

Signature Box

Balanced nutrition and variety with enough food to assist in feeding a family of four for a week.

- 1.5 lb. New York Strip Steaks (4 x 6 oz.)
- 1.5 lb. Breaded Chicken Breast Chunks
- 1 lb. Lean Ground Beef
- 1 lb. Crunchy Fish Wedges (Bake or Fry-8 ct.)
- 1.5 lb. Pork Chops (4 x 6 oz.)
- 1 lb. **Bonus Item** - Lean Ground Beef
- 1 lb. Frozen Broccoli Florets
- 1 lb. Frozen Carrots
- 1 lb. Frozen Corn
- 1 lb. Frozen Cauliflower Florets
- 1 lb. Pasta
- 26 oz. Pasta Sauce
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs



\$28.95

Fast and 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.

- Fish Fillet**, Lightly Breaded & Baked, with a Rice Blend, Carrots and a Broccoli/Red Pepper Blend
- Sweet and Sour Pork** with Rice, a Green Pea/Carrot Blend and Cauliflower
- Red Beans and Rice** with Smoked Pork Sausage, Carrots and Brussels Sprouts
- White Chicken Cacciatore** with Rice, Carrots and Yellow Squash with Onions
- Breaded Chicken Parmigiana** with Spaghetti, Corn/Red Pepper Blend and Zucchini
- White Chicken and Gravy** over Noodles, Corn and Broccoli
- Salisbury Steak & Gravy** with Red Wedge Potatoes, a Green Pea/Carrot Blend and Brussels Sprouts
- Meatball Stroganoff** over Noodles, Carrots and Broccoli
- Country Herb White Chicken** with Mashed Potatoes, Green Peas and a Lima Bean/Red Pepper Blend
- Macaroni and Cheese**, Black Bean, Corn and Red Pepper Blend and Cauliflower

\$28.00

Just 4 Me – After School Box

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

- 2 lb. Chicken Fingers
- 1.5 lb. Mini Corn Dogs
- 1 (3.88 oz.) The BBQ "Sammich"
- 2 each (2.6 oz.) Chicken Sandwiches (2 packages with twin sandwiches)
- 4 (4 oz.) Hot Pockets
- 1 (12 ct.) Pizza Bites
- 1 (6 ct.) Cereal Bars
- 2 each (1.58 oz.) White Castle Hamburgers (2 packages with twin sandwiches)
- 3 (2.2 oz.) PBJ on Graham Wafer
- 2 (2.8 oz.) Peanut Butter and Jelly Jamwich

\$24.00

AUGUST SPECIAL #1

Assorted Grill Box (6 lb.)

\$24.00

- 1 lb. Sirloin Steaks (2 x 8 oz.)
- 2 lb. Lean Hamburger Steaks (4 x 8 oz.)
- 1.5 lb. Mild Italian Sausage
- 1.5 lb. Bacon-Wrapped Chicken Breast Fillet (4 x 6 oz.)

AUGUST SPECIAL #2

Steak and Chicken Box (4 lb.)

\$23.00

- 2 lb. Ribeye Steaks (4 x 8 oz.)
- 2 lb. Jumbo Chicken Breast (4 x 8 oz.)

AUGUST SPECIAL #3

12 ct. Gourmet Flavored Chicken Breast Box \$22.00
(4.5 lb.)

- 4 Italian Chicken Breast (6 oz. ea.)
- 4 Teriyaki Chicken Breast (6 oz. ea.)
- 4 Lemon Herb Chicken Breast (6 oz. ea.)

NEW!!! ALL NEW ITEM!!! NEW!!!

AUGUST SPECIAL #4

Oven Ready Entrées by Angel Food

\$24.00

- 4 (2 lb.) Fully Cooked Meals – Just Heat and Serve
- 2 lb. Seafood Lasagna
- 2 lb. Lasagna with Meat Sauce
- 2 lb. Country Fried Steak with Gravy
- 2 lb. White Chicken Noodle Casserole

NEW LOWER PRICE!!!

AUGUST SPECIAL #5

Premium Fresh Fruit and Veggie Box

\$21.00

- 1 Cantaloupe
- 4 Peaches
- 4 Navel Oranges
- 1 Mango
- 1 Cello Head Lettuce
- 1 lb. Cello Carrots
- 2 lb. Yellow Onions
- 3 lb. Idaho Potato
- 20 oz. bag Fresh Green Beans
- 1 Head Cabbage

AFM Fruit and Veggie Recipe Sheet

AUGUST SPECIAL #6

Bit O' Blessing Box

\$21.00

- 16 oz. Stuffed Sandwiches (Assorted Flavors - 4 x 4 oz.)
- 12 oz. Steaks (2 x 6 oz.) or 1.5 lb. Beef Roast or 2 lb. Mac & Beef Entrée
- 1.5 lb. Country Fried Steak Patties
- 1 lb. Ground Beef
- 1 lb. Crunchy Fish Bites
- 1 lb. Frozen Fruit or Green Beans
- 1 lb. Rice



Orders Due: **Noon Friday August 13 2010**
 Distribution Day: **Saturday August 21, 2010**
 Distribution Time: **7:30am-9:00am**
 FBCE Contact: **Amy Mofield 336-449-7691 or amy.mofield@richmond.edu**
www.angelfoodministries.com

LAST DAY TO PLACE & PAY FOR YOUR ORDER IS Noon on Friday, August 13, 2010
Angel Food Ministries Reserves the Right to Substitute Any of the Above Items Due To
Availability, Cost and Quality.

Any order not picked up at the designated time and place will be donated.

Regular Box: _____ x \$28.95 = _____
 Convenience Box: _____ x \$28.00 = _____
 After School Box: _____ x \$24.00 = _____
 Spcl # 1: Assorted Grill Box _____ x \$24.00 = _____
 Spcl # 2: Steak & Chicken Box _____ x \$23.00 = _____
 Spcl # 3: Gourmet Chicken Breasts _____ x \$22.00 = _____
 Spcl # 4: Oven Ready Meals Box _____ x \$24.00 = _____
 Spcl # 5: Fruit & Veggie Box _____ x \$21.00 = _____
 Spcl # 6: Bit O' Blessings Box _____ x \$21.00 = _____
 Total August Order: _____ = _____

RETAIN THIS PORTION AS
YOUR RECEIPT.

Payment may be made in cash, check, money order or food stamps (EBT). Checks & money orders should be made to First Baptist Church of Elon. Visit <http://www.angelfoodministries.com/host.asp?id=8763> to order online using a credit or debit card or visit the church website at www.fbc-elon.org.

Distribution Date / Time: Saturday, August 21, 2010 / 7:30 am – 9:00 am
Distribution Location: First Baptist Church of Elon – Fellowship Hall Parking Lot
 FBCE Contact: Amy Mofield 336-449-7691 or amy.mofield@richmond.edu



Name: _____ Phone Number: _____ EBT #/Ck # /Cash: _____

 Address: _____
 Email address: _____ (For receipt)

Regular Box: _____ x \$28.95 = _____
 Senior Box: _____ x \$28.00 = _____
 After School Box: _____ x \$24.00 = _____
 Spcl # 1: Assorted Grill Box _____ x \$24.00 = _____
 Spcl # 2: Steak & Chicken Box _____ x \$23.00 = _____
 Spcl # 3: Gourmet Chicken Breasts _____ x \$22.00 = _____
 Spcl # 4: Oven ready Meals Box _____ x \$24.00 = _____
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 Total August Order: _____ = _____