

## AUGUST 2009 MENU

### 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.)
- 3 lb. IQF Split Chicken Breast
- 1 lb. Boneless Center Cut Pork Chops
- 2 lb. Mac & Beef Dinner Entrée
- 1.5 lb. Breaded All White Meat Chicken Nuggets
- 1 lb. 80/20 Lean Ground Beef
- 1 lb. Bake or Fry Fish Sticks (32 sticks)
- 1 lb. Frozen Corn
- 1 lb. Frozen Baby Lima Beans
- 1 ct. Cello-Wrapped Iceberg Lettuce
- 2 lb. Sweet Potatoes
- 15 oz. Pork & Beans
- 1 lb. Rice
- 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.*

- Chicken Cacciatore** with Rice, Cauliflower and Vegetable Medley
- Macaroni & Beef** with Noodles, Carrots, Zucchini and Red Peppers
- Chicken & Noodles** with Corn and Brussels Sprouts
- Meat Lasagna** with Green Beans and Cauliflower
- Chili** with Beef & Beans, Corn, Red Peppers and Peas
- Macaroni & Cheese** with Broccoli and Lima Beans
- Boneless Pork Patty** with Roasted Sweet Potato, Sugar Snap Peas, Broccoli & Cauliflower
- Sweet & Sour Chicken** with Rice, Sugar Snap Peas and Carrots
- Spaghetti & Meatballs** with Corn, Peas & Carrots
- Fettuccini Alfredo** with Broccoli/Carrots, Zucchini/Red Peppers and Brussels Sprouts

**Desserts:** 5 Cookies or Cracker Variety, 4 oz. Pear Fruit Cup, 4 oz. Pineapple Fruit Cup, 4 oz. Regular Applesauce, 2.8 oz. Frozen Orange Juice, 2.8 oz. Frozen Apple Juice

**\$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!*

#### Allergen Free Frozen Food Products

- 2 lb. Breaded Chicken Drumsticks
- 1 lb. Breaded Chicken Tenders
- 1 lb. Breaded Chicken Nuggets
- 1 lb. Breaded Cube Steak

*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.*

#### Allergen Free Dry Mix Products

- 1 lb. Pancake/Waffle Mix
- 1 lb. Blueberry Muffin Mix
- 1 lb. Pizza Crust/Flat Bread Mix
- 1 lb. Breading Mix
- 8 oz. White Gravy Mix

**\$40.00**

### New in August! No More Order Requirements!

#### AUGUST SPECIAL #1

**\$23.00**

##### 6.5 lb. Assorted Meat Grill Box

- 1.5 lb. Bone-In New York Strip Steaks (2 x 12 oz.)
- 2 lb. Boston Butt Pork Chops (4 x 8 oz.)
- 2 lb. Lean Hamburger Steaks (4 x 8 oz.)
- 1 lb. Italian Sausage with Cheese

#### AUGUST SPECIAL #2

**\$22.00**

##### 4.5 lb. Steak Combo

- 2.5 lb. Ribeye Steaks (4 x 10 oz.)
- 2 lb. Sirloin Steak (4 x 8 oz.)

#### AUGUST SPECIAL #3

**\$22.00**

##### 10 lb. Assorted Chicken Grill Box

- 5 lb. IQF Boneless Skinless Chicken Breast
- 4 lb. Leg Quarters
- 17 oz Ready to Cook Cornbread Dressing

#### AUGUST SPECIAL #4

**\$22.00**

##### Premium Fresh Fruit and Veggie Box

- 3 lb. Fresh Idaho Baking Potatoes
- 2 lb. New Crop Large-Medium Yellow Onions
- 1 head Fresh California Sleeve Romaine Lettuce
- 1 bag Fresh Gourmet Caesar Salad Croutons (5 oz.)
- 1 pint Fresh Vine-Ripened Grape Tomatoes
- 1 head Fresh Green Cabbage
- 1 lb. Sweet Cello-Pack Carrots
- 6 Tree-Ripened Peaches
- 1 lb. Fresh California White Seedless Grapes
- 1 Fresh California Vine-Ripened Honeydew Melon
- 1 Fresh California Vine-Ripened Cantaloupe
- 4 California Valencia Oranges
- 4 California Large Juicy Lemons

Ordering: July 25<sup>th</sup> 12-1pm, August 12<sup>th</sup> 10am-1pm & 4-6pm  
 Distribution: August 29<sup>th</sup> 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](http://www.BaldwinAngelFood.org)

Contact Lisa Peck @ 898-3245 or [baldwinangelfood@gmail.com](mailto:baldwinangelfood@gmail.com) with any questions.  
 Check out our website at [www.BaldwinAngelFood.org](http://www.BaldwinAngelFood.org)