

<p>Basic Unit \$30.00 <i>Balanced nutrition and variety with enough food to feed a family of four for a week</i></p> <p>1.5 lb. Choice Beef Roast 2 lb. Baby Back Ribs 2.5 lb. IQF Split Chicken Breast 2 lb. Mac & Beef Dinner Entrée 1.5 lb. Fully Cooked All White Meat Breaded Chicken Breast Patties 1 lb. Lean Ground Beef 1 lb. Bratwurst with Cheese 1 lb. Frozen Sliced Carrots 1 lb. Frozen Whole Kernel Corn 8 ct. Frozen Heat & Serve Buttermilk Pancakes 10 ct. Whole Wheat Dinner Rolls 3 lb. or 4 ct. Large Russet Baking Potatoes 32 oz. 2% Shelf Stable Milk Dozen Eggs</p>	<p>Singles Unit \$28.00 <i>For Seniors or People on the Go!</i> <i>10 perfectly seasoned, nutritionally balanced, fully cooked meals-just heat and serve; each meal has been developed with dietary needs of senior citizens in mind, and contains 3 oz of protein, a starch & two vegetables or fruit.</i></p> <p>Chicken Cacciatore with rice, cauliflower & lima bean/corn blend Fettuccini Alfredo with Brussels sprouts & zucchini Salisbury Steak & Gravy with cauliflower, peas & carrots Breaded Fish Sticks with wild rice, corn & peas Chicken & Noodles with corn, Brussels sprouts Spaghetti & Meatballs with corn, peas & carrots</p> <p>Chicken Teriyaki with rice blend, sugar snap peas & carrots Meat Lasagna with green beans & cauliflower Chili with Beef & Beans with corn/red peppers & peas Cheese Manicotti with green beans, peas & carrots Desserts: Assorted Cookies, Strawberry Frozen Yogurt Cup, Pineapple Fruit Cup, Peach Fruit Cup, Orange Juice, Fruit Punch</p>	<p>5 LB. ALLERGEN-FREE FOOD BOX \$23.00 <i>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!</i></p> <p>1 lb. Breaded Chicken Breast Fillets 1 lb. Breaded Cubed Steak 1 lb. Breaded Chicken Wings 1 lb. Breaded Chicken Tenders 1 lb. Breaded Chicken Breast Nuggets</p> <p><i>Battered/Breaded 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.</i></p>
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JANUARY SPECIAL #1 (\$23.00)
7 lb. Assorted Meat Grill Box

2 lb. Ribeye Steaks (4 x 8 oz.)
2 lb. Pork Roast
1.5 lb. Lean Hamburger Steak Patties (4 x 6 oz.)
1.5 lb. Italian Sausage with Cheese

JANUARY SPECIAL #3 (\$18.00)
10 lb. Battered Boneless Wing Box

10 lbs. Boneless Battered White Meat Chicken Breast Chunks/Boneless Wings

6 LB. SEAFOOD PACK (\$35.00)
Six pounds of the finest quality seafood assortment available.

2 lbs. Jumbo Lightly Breaded Shrimp – Bakeable (42-50 shrimp)
1 lb. Oven Baked Stuffed Flounder with Crab Stuffing - 4 stuffed Flounders (4 oz. each)
2 lbs. Tilapia Raw Fillets (2 - 1 lb. bags per box each bag contains 3-4 fillets which weigh 3-5 oz. each)
1.1 lb. (17 oz.) Oven Ready Crab Cakes 5 crab cakes (3-4 oz. each.)

JANUARY SPECIAL #2 (\$22.00)
5 lb. Assorted Meat & Chicken Combo

2 lb. Sirloin Steak Strips (4 x 8 oz.)
1.5 lb. Bacon Wrapped Beef Fillets (4 x 6 oz.)
1.5 lb. Bacon Wrapped Chicken Fillets (4 x 6 oz.) (1 Cheddar, 1 Swiss and 1 Smokey)

JANUARY SPECIAL #4 (\$32.00)
7 lb. Premium Meat Box

3 lb. T-Bone Steaks (4 x 12 oz.)
2 lb. Boneless Pork Chops (4 x 8 oz.)
2 lb. Gourmet Flavored Chicken Breasts (1 lb. Italian Flavor 1 lb. Honey Mustard Flavor)

JANUARY SPECIAL #5 (\$22.00)
Premium Fresh Fruit and Veggie Box

1 Large Golden-Ripe Pineapple
1 3 lb. Combo Pack (Washington State Red Delicious Apples, Granny Smith Apples and California Oranges)
2 Large Ruby Red Grapefruit
1 Large Premium Haas Avocado
1 lb. California Carrots (Cello Bag)
3 lbs. North Carolina Sweet Potatoes
2 lbs. New Crop Red A-Size Potatoes
2 lbs. Large-Medium Yellow Onions
1 Head of Large Green Cabbage
1 (8 oz.) Package New Crop Georgia Shelled Pecan Halves
1 Package Sweet Potato and Yam Seasoning AFM January 2010 Fruit & Veggie Recipe Sheet

Options For Ordering:
Walk-in Cash, Check, Money Order or Link
Sat Dec. 19, 8 to 10 AM,
Tue Dec. 29 and Fri Jan 8, Noon to 4 PM
1311 W. Hovey Ave., Normal

Mail-in Detach bottom and mail with payment & self-addressed stamped envelope to 1311 W. Hovey Ave., Normal, IL 61761
Order must be postmarked by Mon. Jan. 4

On-line www.angelfoodministries.com
Click on 'How to Order'

Distribution is on Jan. 23, 2009
Pick up food between 8:00 - 9:30 AM
Bring a STURDY Box or laundry box
Regardless of circumstance any groceries not picked up will be donated to charity.

<p>January 2009 Mail Order Form Enclose a self-addressed stamped envelope for a receipt</p> <p>Name _____ Address _____ Phone _____ Email _____</p>	<p>Basic Units: _____ X \$30 = \$ _____ Singles Units: _____ X \$28 = \$ _____ Allergen Free: _____ X \$23 = \$ _____ SeaFood Pack _____ X \$35 = \$ _____</p> <p>Special #1 Quantity _____ X \$23 = \$ _____ Special #2 Quantity _____ X \$22 = \$ _____ Special #3 Quantity _____ X \$18 = \$ _____ Special #4 Quantity _____ X \$32 = \$ _____ Special #5 Quantity _____ X \$22 = \$ _____</p>
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Make Check Payable to Grace Church \$ _____