

## NOVEMBER 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 (3 x 8 oz.)\*
- 1 lb. Boneless Center Cut Pork Chops (4 x 4 oz.)
- 2 lb. Chicken Fried Rice Skillet Meal (White Chicken Meat, Rice, Vegetables with Egg and Gourmet Teriyaki Sauce)
- 22 oz. Lasagna with Meat Sauce
- 22 oz. Breaded Fish Patties (5 ct.)
- 1 lb. Lean Ground Beef
- 1.5 lb. Breaded Chicken Breast Fillet
- 1 lb. Frozen Zucchini
- 1 lb. Frozen Cauliflower Florets
- 1 lb. Frozen Broccoli Florets
- 1 lb. Hash Brown Patties (7 ct.)
- 8 oz. Breakfast Cereal
- 2 lb. bag Fresh Onions
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs
- Dessert

\*Steaks in a box of Angel Food are now thicker than ever before. Though there may be fewer steaks in a box, it's the same amount of meat but the quality is higher and the steaks are tenderer.

**\$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.*

- Sliced Turkey & Dressing with Gravy**, corn and green bean/cranberry blend
- Macaroni & Beef** with noodles, carrots zucchini/red pepper
- Country Herb Chicken** with mashed potatoes, broccoli and green bean blend
- Macaroni & Cheese** with broccoli and lima beans
- Beef Stew with Carrots & Potatoes**, Brussels sprouts and corn/red pepper blend
- Sweet & Sour Chicken** with rice, sugar snap peas and carrots
- Mesquite Chicken** with rice/black bean blend, carrots and green beans
- Chicken & Rice with Mushroom Sauce**, green beans and black bean/corn blend
- Charbroiled Beef Patty** with mashed potatoes, gravy, carrots and corn blend
- Lemon Pepper Baked Fish** with rice, peas and zucchini/red pepper blend

**Desserts:** Assorted Cookies, Mixed Fruit Cup, Applesauce, Nature Valley Bar, Cranberry Juice Cocktail, Pineapple 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!*

- 1 lb. Breaded Chicken Fillet Patties
- 1 lb. Breaded Chicken Tenders
- 1 lb. Breaded Chicken Nuggets
- 1 lb. Breaded Steak Fingers
- 1 lb. Breaded Chicken Wings

*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.*



**\$23.00**

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

### NOVEMBER SPECIAL #1

**\$23.00**

#### 7 lb. Assorted Meat Grill Box

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

### NOVEMBER SPECIAL #2

**\$22.00**

#### 5 lb. Assorted Meat and Chicken Combo

- 2 lb. Sirloin Steak Strips (4 x 8 oz.)
- 1.5 lb. Bacon Wrapped Beef Fillet (4 x 6 oz.)
- 1.5 lb. Bacon Wrapped Chicken Fillet (4 x 6 oz.)

### NOVEMBER SPECIAL #3

**\$21.00**

#### 10 lb. Boneless/Skinless Chicken Breast Box

- 10 lbs. IQF Boneless/Skinless Chicken Breasts

### NOVEMBER SPECIAL #4

**\$22.00**

#### Premium Fresh Fruit and Veggie Box

- 1 Stalk California Celery
- 3 lb. New Crop North Carolina Sweet Potatoes
- 3 lb. New Crop Idaho Potatoes
- 1 head Fresh Leafy Green Cabbage
- 1 lb. California Carrots
- 3 lb. Tree Ripened Juice Oranges
- 3 lb. New Crop Red Delicious Apples
- 1 bag New Crop Georgia Grown Shelled Pecan Halves (8 oz.)
- 4 Washington State Bosc Pears
- 1 100% Pure Sweet Honey Bear (12 oz.)
- 2 New Crop Ruby Red Grapefruit

Ordering: Oct. 24<sup>th</sup> 12-1pm, Nov 4<sup>th</sup> 10am-1pm & 4-6pm and Nov 11<sup>th</sup> 4:30-5:30pm

Distribution: November 21<sup>st</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)