

REGULAR BOX \$30

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 Vegetables (Broccoli & Bell Peppers)
- 35 oz. Crinkle-cut Fries
- 32 oz. Borden 2% Shelf Stable Milk
- 7.5 oz. Macaroni & Cheese
- 15 oz. Pork & Beans
- 7 oz. Chicken-Flavored Rice Vermicelli
- 1 lb. Pinto Beans
- One Dozen Eggs
- One Dessert Item

SENIOR BOX \$25

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 3 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, Black-Eyed Peas, Greens and Apple Sauce

Baked White Fish 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

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, Apple Sauce and a Biscuit

One or More Specials Available Only with the Purchase of Either of the Boxes Above

SEPTEMBER SPECIAL #1

6 lb. Assorted Meat Grill Box \$20.00

- 1.5 lb Ribeye Steaks (3 x 8 oz.) 2 lbs Boneless Pork Roast
- 1.5 lbs 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

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!

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

SEPTEMBER SPECIAL #5

Fresh Fruit and Veggie Box \$19.00

- 3 lb. Red Delicious Apples 4 lb. California Valencia Oranges
- 2 lb. Large Yellow Onions 1 lb. Carrots (Cello-wrapped)
- 4 lb. Large Idaho Baking Potatoes 1 Large Green Cabbage
- 4 Tennessee Vine-Ripened Tomatoes 4 Bartlett Pears
- 1 Celery Stalk (Cello-wrapped) 12 oz. Black Beans (Dried)

For the **Cantonment Host Site:**
Allen Memorial United Methodist Church
206 Pace Parkway, Cantonment, FL 32533
(850) 968-6213

We will be accepting CASH and FOOD STAMPS at this location on:

Saturday, August 23rd from 10am-11am
Friday, September 5th from 10am-12pm
Friday, September 12th from 10am-12pm
Saturday, September 13th from 10am-12pm
Monday, September 15th from 10am-12pm

You must bring your receipt or a photo ID and a large box to pick up your order on:

Saturday, September 27th
from 10am-11am

unless otherwise noted on your receipt.

Visit our website to find a host site near you:

www.angelfoodministries.com

*Please note that some host sites have earlier order deadlines.

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