

## Signature Box \$30

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

- 4.5 lb. (avg.) Perdue Whole Chicken
- 28 oz. Fully Cooked Sliced Meatloaf with Home-style Tomato Sauce
- 2 lb. Lasagna with Meat Sauce
- 1 lb. Lean Ground Beef
- 1.5 lb. Hamburger Patties with Cheese in center (4 x 6 oz.)
- 12 in. Supreme Pizza
- 1 lb. All Meat Hot Dogs
- 1 lb. Baby Carrots
- 2 lb. Frozen Vegetables  
(Green Beans, Mashed Potatoes, Corn or Peas with Carrots)
- 15 oz. Baked Beans
- 6.5 oz. Skillet Meal Helper
- 1 head Cabbage
- 11 oz. (min. wt.) Breakfast Cereal
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs
- Dessert

## New and Improved! More Food, Better Value!

Fast and Flavorful Cuisine  
Convenience meals great for seniors  
and people living with diabetes!

**\$28**

Ten perfectly seasoned, nutritionally balanced, fully-cooked meals - just heat and serve. Each meal has been developed with dietary needs of senior citizens and people living with diabetes in mind.

- Fish Sticks
- Boneless Pork Patty
- Red Beans and Rice
- Meat Lasagna
- Chicken Parmesan
- Roasted Chicken
- Country Fried Steak with Gravy
- Salisbury Steak & Gravy
- Swedish Meatballs
- Country Herb Chicken

## Allergen-Free Food Box \$23

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 Chicken Tenders
- 1 lb. Breaded Cubed Steak
- 2 lb. Breaded Chicken Drumsticks

Battered/breaded with water, 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.

## Just 4 Me - After School Fruit and Veggie Box \$16

Healthy fruit & veggie snacks especially for kids.

- 3 Red Delicious Apples
- 3 Granny Smith Apples
- 1 (6 ct.) Caramel Apple Dip
- 3 Pears
- 3 Navel Oranges
- 1 (6 ct.) Raisins
- 1 (8 oz.) Trail Mix
- 1 (1 lb.) Mini Carrots
- 4 Chewy Granola Bars

## Just 4 Me - After School Box \$24

Assorted child-friendly snacks. Great for after school or any time.

- 1.5 lb. Fish Sticks
- 1.5 lb. Mini Corn Dogs
- 1 lb. Popcorn Chicken
- (2) 6.5 oz. Pepperoni Pizza
- 2 (2.8 oz.) Peanut Butter and Jelly Jamwiches
- 14 oz. Stuffed Breadsticks
- 7.2 oz. Mini Moon Pies (6 ct.)
- 2 (3.7 oz.) Twin Charbroil Hamburgers with Cheese
- 2 (2.2 oz.) PBJ on Graham Wafer

### JULY SPECIAL #1 \$23

- Steak Grill Box (4.5 lb.)
- 2.5 lb. Ribeye Steaks (4 x 10 oz.)
- 2 lb. Sirloin Strip Steaks (4 x 8 oz.)

### JULY SPECIAL #2 \$22

- Assorted Grill Box (6.5 lb.)
- 1.5 lb. New York Strip Steaks (2 x 12 oz.)
- 2 lb. Chopped Beef Steaks (4 x 8 oz.)
- 2 lb. Boneless Pork Steaks (4 x 8 oz.)
- 1 lb. Chicken Sausage

### JULY SPECIAL #3 \$21

- IQF Chicken Breast Box (10 lbs.)
- 10 lbs. IQF Chicken Breasts

### JULY SPECIAL #4 Special Price! \$21

- Premium Fresh Fruit and Veggie Box
- 3 lb. bag Idaho Potatoes
- 1 head California Cello Lettuce
- 1 lb. Plums
- 1 (16 oz.) Salad Dressing
- 1 (5 oz.) Salad Croutons
- 4 ears Fresh Yellow Corn
- 2 lb. bag Yellow Onions
- 1 Large Cantaloupe
- 1 Large Honey Dew Melon
- 1 lb. California Cello Carrots
- 4 Lemons
- 1 Golden Ripe Pineapple
- AFM July Fruit and Veggie Recipe Sheet

### JULY SPECIAL #5 \$21

- Bit O' Blessing Box
- 3 lb. Split Cornish Hens
- 2.5 lb. IQF Split Chicken Breasts
- 1 lb. Smoked Sausage
- 1.5 lb. Country Fried Steak
- 1 lb. Broccoli Florets
- 1.3 lb. Frozen Fruit Medley
- Dessert

#### Options For Ordering:

**Walk-in** Cash, Check, Money Order or Link  
Fri July 2 & Fri July 9  
Noon to 4 PM at  
1311 W. Hovey Ave., Normal

**On-line** [www.angelfoodministries.com](http://www.angelfoodministries.com)  
Click on 'How to Order'

**Mail-in** Detach bottom & mail with payment & self-addressed stamped envelope to 1311 W. Hovey Ave., Normal, IL 61761

Order must be postmarked by  
Wed. July 7

#### Distribution is on July 31

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.

#### July 2010 Mail Order Form

Enclose a self-addressed stamped envelope for a receipt

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Basic Units:	_____ X \$30 = \$ _____	Special #1 Quantity	_____ X \$23 = \$ _____
Singles Units:	_____ X \$28 = \$ _____	Special #2 Quantity	_____ X \$22 = \$ _____
Allergen Free:	_____ X \$23 = \$ _____	Special #3 Quantity	_____ X \$21 = \$ _____
Just 4 Me	_____ X \$24 = \$ _____	Special #4 Quantity	_____ X \$21 = \$ _____
Just 4 Me-Fruit	_____ X \$16 = \$ _____	Special #5 Quantity	_____ X \$21 = \$ _____

Make Checks Payable to **Grace Church** Total \$ \_\_\_\_\_