

SIGNATURE BOX

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

- 1.5 lb. Rib eye Steaks (3 x 8 oz.)
- 1.81 lb. (avg.) Perdue Tray Pack Split Chicken Breast (2 large breasts)
- 4 lb. Chicken Thighs
- 1.5 lb. Pork Chops (4 x 6 oz.)
- 1 lb. 80/20 Lean Ground Beef
- 1.5 lb. 100% White Meat Turkey Burgers (4 x 6 oz.)
- 12 oz. Deli Ham
- 1 lb. Frozen Sweet Potatoes
- 1 lb. Frozen Green Beans
- 15 oz. Pears (Product of U.S.A.)
- 12 oz. Orange Juice Concentrate (100% juice, no sugar added - makes over a quart of juice)
- 3 lb. bag Fresh Idaho Potatoes
- 2 lb. bag Fresh Onions
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs
- Dessert

\$30.00

SENIOR & CONVENIENCE MEALS

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.

- Country Herb Chicken** with Mashed Potatoes, Broccoli & Green Bean Blend
- Beef Stew With Carrots & Potatoes**, Brussels Sprouts, Corn/Red Pepper Blend
- Chicken Parmesan** with Fettuccini Noodles, Brussels Sprouts & Zucchini
- Mesquite Chicken** with Rice/Black Bean Blend, Carrots, Green Beans
- Swedish Meatballs** with Pasta, Broccoli Carrots & Red Pepper
- Chicken & Broccoli Alfredo** with Carrots, Zucchini/Red Peppers
- Macaroni & Beef** with Noodles, Carrots Zucchini/Red Peppers
- Chicken & Rice With Mushroom Sauce**, Green Beans, Black Bean/Corn Blend
- Breaded Baked Fish** with Wild Rice, Corn & Peas
- Spaghetti & Meatballs** with Corn, Peas & Carrots
- Dessert:** Assorted Cookies, Strawberry Applesauce, Mixed Fruit Cup, Pineapple Fruit Cup, Grape Juice, Fruit Punch

\$28.00

FROZEN AND DRY MIX ALLERGEN-FREE FOOD BOX

Processed to eliminate the eight top serious allergens: Peanuts, Soybeans, Milk, Eggs, Fish, Crustacea, Tree Nuts and Gluten (wheat, rye and barley). Great for children and adults!

Allergen Free Frozen Food Products

- 1 lb. Breaded Chicken Breast Chunks
- 1 lb. Breaded Chicken Tenders
- 1 lb. Breaded Chicken Wings
- 1 lb. Breaded Steak Fingers
- 1 lb. Breaded Chicken Fillet Patty

Battered with water, white rice, brown rice, modified tapioca starch, flax seed, sugar, salt, spices, dehydrated garlic, spice extractives/Breaded and oleoresin paprika. Breading is pre-browned in Canola oil.

Allergen Free Dry Mix Products

- 1 lb. Pancake/Waffle Mix
- 1 lb. Vanilla Cake Mix
- 1 lb. Blueberry Muffin Mix
- 1 lb. Cobbler Crust Mix

\$35.00

Available For Pre-Order Now!!! Thanksgiving Holiday Box \$36.00

*The Thanksgiving Holiday Box will be featured for pre-order from September 1, 2009 through October 28, 2009. * This year we have an exciting menu that we think your friends and family will enjoy and will make a nice gift for anyone that you believe needs a little uplifting around the holidays. This will not affect the normal November order period.*

- 7 lb. (avg.) Perdue Roaster
- 2.5 lb. Boneless Netted Ham
- 2 lb. Frozen Diced Sweet Potatoes
- 3.5 lb. (avg.) Frozen Corn Cobbett's (12)
- 2 lb. Frozen Green Beans
- 1 lb. Frozen Cranberries
- 17 oz. Ready to Cook Corn Bread Dressing
- 8 ct. Heat and Serve Large Dinner Roll
- 4.5 oz. Brown Gravy Mix
- 1 Dessert Item (Pie or Cake)
- 1 Recipe Sheet with scripture

**All boxes will be delivered in November*

Specials may now be purchased with or without the purchase of any of the Standard Boxes listed above*

SEPTEMBER SPECIAL #1

\$23.00

7 lb. Assorted Meat Grill Box

- 1.5 lb. Bone In New York Strip Steaks (2 x 12 oz.)
- 2 lb. Baby Back Pork Rib
- 2 lb. Lean Hamburger Steaks (4 x 8 oz.)
- 1.5 lb. Italian Sausage with Cheese

SEPTEMBER SPECIAL #2

\$22.00

5 lb. Assorted Meat & Chicken Combo

- 2 lb. New York Strip Steaks (4 x 8 oz.)
- 1.5 lb. Bacon Wrapped Ribeye (4 x 6 oz.)
- 1.5 lb. Bacon Wrapped Chicken Filet (4 x 6 oz.)

SEPTEMBER SPECIAL #3

\$21.00

11 lb. Random Size Split Chicken Breast Box

- 11 lb. Split Chicken Breast (20-24 ct.)

SEPTEMBER SPECIAL #4

\$22.00

Fresh Fruit and Veggie Box

- 1 head Premium New York State Green Cabbage
- 3 lb. Premium Idaho Baking Potatoes
- 2 lb. Premium Western Grown Yellow Onions
- 1 lb. Premium New Crop Carrots
- 1 Premium Extra Large New Crop Butternut Squash
- 4 Premium New Crop Bartlett Pears
- 3 lb. Premium New Crop Golden Delicious Apples
- 3 lb. Premium New Crop McIntosh Apples
- 1 Premium California Vine-Ripened Cantaloupe
- 1 Premium Haas Avocado
- 1 Premium Tree Ripened Mango
- 6 1.5 oz. Package California Seedless Raisins
- 1 pkg. Uncle Wiley's Homemade Apple Pie Spice

Orders Due: **Sunday, September 13**
Distribution Day: **Saturday, September 26, 9-9:30am**

Order online at www.angelfoodministries.com

Grocery Prices Got You Down? Angel Food Can Help!

SEPTEMBER 2009 ORDER FORM

Come place your orders on Angel Food Order Day at Beloved Community Church
Saturday, September 12, 9:30-10:30 a.m.

You may also send orders and payments by mail to:

Beloved Community Church
131 41st Street South, Birmingham, AL 35222
(near Mazer in Avondale)

Questions? Email molly.merkle@gmail.com or call 903-6151

Orders must be paid for by Sunday, September 13
Online orders through Monday, September 14 @ www.angelfoodministries.com
Distribution date: Saturday September 26, 9–9:30 a.m.
To use food stamps, funds should be available before September 14

Orders not picked up during distribution hour will be
donated or resold and no credit will be given.

There is no limit to how much you can order.
Bring a box or grocery bags to pick up items in menu box.

Orders due by Sunday, September 13, 2009 (mailed orders should be postmarked by 9/9/09)

Name: _____ Phone: _____ Email: _____

Address: _____
Street or P.O. Box City State Zip

Quantity	Cost	Total
_____ # of Regular Angel Food Box:	\$30.00 each	\$ _____
_____ # of Senior Angel Food Box:	\$28.00 each	\$ _____
_____ # of Allergen-Free Food Box:	\$35.00 each	\$ _____
_____ # of Thanksgiving Food Box:	\$36.00 each	\$ _____
_____ # of Special #1: Assorted Meat Box:	\$23.00 each	\$ _____
_____ # of Special #2: Meat/Chicken Combo:	\$22.00 each	\$ _____
_____ # of Special #3: Split Chicken Breast Box:	\$21.00 each	\$ _____
_____ # of Special #4: Fruit and Veggie Box:	\$22.00 each	\$ _____
TOTAL AMOUNT PAID		\$ _____