

SIGNATURE BOX

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

- 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
- 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 & 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
- 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

\$28.00

5 LB. 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!

- 1 lb. Breaded Chicken Breast Fillets
- 1 lb. Breaded Chicken Breast Nuggets
- 1 lb. Breaded Cubed Steak
- 1 lb. Breaded Chicken Wings
- 1 lb. Breaded Chicken Tenders

Battered/Breaded with water, white rice, brown rice, modified tapioca starch, flax seed, sugar, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika. Breading is pre-browned in Canola oil.

\$23.00

6 LB. SEAFOOD PACK

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.)

\$35.00

Specials may be purchased with or without the purchase of a Standard Box above

JANUARY SPECIAL #1

- 7 lb. Assorted Meat Grill Box \$23.00**
- 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 #2

- 5 lb. Assorted Meat & Chicken Combo \$22.00**
- 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.)

JANUARY SPECIAL #3

- 10 lb. Battered Boneless Wing Box \$18.00**
- 10 lbs. Boneless Battered White Meat Chicken Breast Chunks/Boneless Wings

JANUARY SPECIAL #4

- 7 lb. Premium Meat Box \$32.00**
- 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 (2 x 8 oz.)
 - 1 lb. Honey Mustard Flavor (2 x 8 oz.)

JANUARY SPECIAL #5

- Premium Fresh Fruit and Veggie Box \$22.00**
- 1 Large Golden-Ripe Pineapple
 - 1 3 lb. Combo Pack (Washington State Red Delicious Apples, Granny Smith Apples and Tree-Ripened California Oranges)
 - 2 Large Tree-Ripened 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 Large Green Cabbage
 - 1 (8 oz.) Package New Crop Georgia Shelled Pecan Halves
 - 1 Package Wiley's Sweet Potato and Yam Seasoning
 - AFM January 2010 Fruit & Veggie Recipe Sheet

Orders Due: **No later than Monday Jan. 11th at 7:30 pm**
 Distribution Day: **Saturday January 23, 2010**
**Please note that some host sites have earlier order deadlines.
 Please contact your local host site for information. Visit our website to locate a host site near you*
www.angelfoodministries.com



Angel food is for everyone!

Join with other families who are *saving up to 40% off their grocery budgets* by participating with Angel food.



You no longer are required to purchase a Signature Box or Senior Convenience box to order Specials (order as much as your family needs)

Distribution Day is on...
January 16th, 2010

**Breakthrough
Outreach Center**

1366 E. Ervin Rd.
Van Wert, OH
419-232-2263

ORDER DATES & TIMES

Contact Host Site for
Ordering Information

Harvest Assembly of God

164 W. Main St.
West Leipsic, OH
419-943-7477

ORDER DATES & TIMES

Contact Host Site for
Ordering Information

**New Hampshire
Church of the Nazarene**

272 N. Main St.
New Hampshire, OH
567-204-0642

ORDER DATES & TIMES

Contact Host Site for
Ordering Information

**ReStore
Community Center**

210 N. Main St.
Ada, OH
419-558-1015

ORDER DATES & TIMES

Contact Host Site for
Ordering Information

Kalida Family Outreach Center

719 Napoleon Rd.
Kalida, OH
419-532-2525

ORDER DATES & TIMES

Contact Host Site for
Ordering Information

www.kfoc.com

**St. Marys
Church of the Nazarene**

390 Indiana Ave.
St. Marys, OH
419-394-4833

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Ordering Information

From our family to yours, Happy New Year, and remember that...

Angel food Is For Everyone!

More information is available online at www.LimaAngelFood.com or call 419-223-9646 ext. 1406.