

# Angel Food Ministries

A Food Ministry  
with a Servant's Heart"



## SEPTEMBER 2008 MENU

### REGULAR BOX \$30.00

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 Top Sirloin Strip Steaks (4 x 6 oz)
- 2 lb Boneless Skinless Chicken Breast
- 3 lb Breaded Chicken Chunks
- 1.5 lb Boneless Pork Filet
- 20 oz Supreme Pizza
- 1 lb Ground Turkey
- 1 lb Cheddar Cheese Bratwurst Sausage
- 1 lb Green Beans
- 1 lb Stir Fry Broccoli & Bell Peppers
- 35 oz Crinkle-cut Fries
- 32 oz Borden 2% Reduced Fat Shelf Stable Milk
- 7.5 oz Macaroni & Cheese
- 15 oz Pork & Beans
- 7 oz Chicken-flavored Rice & Vermicelli
- 1 lb Pinto Beans
- 1 doz Eggs
- 1 Dessert Item

### \*\*\*One or More Specials

Available Only with Purchase of a Regular or Senior Box\*\*\*

### SEPTEMBER SPECIAL #1

- 6 lb Assorted Meat Grill Box \$20.00
  - 1.5 lb Ribeye Steaks (3 x 8 oz)
  - 2 lb Boneless Pork Roast
  - 1.5 lb Beef Short Ribs
  - 1 lb All Beef Burgers (4 x 4 oz)

### SEPTEMBER SPECIAL #2

- 5 lb Steak and Meat Combo \$20.00
  - 1.5 lb Kansas City Strips (2 x 12 oz)
  - 1.5 lb Bone-in Ribeye Steaks (2 x 12 oz)
  - 2 lb All Beef Hamburger Steaks (4 x 8 oz)

### SEPTEMBER SPECIAL #3

- 10 lb Party Wing Special Box \$20.00
- 10 lb Unbreaded IQF\* Party-style Chicken Wings
  - \*Individually Quick Frozen

Angel Food Ministries reserves the right to substitute any of the above items due to availability, cost or quality.

### SENIOR BOX \$25.00

All ten individual meals are fully cooked and labeled complete with heating instructions - just heat and serve. Each meal has no added sodium, is low in fat, and is nutritionally balanced for seniors with three oz of protein, two vegetables or fruit, and a starch.

- Chicken Parmesan with side of Spaghetti with Marinara, Green Beans and Garlic Bread
- Herb Roasted Chicken Quarter with Herb Gravy, White Rice and Peas & Carrots
- BBQ Chicken Quarter with BBQ Sauce, Blackeyed Peas, Greens and Applesauce
- Baked Whitefish with Asian Sweet Pepper Sauce, Vegetable Fried Rice, Broccoli and Pineapple Chunks
- Chicken Cacciatore Quarter, Creamy Rosemary Red Potato Quarters, Italian Green Beans and Diced Peaches

### SEPTEMBER SPECIAL #4

10 lb "5 for 4" Dinner Box \$20.00

Five big 2 lb dinner meals; each will feed a family of four. All dinners are fully cooked - just heat and serve!

- Stuffed Green Peppers with Beef and Rice
- Chicken Breast with Rice, Broccoli & Cheese
- Beef Steak Patties with Gravy and Onions Meatloaf and Gravy
- BBQ Chicken with Hickory Sauce and Mashed Potatoes

### SEPTEMBER SPECIAL #5

- Fresh Fruit and Veggie Box \$19.00
  - 3 lb Bag of Red Delicious Apples
  - 4 lb Bag of California Valencia Oranges
  - 2 lb Bag of Large Yellow Onions
  - 1 lb Bag of Carrots (Cello-wrapped)
  - 4 lb Bag of Large Idaho Baking Potatoes
  - 1 Large Green Cabbage
  - 4 Bartlett Pears
  - 4 Tennessee Vine-ripened Tomatoes
  - 1 Bunch of Celery (Cello-wrapped)
  - 12 oz Black Beans (Dried)

- Roast Beef and Brown Gravy (Pot Roast), Noodles, Carrot Coins and Collard Greens
- Beef Meatloaf with Brown Herb Gravy, Mashed Sweet Potatoes, Peas & Mushrooms and Wax Beans
- Beef Lasagna with Tomato Sauce, Broccoli, Diced Peas and Garlic Bread & Butter
- Oven Roasted Turkey Breast with Sage Gravy, Bread Dressing, Creamed Diced Potatoes, Green Beans and Cranberry Sauce
- Chicken Stew with Chicken, Potatoes and Tomatoes; Celery & Carrots, Brown Rice, Applesauce and a Biscuit

**No Income Guidelines  
or Restrictions  
If You Eat, You Qualify!**

### Place your order at church

Saturday, August 23rd  
10:00-11:00 am

Saturdays, August 30th,  
September 6th & 13th  
10:00 am-12:00 noon  
and 2:00-4:00 pm

Tuesdays, August 26th,  
September 2nd and 9th  
6:30-7:30 pm

Wednesdays, August 27th,  
September 3rd & 10th  
5:30-6:30 pm

Sunday, September 14th  
12:00 noon - 12:30 pm

### Order Deadline

Sunday, September 14th  
for Distribution

Saturday, September 27th

We can accept PREPAID cash,  
money order or food stamps (EBT).

No checks, please.

Mason First  
Church of the Nazarene  
415 East Maple  
Phone 676-5680  
or visit [www.masonnaz.org](http://www.masonnaz.org)

