Chicken Fried Steak)

Battered with water, white rice, brown rice, modified tapioca starch, flax seed, sugar, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika.
Breaded with white rice, brown rice, modified tapioca starch, flax seed, sugar, dextrose, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika.
Breading is pre-browned in Canola oil.

$25.00

SEAFOOD BOX

The Long-Awaited Seafood Box is Here!

2 lb. Boneless/Skinless Ocean Perch Fillets (6 oz.-8oz. Fillets)
2 lb. IQF Boneless/Skinless Tilapia (4 oz.-6 oz. Fillets)
3 lb. Ocean Haddock Fillets (3-1 lb. bags)

$35.00

***One or More Specials Available Only With the Purchase of Any of the Standard Boxes Above ***

MAY SPECIAL #1

6 lb. Assorted Meat Box **$22.00**

1.5 lb. Bone-in Strip Steaks (2 x 12 oz.)
2 lb. Thick-Cut Pork Chops (4 x 8 oz.)
1.5 lb. Bacon-Wrapped Beef Patties (4 x 6 oz.)
1 lb. Bratwurst with Cheese

MAY SPECIAL #2

4 lb. Sirloin Strip Box **$21.00**

4 lb. Sirloin Strip Steaks (8 x 8 oz.)

MAY SPECIAL #3

Super Value Fajita Kit (5+ lbs.) **$21.00**

2 lb. Steak Fajita Strip Packs (2 x 1 lb.)
2 lb. Chicken Breast Fajita Strip Packs (2 x 1 lb.)
1 lb. Onions & Bell Peppers
20 ct. 8" Flour Tortillas

MAY SPECIAL #4

Chicken Tenders Box **$23.00**

10 lb. IQF Ready-to-Cook Unbreaded Chicken Tenders (80 pieces per box avg.)

Orders Due: **Contact Your Local Host Site***
Distribution Day: **Contact Your Local Host Site***
**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

MAY SPECIAL #5

Fresh Fruit and Veggie Box **$22.00**

1 head Premium Fresh California Iceberg Lettuce
1 head Premium Fresh California Romaine Lettuce
1 5 oz. Package Fresh Gourmet Classic Caesar Croutons
1 Package Wiley's Citrus Garlic Salad Seasoning
1 lb. California Cello-Pack Carrots
2 each Premium Jumbo Vidalia Sweet Onions
1 each Premium Jumbo Red Onion
1 6 oz. Bag Premium Fresh Florida Red Radishes
1 head Premium Fresh Green Cabbage
3 lb. Premium Idaho Baking Potatoes
3 lb. Premium Tree-Ripened Valencia Oranges
3 lb. Premium Washington State Red Delicious Apples
1 each Premium Large Vine Ripened Honeydew Melon
AFM May 2009 Fruit and Veggie Recipe Sheet

MAY SPECIAL #6

"Latin Flavors" Fresh Fruit and Veggie Box **$22.00**

6 Large Roma Tomatoes (Pink Color)
4 pack Premium California Hass Avocados
1 head Premium Fresh Green Cabbage
2 lb. Premium Fresh Key Limes
1 lb. Premium Fresh Jalapeno Peppers
2 lb. Premium Fresh New Crop B Size Red Potatoes
1 lb. Premium Fresh California Cello-Pack Carrots
1 5 ct. Premium Fresh Garlic
2 lb. Premium Fresh Large-Medium White Onions
2 each Premium Fresh Chayote Squash
4 each Premium Calabacita Squash
1 each Premium Fresh Celery-Sleeve
1 each Premium Sweet Red Seedless Watermelon
AFM May 2009 "Latin Flavors" Recipe Sheet

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