

December 2009 MENU

SIGNATURE BOX

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

- 2 lb. New York Strip Steaks (4 x 8 oz.)
- 1.5 lb. Boneless Pork Roast
- 1 lb. Chicken Breast Fajita Strips
- 1 lb. Lean Ground Beef
- 1.5 lb. All White Meat Chicken Tenders
- 1 lb. Bake or Fry Fish Sticks (32 count)
- 1 lb. Hickory Smoked Center Cut Ham
- 1 lb. Frozen Baby Lima Beans
- 1 lb. Frozen Green Beans
- 2 lb. French Fries
- 2 lb. Fresh Apples
- 10 ct. Flour Tortillas
- 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.

- Roasted Chicken w/ red skin potatoes, sugar snap peas & carrots**
- Swedish Meatballs w/ pasta, broccoli carrots & red peppers**
- Meatloaf & Gravy w/ mashed potatoes, peas, carrots, cauliflower**
- Sliced Turkey & Dressing w/ gravy, corn and green bean/cranberry blend**
- Chicken & Broccoli Alfredo w/ carrots, zucchini/red peppers**
- Chili w/ Beef & Beans, corn/red peppers and peas**
- Boneless Pork Patty w/ roasted sweet potatoes, sugar snap peas and broccoli/cauliflower blend**
- Chicken Parmesan and Pasta with Brussels sprouts and zucchini**
- Macaroni & Beef w/ noodles, carrots zucchini/red pepper**
- Chicken & Noodles w/ corn, Brussels sprouts**

Desserts: Assorted Cookies, Pineapple Fruit Cup, Strawberry Applesauce, Mixed Fruit Cup, Apple Juice, Cranberry Juice

\$28.00

5LB. 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 Breast Chunks
- 1 lb. Breaded Formed Tenders
- 2 lbs. Breaded Chicken Drumsticks
- 1 lb. Breaded Cube Steak

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



\$23.00

December SPECIAL #1

6 lb. Assorted Meat Grill Box

- 1.5 lb. T-Bone Steaks (2 x 12 oz.)
- 1.5 lb. Bacon-Wrapped Hamburger Steaks (4 x 6 oz.)
- 2 lb. Pork Chops (4 x 8 oz.)
- 1 lb. Mild Italian Sausage with Cheese

\$22.00

December SPECIAL #4

Holiday Meat and Cheese Special

- 3 9 oz. Sausage Variety (1 beef summer sausage, 1 beef salami, 1 summer sausage)
- 3 7 oz. Wisconsin Cheese Bars (1 Cheddar, 1 Swiss and 1 Smokey)

\$18.00

December SPECIAL #2

4.5 lb. Steak Combo

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

\$21.00

December SPECIAL #5

Premium Fresh Fruit and Veggie Box

- 3 lb. New Crop North Carolina Sweet Potatoes
- 4 Large Russet Baking Potatoes
- 3 lb. Large-Medium Yellow Onions
- 1 head Fresh Green Cabbage
- 1 lb. Fresh Cello-Packed Carrots
- 1 stalk Fresh Cello-Packed Celery
- 4 California Lemons
- 6 Large Tree-Ripened Oranges
- 4 Large Premium Grapefruit
- 1 Large Tree-Ripened Mango
- 1 Large Premium Haas Avocado
- 1 lb. California Kiwi Fruit

\$22.00

December SPECIAL #3

10 lb. IQF Unbreaded Poultry Box

- 3 lbs. Split IQF Tyson Cornish Hens
- 2.5 lb. IQF Split Chicken Breast
- 2.5 lb. IQF Chicken Thigh Quarters
- 2 lb. IQF Chicken Tenders (Unbreaded)

\$20.00

December SPECIAL #6

Assorted Holiday Fruit Special

- 5 Ruby Red Grapefruit
- 12 Tree-Ripened Navel Oranges
- 5 Tree-Ripened Tangerines
- 5 Extra Fancy Red Rome Apples
- 4 Extra Fancy Golden Delicious Apples
- 4 Extra Fancy Red Delicious Apples
- 4 Extra Fancy Granny Smith Apples
- 4 Extra Fancy Gala Apples
- 4 Extra Fancy Red Anjou Pears
- 6 Sun Kist Fruit Gem Candies

\$26.00

Ordering: Nov 21st 12-1pm, Dec 2nd 12-1pm & 4-6pm,
 Dec 9th 4:30-5:20pm

@ Baldwin Business Center Dec 9th 12-1pm

Distribution: December 19th 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

Angel Food Ministries Reserves the Right to Substitute Any of the Above Items Due to Availability, Cost and Quality. We Accept Food Stamps (EBT). Angel Food Ministries is an equal opportunity provider and employer. Complaints of discrimination should be sent to USDA, Director, Office of Civil Rights, Washington, DC 20250-9410