

SIGNATURE BOX

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

- 1.5 lb. Ribeye Steaks (4 x 6 oz.)
- 2 lb. Homestyle Lasagna Dinner Entrée
- 2 lb. Beef and Bean Burritos (8 x 4 oz.)
- 2 lb. Boneless/Skinless Chicken Breast Chunks
- 28 oz. Jumbo Beef Pattie Entrée with Gravy
- 1 lb. Lean Ground Beef
- 1 lb. All Meat Hotdog
- 10 oz. Individually Wrapped Sliced Cheese (16 slice)
- 20 oz. Shoestring Fries
- 1 lb. Broccoli Cuts
- 12 oz. Peanut Butter
- 1 lb. Rice
- 1 lb. Pinto Beans
- 1 lb. Margarine Tub (Zero Grams Trans Fat)
- 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.

- Home-Style Meatloaf with Zesty Tomato Sauce,** Diced Rutabagas and Lima Beans
- Beef Stroganoff with Sour Cream,** Winter Blend Vegetables and Diced Apples with Cinnamon Sauce
- Sliced Roast Beef & Gravy with Vegetables,** Diced Potatoes and Green Peas
- Breaded Veal Patty** with Mixed Greens and Diced Sweet Potatoes
- Char-Broiled Beef Meatballs** with Rice & Gravy, Peas & Carrots and Lima Beans
- Savory Seasoned Baked Chicken Leg Quarter** with Broccoli and Black-Eyed Peas
- Chinese Style Chicken Chop Suey** with Corn and Green Peas with Onions, Mushrooms and Red Peppers
- Grilled Chicken Strips with Tangy Sweet & Sour Sauce,** Spinach and Mexicorn
- BBQ Pork Rib Patty** with Sweet Potato Casserole and Green Peas
- Asian-Style Pork Fried Rice** with Ginger Carrots and Cabbage
- 10 2-pack, individually-wrapped cookies**

\$28.00

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!

- 1 lb. Breaded Chicken Tenders
- 1 lb. Breaded Chicken Breast Chunk (Boneless Wing)
- 1 lb. Breaded Chicken Nuggets
- 1 lb. Breaded Chicken Patties
- 1 lb. Breaded Steak Fingers

Battered with water, white rice, brown rice, modified tapioca starch, flax seed, sugar, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika.

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

\$25.00

SEAFOOD BOX

Six pounds of the finest quality seafood assortment available.

- 2 lb. Alaskan Salmon Fillets (8 x 4 oz. fillets)
- 2 lb. Breaded Flounder Fillets (5 oz.-8 oz. fillets)
- 2 lb. IQF Large Shrimp (E-Z Peel & Deveined — 26-31 per lb.)

\$35.00

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

JUNE SPECIAL #1

7 lb. Assorted Meat Grill Box

\$23.00

- 1.5 lb. New York Strip Steaks (2 x 12 oz.)
- 2 lb. Thick-Cut Boston Butt Chops (4 x 8 oz.)
- 2 lb. Baby Back Ribs
- 1.5 lb. Bratwurst with Cheese

JUNE SPECIAL #2

4.5 lb. Meat & Chicken Combo

\$22.00

- 1.5 lb. Bone-In Ribeye Steaks (2 x 12 oz.)
- 1.5 lb. Sirloin Strip Steaks (2 x 12 oz.)
- 1.5 lb. Bacon-Wrapped Chicken Breast (4 x 6 oz.)

JUNE SPECIAL #3

11 lb. Chicken Combo Box

\$22.00

- 4.5 lb. (avg.) Perdue Whole Bird
- 3 lb. Split Chicken Breast
- 2 lb. Breaded Tenders
- 1.5 lb. Boneless/Skinless Chicken Breast

JUNE SPECIAL #4

Fresh Fruit and Veggie Box

\$22.00

- 1 each Sweet Vine-Ripened Red Seedless Watermelon
- 1 each Large Sweet Vine-Ripened Cantaloupe
- 2 each Large Tree-Ripened Mangoes
- 3 lb. Premium Tree-Ripened Valencia Oranges
- 1 lb. Premium Vine-Ripened Kiwi Fruit (5-6 Kiwis)
- 4 ears Premium Super-Sweet Yellow Corn
- 2 each Premium Fresh Zucchini Squash
- 2 each Premium Fresh Yellow Squash
- 2 lb. Premium Sweet Vidalia Onions
- 1 head Premium Fresh Green Cabbage
- 1 head Premium California Iceberg Lettuce
- 3 lb. Premium Idaho Baking Potatoes
- 1 Bottle Zesty Italian Salad Dressing and Marinade (16 oz.)
- AFM June 2009 Fruit and Veggie Recipe Sheet

JUNE SPECIAL #5

"Latin Flavors" Fresh Fruit and Veggie Box

\$22.00

- 1 each Premium Vine-Ripened Cantaloupe
- 4 each Premium California Hass Avocados
- 2 lb. Premium Fresh Key Limes
- 1 each Premium Gold Pineapple
- 2 each Premium Fresh Green Plantains
- 2 each Premium Tree-Ripened Mangoes
- 1 head Premium California Iceberg Lettuce
- 2 each Fresh Yucca Root
- 1 each Fresh Jicama
- 1 Package Premium Yellow Corn Tortillas (30 ct.)
- 2 lb. Premium Large-Medium White Onions
- 1 lb. Premium Fresh Cello-Pack Carrots
- 1 lb. Premium Fresh Jalapeño Peppers
- 5 ct. Premium Garlic
- AFM June 2009 "Latin Flavors" Recipe Sheet

Ordering: May 30th 12-1pm, June 10th 10am-1pm & 4-6pm

Distribution: June 27th 12-1pm

All orders must be prepaid. We accept Food Stamps (EBT), Cash or Money Orders. (No Personal Checks)

You can now order online with your debit or credit card. Just follow the "Order Online!" link on our website www.BaldwinAngelFood.org

Contact Lisa Peck @ 898-3245 or baldwinangelfood@gmail.com with any questions.

Check out our website at www.BaldwinAngelFood.org