

5 LB. ALLERGEN-FREE FOOD BOX \$23.00

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!

Basic Unit \$30.00
Balanced nutrition and variety with enough food to feed a family of four for a week

Singles Unit \$28.00
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

- 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 Cut Ham
- 1 lb. Frozen Baby Lima Beans
- 1 lb. Frozen Green Beans
- 2 lb. French Fries
- 2 lb. Bag Fresh Apples
- 10 ct Flour Tortillas
- 32oz 2% Shelf Stable Milk
- 1 Dozen Eggs
- 1 Desert

- Roasted Chicken** with red skin potatoes, sugar snap peas & carrots
- Swedish Meatballs** with pasta, broccoli carrots & red peppers
- Meatloaf & Gravy** with mashed potatoes, peas, carrots, cauliflower
- Sliced Turkey & Dressing** with gravy, corn and green bean/cranberry blend
- Chicken & Broccoli Alfredo** with carrots, zucchini/red peppers
- Chili with Beef & Beans**, corn/red peppers and peas
- Boneless Pork Patty** with roasted sweet potatoes, sugar snap peas and broccoli/cauliflower blend
- Chicken Parmesan and Pasta** with Brussels sprouts and zucchini
- Macaroni & Beef** with noodles, carrots zucchini/red peppers
- Chicken & Noodles** with corn, Brussels sprouts
- Dessert:** Assorted Cookies, Pineapple Fruit Cup, Strawberry Applesauce, Mixed Fruit Cup, Apple Juice, Cranberry Juice

- 1 lb. Breaded Chicken Breast Chunks
 - 1 lb. Breaded Formed Tenders
 - 2 lbs. Breaded Chicken Drumsticks
- 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.*



DECEMBER SPECIAL #1 (\$22.00)
6 lb. Assorted Meat Grill Box
1.5 lb. T-Bone Steaks (2 x 12 oz.)
1.5 lb. Bacon-Wrapped Hamburger Steaks (4x6oz.)
2 lb. Pork Chops (4 x 8 oz.)
1 lb. Mild Italian Sausage with Cheese

DECEMBER SPECIAL #5 (\$22.00)
Premium Fresh Fruit and Veggie Box
3 lb. North Carolina Sweet Potatoes
4 Large Russet Baking Potatoes
3 lb. bag 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

DECEMBER SPECIAL #6 (\$26.00)
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

DECEMBER SPECIAL #2 (\$21.00)
4.5 lb. Steak Combo
2.5 lb. Ribeye Steaks (4 x 10 oz.)
2 lb. Sirloin Strip Steaks (4 x 8 oz.)

DECEMBER SPECIAL #3 (\$20.00)
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)

DECEMBER SPECIAL #4 (\$18.00)
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)

Options For Ordering:
Walk-in Cash, Check, Money Order or Link
Sat Nov. 21, 8 to 10 AM,
Thur Dec. 3 and Fri Dec 4, 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 Tues. Dec. 1
On-line www.angelfoodministries.com
Click on 'How to Order'

Distribution is on Dec. 19, 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.

December 2009 Mail Order Form
Enclose a self-addressed stamped envelope for a receipt
Name _____
Address _____
Phone _____
Email _____

Basic Units: _____ X \$30 = \$ _____
Singles Units: _____ X \$28 = \$ _____
Allergen Free: _____ X \$23 = \$ _____
Special #1 Quantity _____ X \$22 = \$ _____
Special #2 Quantity _____ X \$21 = \$ _____
Special #3 Quantity _____ X \$20 = \$ _____
Special #4 Quantity _____ X \$18 = \$ _____
Special #5 Quantity _____ X \$22 = \$ _____
Special #6 Quantity _____ X \$26 = \$ _____

Make Check Payable to Grace Church \$ _____