

SIGNATURE BOX

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

- 1.5 lb. Ribeye Steaks (4 x 6 oz.)
- 3 lb. IQF Split Chicken Breast
- 1 lb. Boneless Center Cut Pork Chops

- 2 lb. Mac & Beef Dinner Entrée

- 1.5 lb. Breaded All White Meat Chicken Nuggets
- 1 lb. 80/20 Lean Ground Beef
- 1 lb. Bake or Fry Fish Sticks (32 sticks)
- 1 lb. Frozen Corn
- 1 lb. Frozen Baby Lima Beans
- 1 ct. Cello-Wrapped Iceberg Lettuce
- 2 lb. Sweet Potatoes

- 15 oz. Pork & Beans

- 1 lb. Rice
- 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.

- Chicken Cacciatore** with Rice, Cauliflower and Vegetable Medley
- Macaroni & Beef** with Noodles, Carrots, Zucchini and Red Peppers
- Chicken & Noodles** with Corn and Brussels Sprouts
- Meat Lasagna** with Green Beans and Cauliflower
- Chili with Beef & Beans**, Corn, Red Peppers and Peas
- Macaroni & Cheese** with Broccoli and Lima Beans
- Boneless Pork Patty** with Roasted Sweet Potato, Sugar Snap Peas, Broccoli & Cauliflower
- Sweet & Sour Chicken** with Rice, Sugar Snap Peas and Carrots
- Spaghetti & Meatballs** with Corn, Peas & Carrots
- Fettuccini Alfredo** with Broccoli/Carrots, Zucchini/Red Peppers and Brussels Sprouts
- Desserts:** 5 Cookies or Cracker Variety, 4 oz. Pear Fruit Cup, 4 oz. Pineapple Fruit Cup, 4 oz. Regular Applesauce, 2.8 oz. Frozen Orange Juice, 2.8 oz. Frozen Apple Juice

\$28.00

FROZEN AND DRY MIX 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!

Allergen Free Frozen Food Products

- 2 lb. Breaded Chicken Drumsticks
- 1 lb. Breaded Chicken Tenders
- 1 lb. Breaded Chicken Nuggets
- 1 lb. Breaded Cube Steak

Battered with water, white rice, brown rice, modified tapioca starch, flax seed, sugar, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika.

Breaded with 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.

Allergen Free Dry Mix Products

- 1 lb. Pancake/Waffle Mix
- 1 lb. Blueberry Muffin Mix
- 1 lb. Pizza Crust/Flat Bread Mix
- 1 lb. Breading Mix
- 8 oz. White Gravy Mix

\$40.00

***One or More Specials Available Only With the Purchase of Any of the Standard Boxes Above ***

AUGUST SPECIAL #1

\$23.00

6.5 lb. Assorted Meat Grill Box

- 1.5 lb. Bone-In New York Strip Steaks (2 x 12 oz.)
- 2 lb. Boston Butt Pork Chops (4 x 8 oz.)
- 2 lb. Lean Hamburger Steaks (4 x 8 oz.)
- 1 lb. Italian Sausage with Cheese

AUGUST SPECIAL #2

\$22.00

4.5 lb. Steak Combo

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

AUGUST SPECIAL #3

\$22.00

10 lb. Assorted Chicken Grill Box

- 5 lb. IQF Boneless Skinless Chicken Breast
- 4 lb. Leg Quarters
- 17 oz. Ready to Cook Cornbread Dressing

AUGUST SPECIAL #4

\$22.00

Fresh Fruit and Veggie Box

- 3 lb. Premium Fresh Idaho Baking Potatoes
- 2 lb. Premium New Crop Large-Medium Yellow Onions
- 1 head Premium Fresh California Sleeve Romaine Lettuce
- 1 bag Fresh Gourmet Caesar Salad Croutons (5 oz.)
- 1 pint Premium Fresh Vine-Ripened Grape Tomatoes
- 1 head Premium Fresh Green Cabbage
- 1 lb. Premium Sweet Cello-Pack Carrots
- 6 Premium Tree-Ripened Peaches
- 1 lb. Premium Fresh California White Seedless Grapes
- 1 Premium Fresh California Vine-Ripened Honeydew Melon
- 1 Premium Fresh California Vine-Ripened Cantaloupe
- 4 Premium California Valencia Oranges
- 4 Premium California Large Juicy Lemons

Orders Due: August 5-7 and 10-14
Distribution Date: August 22 from 9:30-10:45 AM
First Christian Church

513 Hattie Ave Elizabethton, TN
For info call 542-5651

Stop by to order on dates above from 9:30-3:30

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