

# DECEMBER 2008

## MENU

### REGULAR BOX

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

- 1.5 lb. Choice Cut Beef Roast
- 2 lb. Breaded Chicken Tenders
- 2 lb. IQF Chicken Breast
- 1.5 lb. Pork Chops (4 x 6 oz.)
- 1 lb. 80/20 Lean Beef Patties (4 x 4 oz.)
- 28 oz. Salisbury Steak Entree
- 1 lb. All Meat Hot Dogs
- 1 lb. Carrots
- 1 lb. Green Beans
- 1 lb. Rice
- 24 oz. Steak-Cut Fries
- 32 oz. 2% Reduced Fat Shelf Stable Milk
- 7.5 oz. Mac and Cheese
- 14 oz. Chicken Broth
- 7 oz. Corn Muffin Mix
- Dozen Eggs
- Dessert Item

**\$30.00**

### SENIOR/CONVENIENCE BOX

*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.*

**BBQ Pulled Pork:** Slow Roasted lean pork in our special Hickory BBQ Sauce, served with Black Eyed Peas, Collard Greens and Cinnamon Apple Sauce.

**Ground Beef Stroganoff:** Tender Ground Beef in Cream Sauce served over Parsley Egg Noodles, Green Beans w/Onions and Fruit Cocktail.

**Chicken Parmesan:** White Chicken in Italian Style Tomato Sauce and Mozzarella Cheese atop Spaghetti, Seasoned Green Beans and Garlic Bread.

**Meat Patties with Country Gravy and Onions:** Lightly floured and seasoned, served in Brown Onion Gravy, Mashed Potatoes, Steamed Broccoli with Cheese and Diced Beets.

**Meat Loaf with Brown Herb Gravy:** Traditional Meat Loaf with Herb Seasoned Brown Gravy, Sweet Potatoes, Green Peas w/Mushrooms and Green Beans.

**Sliced Roast Turkey:** Roasted, Sliced Turkey Breast served with Dressing and Sage Flavored Gravy, Red Potatoes in Cream Sauce, Green Beans and Jellied Cranberry Sauce.

**Chicken and Mushroom Bake:** Slow Cooked White Chicken served with Mushrooms in a delicious sauce over White Rice, seasoned Turnip Greens and Stewed Tomatoes.

**Chicken and Broccoli:** Tender white Chicken, Broccoli, Creamy Mashed Potatoes, a side of Creole style Okra and a Chocolate Chip Cookie.

**Burger Stew:** Tender Lean Ground Beef Stew with Vegetables served over Seasoned White Rice, accompanied by Broccoli with Mushroom Pieces and Sliced Peaches.

**Red Beans and Ground Beef:** Skillet Cooked Ground Beef served with Red Kidney Beans over White Rice, accompanied by Southern Flavored Collard Greens and a delicious Southern Style Biscuit.

**\$28.00**

### CHRISTMAS/HOLIDAY DINNER BOX

*(Quantities are Limited, So Place Your Order Today!!)*

*Our special holiday box contains everything you need for a traditional Christmas meal.*

*Order one for your family and one for a family in need this holiday season. Feeds an average family including 2 adults and 2 children.*

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

**\$35.00**

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

### DECEMBER SPECIAL #1

#### 6.5 lb. Grill Box

**\$22.00**

- 1.5 lb. Prime Rib Steak (2 x 12 oz.)
- 2 lb. Boneless Pork Roast
- 2 lb. Hamburger Beef Steaks (4 x 8 oz.)
- 1 lb. Bratwurst with Cheese

### DECEMBER SPECIAL #2

#### 4.5 lb. Meat Combo

**\$21.00**

- 1.5 lb. New York Strip Steaks (2 x 12 oz.)
- 1.5 lb. Bacon-Wrapped Beef Filet (4 x 6 oz.)
- 1.5 lb. Bacon-Wrapped Chicken Filet (4 x 6 oz.)

### DECEMBER SPECIAL #3

#### 10 lb. IQF Boneless/Skinless Chicken Breasts

**\$21.00**

- 10 lb. Unbreaded Boneless/Skinless Chicken Breasts

### DECEMBER SPECIAL #4

#### Fresh Fruit and Veggie Box

**\$21.00**

- 3 lb. bag North Carolina Extra Fancy Red Rome Apples
- 3 lb. bag North Carolina Sweet Potatoes
- 2 lb. bag New Crop Medium Yellow Onions
- 1 stalk Sleeved California Celery
- 1 lb. bag California Premium Carrots
- 4 lb. bag New Crop Florida Navel Oranges
- 2 lb. bag New Crop California Lemons
- 2 each New Crop Florida Ruby Red Grapefruit
- 8 oz. California Extra Fancy Raisins
- 4 lb. bag New Crop Idaho Potatoes

### DECEMBER SPECIAL #5

#### Holiday Mixed Fruit Gift Box

**\$26.00**

- 4 Washington State Large, Extra Fancy Red Delicious Apples
- 4 Washington State Large, Extra Fancy Golden Delicious Apples
- 4 Washington State Extra Large, Extra Fancy Granny Smith Apples
- 5 Washington State Large, Extra Fancy Red Anjou Pears
- 4 Extra Large, Extra Fancy Red Rome Apples
- 4 Large Florida Tree-Ripened Navel Oranges
- 4 Large Florida Tree-Ripened Tangerines
- 4 Large Florida Tree-Ripened Tangelos
- 6 Large Florida Tree-Ripened Juice Oranges
- 5 Large Florida Tree-Ripened Ruby Red Grapefruits
- 1 Recipe Sheet

### DECEMBER SPECIAL #6

#### Holiday Meat and Cheese Gift Box

**\$20.00**

- 2 9 oz. Beef Summer Sausage
- 1 9 oz. Summer Sausage
- 1 8 oz. Yellow Sharp Cheddar Cheese
- 1 8 oz. Yellow Mild Cheddar Cheese
- 1 8 oz. Monterey Jack Cheese

Orders Due: Sunday, December 7\*  
Distribution Day: **Saturday, December 20\***

*\*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](http://www.angelfoodministries.com)

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