



OCTOBER 2010 MENU

Christmas and Thanksgiving Boxes Now Available for Delivery during November and December Distribution!!!

B2 - Bit O' Blessing Box

- 2 lb. Fully Cooked Entrée
(Lasagna with Meat Sauce, Country Fried Steak with Gravy or Chicken Noodle Casserole)
- 1.5 lb. Breaded Chicken Nuggets
- 12 in. Supreme Pizza
- 1 lb. Hot Dogs
- 1 lb. Lean Ground Beef
- 1 lb. Broccoli Florets
- 1 lb. Corn
- 1 lb. Rice
- Dessert

\$21.00

(plus sales tax where applicable)

B4 - Fast & Flavorful Cuisine

Convenience meals great for seniors and people living with diabetes!

Ten perfectly seasoned, nutritionally balanced, fully-cooked meals – just heat and serve. Each meal has been developed with dietary needs of senior citizens and people living with diabetes in mind.

- Boneless Pork Patty w/Hickory BBQ Sauce
- Country Herb Chicken
- Fish Fillet
- Macaroni & Cheese
- Meat Lasagna
- Breaded Chicken Parmigiana
- Spaghetti With Meatballs
- Sweet 'n Sour Pulled Pork
- Chicken and Penne with Creamy Tomato/Basil Sauce
- Pot Roast with Vegetables

\$28.00

(plus sales tax where applicable)

S1 - OCTOBER SPECIAL #1 \$25.00*

- Steak Combo Box (5 lbs.)**
- 2 lb. Ribeye Steaks (4 x 8 oz.)
- 3 lb. Sirloin Strip Steaks (6 x 8 oz.)

S2 - OCTOBER SPECIAL #2 \$35.00*

- Seafood Variety Box (6 lbs.)**
- 16 oz. Buffalo Butterfly Shrimp (Oven Ready)
- 20 oz. (10) Stuffed Crab in Natural Shell (Oven Ready)
- 16 oz. Battered Fish (Oven Ready)
- 16 oz. Tilapia
- 11 oz. 2 Stuffed Salmon Portions
- 17 oz. (4) Crab Cakes (Oven Ready)

S3 - OCTOBER SPECIAL #3 \$23.00*

- Premium Fresh Fruit and Veggie Box**
- 3 lb. Red Potatoes
- 3 lb. Sweet Potatoes
- 2 lb. Yellow Onions
- 3 lb. Tangerines
- 1 lb. Cello Carrots
- 1 Head Green Cabbage
- 1 Head Cello Lettuce
- 1 Golden Ripe Pineapple
- 1 6-Pack Apple Sauce Cups
- 2 Green Peppers
- 4 Navel Oranges
- 4 Pears
- 1 AFM Fruit and Veggie Recipe Sheet

*all prices are plus sales tax where applicable

B1 - Bread of Life Signature Box

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

- 4 lb. IQF Chicken Drums & Thighs Combo
- 1.5 lb. Hamburger Patties (4 x 6 oz.)
- 1.75 lb. Fully-Cooked Breaded Party Wings
- 20 oz. Steak Fajitas
- 1 lb. Battered Fish Bites
- 1 lb. Lean Ground Beef
- 7 oz. Beef Link Sausage
- 1 lb. Fajita Blend Veggies
- 1 lb. Peas & Carrots
- 1 lb. Corn
- 20 oz. Shoe String Fries
- 1 lb. 16 Bean Soup Mix
- 1 lb. Rice
- 7.25 oz. Mac & Cheese
- 7.5 oz. Corn Muffin Mix
- 32 oz. 2% Shelf-Stable Milk
- 1 Dozen Eggs
- 1 Dessert

\$31.00

(plus sales tax where applicable)

B5 - Just 4 Me After School Box

An assortment of child-friendly snacks. Great for after school or any time.

- 1 lb. Breaded Chicken Rings
- 1 lb. Mini Corn Dogs
- 1 (14 oz.) Stuffed Breadsticks
- 2 (2.8 oz.) Peanut Butter & Jelly Jamwich
- 1 (16 oz.) Stuffed Sandwiches (Pk of 4)
- 3 (5 oz.) Pigs in a Blanket
- 2 (3.7 oz.) Charbroiled Beef & Cheese Sandwiches (Twin Packs)
- 1 (4.75 oz.) Pancakes & Sausage
- 2 (2.2 oz.) PBJ On Graham Wafers

\$24.00

(plus sales tax where applicable)

S5 - OCTOBER SPECIAL #5 \$36.00*

- Thanksgiving Box – for delivery in November**
- 7.5 lb. (avg.) All Natural Perdue Roasting Hen
- 3 lb. Boneless Netted Ham Roast
- 12 oz. Corn Bread Stuffing Mix (2 packages x 6 oz. = 12 servings)
- 1 lb. Frozen Cranberries
- 12 ct. Mini Corn Cobbettes
- 2 lb. Green Beans
- 2 lb. Diced Sweet Potatoes
- 12 ct. Whole Wheat Dinner Rolls
- 1.7 oz. Brown Gravy Mix (2 packages x .87 oz. = 2 cups gravy)
- Dessert
- Recipes and Cooking Instructions

Orders Due: Friday, October 22, by 2pm
Distribution Day: Saturday, October 30, 9-10am
 *Please contact your local host site for information or visit our website to locate a host site near you
www.angelfoodministries.com

NEW!!!

B3 - Bountiful Blessing Box

- 4 lb. IQF Chicken Drums & Thighs Combo
- 2 lb. Chicken Stir Fry Skillet Meal
- 1.5 lb. Hamburger Patties (4 x 6 oz.)
- 1.75 lb. Fully-Cooked Breaded Party Wings
- 1 lb. NY Beef Wieners
- 20 oz. Steak Fajitas
- 1 lb. Battered Fish Bites
- 1 lb. Lean Ground Beef
- 28 oz. Fettuccini Chicken Alfredo with Broccoli
- 7 oz. Beef Link Sausage
- 1 lb. Fajita Blend Veggies
- 1 lb. Green Beans
- 1 lb. Peas & Carrots
- 1 lb. Corn
- 20 oz. Shoe String Fries
- 1 lb. 16 Bean Soup Mix
- 1 lb. Rice
- 7.25 oz. Mac & Cheese
- 7.5 oz. Corn Muffin Mix
- 2 lb. Fresh Apples
- 8 oz. Breakfast Cereal
- 32 oz. 2% Shelf-Stable Milk
- Dozen Eggs
- Dessert

\$41.00

(plus sales tax where applicable)

Back by Popular Demand

B6 – Allergen Free Food Box

- 1 lb. Breaded Chicken Breast Nuggets
- 1 lb. Breaded Chicken Tenderloins
- 1 lb. Breaded Breast Fillet Patties
- 1 lb. Breaded Boneless Chicken Wings
- 1 lb. Breaded Cubed Steak

\$25.00

(plus sales tax where applicable)

S4 - OCTOBER SPECIAL #4 \$36.00*

- Christmas Box – for delivery in December**
- 7.5 lb. (avg.) All Natural Perdue Roasting Hen
- 3 lb. Boneless Netted Ham Roast
- 12 oz. Corn Bread Stuffing Mix (2 packages x 6 oz. = 12 servings)
- 1 lb. Frozen Cranberries
- 12 ct. Mini Corn Cobbettes
- 2 lb. Green Beans
- 2 lb. Diced Sweet Potatoes
- 12 ct. Whole Wheat Dinner Rolls
- 1.7 oz. Brown Gravy Mix (2 packages x .87 oz. = 2 cups gravy)
- Dessert
- Recipes and Cooking Instructions

Angel Food Ministries Reserves the Right to Substitute Any 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