

# Angel Food Ministries Order Form APRIL 2010

YFC Angel Food-Distribution Trinity Lutheran 8:00-9:30 am, Sat., Apr.17, 2010

Order deadline, Tues., Apr. 13, NOON Contact 716-225-5267 day of distribution

YFC Angel Food, PO Box 166, 86 N. Main St., Wellsville, N.Y. 14895, Phone# 585-593-5472

You may order online at [angelfoodministries.com](http://angelfoodministries.com)

## REGULAR BOX \$30.00

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

- 1.5 lb. New York Strip Steaks (4 x 6 oz.)
- 1.5 lb. Pork Chops (4 x 6 oz.)
- 28 oz. Salisbury Steak & Gravy Dinner Entrée
- 1 lb. Lean Ground Beef
- 1.5 lb. Fully Cooked Breaded Chicken Breast Chunks
- 1 lb. Smoked Turkey & Pork Sausage
- 1 lb. Frozen Carrots
- 1 lb. Corn
- 1 lb. French Cut Green Beans
- 1 lb. Rice
- 1 lb. Pasta
- 25 oz. Marinara Pasta Sauce
- 3 lb. Fresh Baking Potatoes
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs
- Dessert

## SENIOR/CONVENIENCE BOX—\$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 fruit*

- Roasted Chicken** - Roasted Chicken Breast Pieces in sauce with Red Skin Potatoes and Sugar Snap Peas and Carrots
- Chicken Broccoli Alfredo** - Chicken Breast Pieces with Broccoli, Fettuccini Noodles and Alfredo Sauce with Carrots, Zucchini and Red Peppers
- Chicken Chow Mein** - Chicken Breast Pieces over Lo-Mein Noodles, Mixed Vegetables with Sauce, Sugar Snap Peas and Cauliflower
- Chicken Teriyaki** - Chicken Breast Pieces over Fried Rice Blend with Teriyaki Sauce with Sugar Snap Peas and Carrots
- Sweet and Sour Chicken** - Chicken Breast Pieces over Rice with Vegetables and Pineapple in a Sweet and Sour Sauce with Sugar Snap Peas and Carrots
- Salisbury Steak and Gravy** - Salisbury Steak Patty with Red Skin Potatoes and Gravy with Peas and Carrots and Cauliflower
- Chili with Beef and Beans** - Beef, Beans, and Tomato-based Chili with Corn and Red Peppers and Peas
- Beef Stew** - Hearty Beef Chunks with Potatoes, Carrots, Celery and Onions with Brussels Sprouts, Corn and Red Pepper Blend
- Fiesta Chicken with Rice** - Chicken Breast with Fiesta sauce over White Rice with Corn and Cauliflower
- Macaroni and Beef** - Macaroni and Beef with Noodles, Carrots and Zucchini Blend
- Assorted Sugar-Free Desserts**

## 5 lb. ALLERGEN FREE 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!*

- 1 lb. Breaded Chicken Breast Fillets
- 1 lb. Breaded Chicken Breast Nuggets
- 1 lb. Breaded Cubed Steak
- 1 lb. Breaded 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.*

## 6 lb. Premium Seafood Variety Box \$35.00

- 2 lb. Alaskan Snow Crab Legs
- 1 lb. Large EZ Peel Shrimp
- 1 lb. (8 ct.) Stuffed Crab in Natural Shell
- 2 lb. Oven-Ready Popcorn Shrimp

## JUST4 ME— AFTER SCHOOL BOX \$24.00

*An assortment of child-friendly snacks. Great for after school or any time.*

- 1 lb. String Cheese (16 1 oz. servings)
- 1.5 lb. Chicken Fingers
- 4 White Castle Chicken Sandwiches (2 pkg. w/2 x 2.6 oz. sandwiches)
- 1.5 lb. Mini Corn Dogs (Approximately 36 count)
- 9 oz. Hot Pockets (2 x 4.5 oz.)
- 6 oz. Pizza Bites (12 count)

## JUST4 ME— AFTER SCHOOL FRUIT BOX \$16.00

*An assortment healthy fruit snacks especially for kids.*

- 3 Red Delicious Apples
- 3 Navel Oranges
- 1 6 pack Apple Sauce
- 1 2.5 oz. bag Sweet Potato Chips
- 1 2.5 oz. bag Apple Chips
- 3 Granny Smith Apples
- 3 D'Anjou Pears
- 1 3 pack Apple Juice

## SPECIALS MAY NOW BE ORDERED WITH OR WITHOUT STANDARD

### APRIL SPECIAL #1 \$23.00

#### **6 lb. Assorted Meat Grill Box**

- 1.5 lb. T-Bone Steaks (2 x 12 oz.)
- 2 lb. Pork Chops (4 x 8 oz.)
- 1.5 lb. Hamburger Steaks with Cheese
- 1 lb. Bratwurst with Cheese

### APRIL SPECIAL #2 \$22.00

#### **4.5 lb Assorted Meat & Chicken Combo**

- 2 lb. Ribeye Steaks (4 x 8 oz.)
- 1.5 lb. Kansas City Strip Steaks (2 x 12 oz.)
- 1.5 lb. Boneless Flavored Chicken Breast (Mesquite & Lemon Herb 2 x 6 oz. ea.)

### APRIL SPECIAL #3 \$21.00

#### **10 lb. IQF Unbreaded Poultry Box**

- 3 lb. IQF Split Cornish Hens
- 2 lb. IQF Chicken Tenders
- 2.5 lb. IQF Thighs
- 2.5 lb. IQF Split Breasts

### APRIL SPECIAL #4 \$35.00

#### **4 x 4 Family Meal Kits**

*4 meal kits with all you need to feed a family of 4 with 4 complete meals.*

**Turkey Kit** - 1.5 lb. Boneless Turkey Breast, 1.5 lb. Potato Medley (Potatoes, Carrots, Onions and Celery), 1 lb. Green Beans

**Split Whole Chicken Kit** - 3 lb. (avg.) Whole Split Chicken (2 individually wrapped halves), 1.5 lb. Potato Medley, 1 lb. Green Beans

**Beef Tips & Gravy Kit** - 1.5 lb. Choice Beef Tips in Gravy, 1.5 lb. Rice Medley (Rice with Red & Green Peppers)

**Pork Roast Kit** - 1.5 lb. Boneless Pork Roast, 1.5 lb. Potato Medley, 1 lb. Corn

### APRIL SPECIAL #5 \$32.00

#### **7 lb. Premium Box**

- 3 lb. T-Bone Steaks (4 x 12 oz.)
- 2 lb. Pork Chops (4 x 8 oz.)
- 2 lb. Boneless Flavored Chicken Breasts (1 lb. each flavor-Italian and Honey Mustard)

### APRIL SPECIAL #6 \$22.00

#### **Premium Fresh Fruit and Veggie Box**

- 1 Large Golden Ripe Pineapple
- 1 3 lb. Bag Valencia Oranges
- 2 Rio Red Grapefruit
- 4 Washington State D'Anjou Pears
- 4 California Lemons
- 4 Honey Tangerines
- 1 2 lb. Bag Red Delicious Apples
- 1 Head Green Cabbage
- 1 1 lb. Bag California Mini Carrots
- 1 3 lb. Bag Red Potatoes (A-size)
- 1 2 lb. Bag New Crop Yellow Onions

AFM April 2010 Fruit and Veggie Recipe Sheet

xxxxxxx**CUT HERE**xx**CUT HERE**xxxxxxxxxxx

All checks made out to YFC Angel Food, PO Box 166, Wellsville, NY 14895

Name \_\_\_\_\_ Address \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_

|                                |               |       |          |
|--------------------------------|---------------|-------|----------|
| # _____ Angel Food Boxes       | @\$30.00 Each | Total | \$ _____ |
| # _____ Senior/Convenience Box | @\$28.00 Each | Total | \$ _____ |
| # _____ Allergen Free Box      | @\$23.00 Each | Total | \$ _____ |
| # _____ Seafood Pack           | @\$35.00 Each | Total | \$ _____ |
| # _____ After School Box       | @\$24.00 Each | Total | \$ _____ |
| # _____ After School Fruit Box | @\$16.00 Each | Total | \$ _____ |
|                                |               |       |          |
| # _____ Special 1              | @\$23.00 Each | Total | \$ _____ |
| # _____ Special 2              | @\$22.00 Each | Total | \$ _____ |
| # _____ Special 3              | @\$21.00 Each | Total | \$ _____ |
| # _____ Special 4              | @\$35.00 Each | Total | \$ _____ |
| # _____ Special 5              | @\$32.00 Each | Total | \$ _____ |
| # _____ Special 6              | @\$22.00 Each | Total | \$ _____ |

Check # \_\_\_\_\_ Cash \_\_\_\_\_ FS \_\_\_\_\_ MO \_\_\_\_\_ April 2010