

Angel Food Ministries

NOVEMBER 2008 MENU

is a nationwide, nonprofit food distribution program designed to give grocery relief to the public in general. There are *no income requirements or stipulations* and *no long term commitments*, strictly a month-to-month basis.

REGULAR BOX \$30.00

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

- 1.5 lb New York Strip Steak (4 x 6 oz)
- 3 lb IQF* Split Chicken Breast
- 2 lb Baby Back Pork Ribs
- 2 lb Chicken Chunks
- 28 oz Jumbo Charbroiled Beef Patties with Gravy
- 1 lb Smoked Sausage
- 1 lb Ground Turkey
- 1 lb Green Beans
- 1 lb Diced Sweet Potatoes
- 10 oz Peanut Butter
- 15 oz Cranberry Sauce
- 7 oz Beef-Flavored Rice & Vermicelli
- 20 oz Shoestring Fries
- 32 oz 2% Reduced Fat Shelf Stable Milk
- 6 oz Pancake Mix
- 1 doz Eggs
- 1 Dessert Item

*Individually Quick Frozen

One or More Specials Available Only with Purchase of a Regular Box, Convenience Box or Thanksgiving Dinner Box

THANKSGIVING

DINNER BOX \$30.00

(Quantities are limited, so order soon!!)

Our special holiday box contains everything you need for a traditional Thanksgiving meal. Order one for your family and one for a family in need this holiday.

- 7 lb (avg) Perdue Roasting Hen, 2 lb Heat and Serve Mashed Potatoes, 2 lb Heat and Serve Corn, 2 lb Heat and Serve Green Beans, 17 oz Cornbread Stuffing, 4.5 oz Brown Gravy Mix, 15 oz Cranberry Sauce, 8 Dinner Rolls, Dessert Item

**Mason First
Church of the Nazarene
415 East Maple
Phone 676-5680
or visit www.masonnaz.org**

CONVENIENCE BOX - For Seniors or People on the Go! \$28.00

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

- Sweet 'n Sour Chicken:** Slow-cooked chicken chunks served in a sweet 'n sour sauce over steamed rice, steamed broccoli with mushroom pieces, accompanied by wax beans.
- Chili Con Carne:** Chili con carne with ground beef served with elbow macaroni, carrot coins and beets with onions.
- Chicken with Creole Sauce:** Tender chicken pieces served with classic Creole sauce, accompanied by mashed potatoes, peas with mushrooms and pineapple chunks.
- Ground Beef Teriyaki Stir Fry:** Seasoned ground beef with a teriyaki-flavored sauce served over penne noodles, accompanied by lemon pepper green beans, and a sugar cookie.
- Spaghetti with Meat Sauce:** Spaghetti noodles served with a rich traditional Italian meat sauce, seasoned Italian green beans, diced pears and an oatmeal cookie.

- Chicken Ala King:** Luscious chicken in traditional ala king-style sauce, served over rice, with seasoned green beans and sliced beets.
- Beef Cabbage Casserole:** Seasoned ground beef interlaced with delicious cabbage leaves, served with creamed potatoes and green peas with carrots.
- Chicken Rice Pilaf:** Tender white chicken served over perfect white rice pilaf, accompanied by broccoli cuts with diced red peppers and a chocolate chip cookie.
- Turkey Tetrazzini:** Diced turkey in a luscious cream sauce with mushroom pieces served over spaghetti, accompanied by seasoned green beans with onions and Italian seasoned diced tomatoes.
- Chicken Stew:** Slow-cooked white chicken with diced potatoes and diced tomatoes lightly seasoned and folded into a chicken-flavored broth. Stew is served over lightly seasoned rice with a side dish of sliced celery and carrot coins, a southern biscuit and applesauce for dessert.

NOVEMBER SPECIAL #1

- 7 lb Grill Box \$21.00
- 2 lb Choice Cut Beef Roast
- 2 lb St. Louis Style Pork Ribs
- 2 lb Hamburger Beef Steaks (4 x 8 oz)
- 1 lb Mild Italian Sausage w/Mozzarella Cheese

NOVEMBER SPECIAL #2

- 4.5 lb Meat Combo \$21.00
- 1.5 lb Bone-in Ribeye Steaks (2 x 12 oz)
- 1.5 lb Kansas City Strip Steaks (2 x 12 oz)
- 1.5 lb Boneless Center-cut Pork Chops (4 x 6 oz)

NOVEMBER SPECIAL #3

- 4.5 lb Flavored Boneless/Skinless Chicken Breasts \$18.00
- 1.5 lb Rotisserie Flavor (4 x 6 oz)
- 1.5 lb Lemon-Fajita Flavor (4 x 6 oz)
- 1.5 lb Sun-Dried Tomato Flavor (4 x 6 oz)

NOVEMBER SPECIAL #4

- Fresh Fruit and Veggie Box \$21.00
- Apples, Oranges, Celery, Potatoes, Sweet Potatoes, Grapefruit, Carrots, Onions



Order Deadline

Sunday, November 9th
for Distribution

Saturday, November 22nd
Place your order at church

Saturday, October 25th
10:00-11:00 am

Tuesdays, October 28th
& November 4th
6:30-7:30 pm

Wednesdays, October 29th
& November 5th
5:30-6:30 pm

Saturdays, November 1st & 8th
10:00 am-12:00 noon
and 2:00-4:00 pm
Sunday, November 9th
12:00 noon - 12:30 pm

We can accept PREPAID cash, money order or food stamps (EBT). No checks, please.