



FEBRUARY 2009 MENU

REGULAR BOX \$30

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

- 1.5 lb. Sirloin Strip Steaks (4 x 6 oz.)
- 2 lb. Tray Pack Chicken Breast
- 1 lb. Boneless Pork Chops
- 2 lb. Breaded Chicken Nuggets
- 28 oz. Salisbury Steak Entree
- 12 oz. Sliced Bacon
- 1 lb. All-Meat Hot Dog
- 1 lb. Stir Fry (Broccoli, Red Peppers & Onions)
- 1 lb. Carrots
- 8 oz. Breakfast Cereal
- 32 oz. 2% Shelf Stable Milk
- 35 oz. Crinkle-Cut Fries
- 7.25 oz. Mac 'n Cheese
- 1 lb. Rice
- 1 lb. Bean Soup Mix
- Dozen Eggs
- Dessert

SENIOR/CONVENIENCE BOX \$28

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.

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| <ul style="list-style-type: none"> Beef Chili Macaroni Casserole with Diced Carrots and Green Beans Ham & White Beans with Diced Sweet Potatoes and Winter Blend Vegetables Creamy Chicken Fettuccine Alfredo with Corn and Capri Blend Vegetables Sweet & Sour Pork with Rice, Peas and Carrots, and Squash Medley Flame Broiled BBQ Chicken Breast with Diced Sweet Potatoes and Broccoli Seasoned Beef Chili with Beans, Broccoli and Applesauce | <ul style="list-style-type: none"> Beef Meatballs & Shell Pasta with Creamy Alfredo Sauce, Green Bean Casserole and Squash Medley Pot Roast and Gravy with Vegetables, Diced Potatoes and Green Peas Creamy Macaroni & Cheese with Diced Carrots and Green Peas Grilled Chicken Breast over Rice & Gravy with Diced Carrots and Green Peas 10 2-pack, individually-wrapped cookies |
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One or More Specials Available Only with the Purchase of Either of the Boxes Above

FEBRUARY SPECIAL #1

6 lb. Assorted Meat Box \$22.00

- 1.5 lb. Bone-In Ribeye Steak (2 x 12 oz.)
- 1.5 lb. Bacon-Wrapped Lean Ground Beef Patties (4 x 6 oz.)
- 2 lb. Thick-Cut Pork Chops (4 x 8 oz.)
- 1 lb. Mild Italian Sausage with Mozzarella Cheese

FEBRUARY SPECIAL #2

4 lb. Steak Combo \$21.00

- 2.5 lb. T-Bone Steaks (4 x 10 oz.)
- 1.5 lb. New York Strip Steaks (2 x 12 oz.)

FEBRUARY SPECIAL #3

Super Value Fajita Kit (5+ lbs.) \$21.00

- 2 lb. Steak Fajita Strip Packs (2 x 1 lb.)
- 2 lb. Chicken Breast Fajita Strip Packs (2 x 1 lb.)
- 1 lb. Onions & Bell Peppers
- 20 ct. 8" Flour Tortillas

FEBRUARY SPECIAL #4

Frozen Side & Fixin's Box \$16.00

Compliments our Great Steak and Chicken Boxes

- 2 lb. Heat & Serve Corn
- 2 lb. Heat & Serve Green Beans
- 2 lb. Heat & Serve Mashed Potatoes
- 1 Brown Gravy Mix
- 8 ct. Dinner Roll
- 1 Pie

FEBRUARY SPECIAL #5

Fresh Fruit and Veggie Box \$21.00

- 3 lb. No. 1 Premium Idaho Baking Potatoes
- 3 lb. No. 1 Premium North Carolina Sweet Potatoes
- 2 lb. No. 1 Premium New Crop Western Grown Yellow Onions
- 9 oz. California Premium Raisins
- 1 lb. Premium California Grown Carrots
- 1 head Premium Fresh Green Cabbage
- 3 lb. New Crop Tree-Ripened Red Delicious Apples
- 2 each Premium Washington State Anjou Pears
- 1 each Premium Golden Sweet Pineapple
- 3 lb. New Crop Premium Florida Tree-Ripened Valencia Oranges

FEBRUARY SPECIAL #6

Tangerine Box \$15.00

2/5 Bushel New Crop Florida Tree-Ripened Honey Tangerines (approximately 20-21 pounds or 70-75 tangerines)

In Cantonment: PH# 850-968-6213
 Allen Memorial United Methodist Church
 206 Pace Pkwy (2nd right from Hwy 29 on Muscogee Rd)
 Order On: **February 6th, 13th, 14th, & 16th 10am-12pm**
 We accept **CASH & Food Stamps** only at this location
 Distribution Day: **Saturday, February 28th 8:30-10am**

**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