



ANGEL FOOD MINISTRIES September 2008 Menu

REGULAR BOX

For fourteen years, Angel Food has provided balanced nutrition and variety through its regular box, with enough food to feed a family of four for a week.

- 1.5 lb. Top Sirloin Strip Steaks (4 x 6 oz.)
- 2 lb. Boneless Skinless Chicken Breast
- 3 lb. Breaded Chicken Chunks
- 1.5 lb. Boneless Pork Filet
- 20 oz. Supreme Pizza
- 1 lb. Ground Turkey
- 1 lb. Cheddar Cheese Bratwurst Sausage
- 1 lb. Green Beans
- 1 lb. Stir Fry Vegetables (Broccoli & Bell Peppers)
- 35 oz. Crinkle-cut Fries
- 32 oz. Borden 2% Reduced Fat Shelf Stable Milk
- 7.5 oz. Macaroni & Cheese
- 15 oz. Pork & Beans
- 7 oz. Chicken-Flavored Rice & Vermicelli
- 1 lb. Pinto Beans
- One Dozen Eggs
- One Dessert Item

\$30.00

SENIOR BOX

All ten individual meals are fully-cooked and labeled complete with heating instructions – just heat and serve. Each meal has no added sodium, is low in fat, and is nutritionally balanced for seniors with 3 oz. of protein, two vegetables or fruit, and a starch.

Chicken Parmesan with side of Spaghetti with Marinara, Green Beans and Garlic Bread

Herb Roasted Chicken Quarter with Herb Gravy, White Rice, and Peas & Carrots

BBQ Chicken Quarter with BBQ Sauce, Black-Eyed Peas, Greens and Apple Sauce

Baked White Fish with Asian Sweet Pepper Sauce, Vegetable Fried Rice, Broccoli, and Pineapple chunks

Chicken Cacciatore Quarter, Creamy Rosemary Red Potato Quarters, Italian Green Beans, and Diced Peaches

Roast Beef and Brown Gravy (Pot Roast), Noodles, Carrot Coins and Collard Greens

Beef Meatloaf with Brown Herb Gravy, Mashed Sweet Potatoes, Peas & Mushrooms and Wax Beans

Beef Lasagna with Tomato Sauce, Broccoli, Diced Peas, and Garlic Bread & Butter

Oven Roasted Turkey Breast with Sage Gravy, Bread Dressing, Creamed Diced Potatoes, Green Beans and Cranberry Sauce

Chicken Stew with Chicken, Potatoes, and Tomatoes; Celery & Carrots, Brown Rice, Apple Sauce and a Biscuit

\$25.00

One or More Specials Available Only with the Purchase of a Regular Box Above

SEPTEMBER SPECIAL #1

6 lb. Assorted Meat Grill Box

\$20.00

- 1.5 lb Ribeye Steaks (3 x 8 oz.)
- 2 lbs Boneless Pork Roast
- 1.5 lbs Beef Short Ribs
- 1 lb All Beef Burgers (4 x 4 oz.)

SEPTEMBER SPECIAL #2

5 lb. Steak and Meat Combo

\$20.00

- 1.5 lb. Kansas City Strips (2 x 12 oz.)
- 1.5 lb. Bone-In Ribeye Steaks (2 x 12 oz.)
- 2 lb. All Beef Hamburger Steaks (4 x 8 oz.)

SEPTEMBER SPECIAL #3

10 lb. Party Wing Special Box

\$20.00

- 10 lb. Unbreaded IQF Party-style Chicken Wings

SEPTEMBER SPECIAL #4

10 lb. "5 for 4" Dinner Box

\$20.00

Five big 2 lb. dinner meals, each will feed a family of four. All dinners are fully-cooked – just heat and serve!

- 2 lb. Stuffed Green Peppers with Beef and Rice
- 2 lb. Chicken Breast with Rice, Broccoli & Cheese
- 2 lb. Beef Steak Patties with Gravy and Onions
- 2 lb. Meatloaf and Gravy
- 2 lb. BBQ Chicken with Hickory Sauce & Mashed Potatoes

SEPTEMBER SPECIAL #5

Fresh Fruit and Veggie Box

\$19.00

- 3 lb. Bag of Red Delicious Apples
- 4 lb. Bag of California Valencia Oranges
- 2 lb. Bag of Large Yellow Onions
- 1 lb. Bag of Carrots (Cello-wrapped)
- 4 lb. Bag of Large Idaho Baking Potatoes
- 1 Large Green Cabbage
- 4 Bartlett Pears
- 4 Tennessee Vine-Ripened Tomatoes
- 1 Celery Stalk (Cello-wrapped)
- 12 oz. Black Beans (Dried)

Ordering Guidelines (For Information Call or email: [469-358-6777](tel:469-358-6777)/angelfood@newstart-frisco.com)

- Place your order in person on **August 23 or Sept. 13 Order Day**, or mail in before **Sept. 13**.
- We will accept cash and money orders payable to NewStart (with Angel Food in the "memo" line) No personal checks please.
- Lone Star is also accepted for payment. (contact Christer Hiort for further instructions on this type of payment.)
- After purchasing a \$30 basic box you are eligible for the Value Added Specials.
- If you do not pick up your food during the scheduled pick up time on distribution day your food will be donated
- All sales are final
- No refunds or credits will be issued after purchase or if food is not picked up.
- **Distribution Day is Sept. 27, 2008 from 9:00 - 11:00 a.m @ NewStart 's New Location on 10141 County Rd (corner of 1st & County Rd) in Frisco.**
- **Note that you can order for Sept. on August distribution date**