


NOVEMBER 2009 MENU

SIGNATURE BOX <i>Balanced nutrition and variety with enough food to feed a family of four for a week.</i>	SENIOR & CONVENIENCE MEALS <i>For Seniors or People on the Go!</i> <i>Ten nutritionally balanced, fully cooked meals—just heat and serve. Each meal has the needs of senior citizens in mind, and contains 3 oz. of protein, a starch & two vegetables or fruit.</i>	ALLERGEN-FREE BOX <i>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!</i>
1.5 lb Ribeye Steaks (3 x 8 oz.)* 1 lb. Boneless Center Cut Pork Chops (4 x 4 oz.) 2 lb. Chicken Fried Rice Skillet Meal (All White Chicken Meat, Rice, Vegetables with Egg and Gourmet Teriyaki Sauce) 22 oz. Lasagna with Meat Sauce 22 oz. Breaded Fish Patties (5 ct.) 1 lb. Lean Ground Beef 1.5 lb. Breaded Chicken Breast Fillet 1 lb. Frozen Zucchini 1 lb. Frozen Cauliflower Florets 1 lb. Frozen Broccoli Florets 1 lb. (approx.) Hash Brown Patties (7 ct.) 8 oz. Breakfast Cereal 2 lb. bag Fresh Onions 32 oz 2% Shelf Stable Milk Dozen Eggs Dessert Item <p style="text-align: right;"><u>\$30.00</u></p>	Sliced Turkey & Dressing with Gravy , corn and green bean/cranberry blend Turkey Tetrazzini with Brussels sprouts and zucchini Country Herb Chicken with mashed potatoes, broccoli and green bean blend Macaroni & Cheese with broccoli and lima beans Beef Stew with Carrots & Potatoes , Brussels sprouts and corn/red pepper blend Sweet & Sour Chicken with rice, sugar snap peas, carrots Mesquite Chicken with rice/black bean blend, carrots and green beans Chicken & Rice with Mushroom Sauce , green beans and black bean/corn blend Charbroiled Beef Patty with mashed potatoes, gravy, carrots and corn blend Lemon Pepper Baked Fish with rice, peas and zucchini/red pepper blend Desserts: Assorted Cookies, Mixed Fruit Cup, Applesauce, Nature Valley Bar, Cranberry Juice Cocktail, Pineapple Juice <p style="text-align: right;"><u>\$28.00</u></p>	1 lb. Breaded Chicken Fillet Patties 1 lb. Breaded Chicken Tenders 1 lb. Breaded Chicken Nuggets 1 lb. Breaded Steak Fingers 1 lb. Breaded Chicken Wings <p style="text-align: center;"><i>Battered/Breaded with water, white rice, brown rice, modified tapioca starch, flax seed, sugar, salt, spices, dehydrated garlic, spice extractives/Breaded and oleoresin paprika. Breading is pre-browned in Canola oil.</i></p> <div style="text-align: center;">  <p><u>\$23.00</u></p> </div>

Specials may be purchased with or without the purchase of any of the Standard Boxes!

NOVEMBER SPECIAL #1

\$23.00

7 lb. Assorted Meat Grill Box

- 1.5 lb. New York Strip Steaks (2 x 12 oz.)
- 2 lb. Boston Butt Chops (4 x 8 oz.)
- 2 lb. Lean Hamburger Steaks (4 x 8 oz.)
- 1.5 lb. Italian Sausage with Cheese

NOVEMBER SPECIAL #2

\$22.00

5 lb. Assorted Meat and Chicken Combo

- 2 lb. Sirloin Steak Strips (4 x 8 oz.)
- 1.5 lb. Bacon Wrapped Beef Fillet (4 x 6 oz.)
- 1.5 lb. Bacon Wrapped Chicken Fillet (4 x 6 oz.)

NOVEMBER SPECIAL #3

\$21.00

10 lb. Boneless/Skinless Chicken Breast Box

- 10 lbs. IQF Boneless/Skinless Chicken Breasts

NOVEMBER SPECIAL #4

\$22.00

Premium Fresh Fruit and Veggie Box

- 1 Stalk California Celery
- 3 lb. New Crop North Carolina Sweet Potatoes
- 3 lb. New Crop Idaho Potatoes
- 1 head Fresh Leafy Green Cabbage
- 1 lb. California Carrots
- 3 lb. Tree Ripened Juice Oranges
- 3 lb. New Crop Red Delicious Apples
- 1 (8 oz.) bag New Crop Georgia Grown Shelled Pecan Halves
- 4 Washington State Bosc Pears
- 1 (12 oz.) 100% Pure Sweet Honey Bear
- 2 New Crop Ruby Red Grapefruit

Distribution Day—Saturday, November 14th
9:00 AM--11:30 AM

There are no pre-qualification requirements to purchase Angel Food. We accept Cash, Money Orders, EBT (Food Stamps) and NOW Debit or Credit Cards. No personal checks please! Angel Food reserves the right to substitute any items due to availability or cost. All orders not picked up on Distribution Day are subject to unavailability.

November Pay & Order Schedule

Saturday Oct 17th	9:00-11:30 AM
Tuesday Nov. 3rd	12:00-3:00 PM
Thursday Nov. 5th	12:00-4:00 PM
Friday Nov. 6th	2:00-5:00 PM
Saturday Nov. 7th	1:00-4:00 PM
Monday Nov. 9th	12:00-5:00 PM

Order Online using your debit or credit card at
www.angelfoodministries.com

Online Deadline:
11/9/09 @ 11:59 PM EST