

Signature Box

Balanced nutrition and variety with enough food to assist in feeding a family of four for a week.

- 2 lbs. Chopped Beef Steaks flavored with Dijon Mustard (4 x 8 oz.)
- 1 lb. Bacon Wrapped Turkey Breast Filet Mignon (4 X 4 oz.)
- 1 lb. Boneless Center Cut Pork Chops (4 x 4 oz.)
- 2 lb. Macaroni & Beef Dinner Entrée
- 2.5 lb. IQF Split Chicken Breasts (Re-sealable Bag)
- 1 lb. Lean Ground Beef
- 1 12" Supreme Pizza
- 1 lb. Frozen Peas & Carrots
- 1 lb. Frozen Whole Kernel Corn
- 2 lb. Fresh Apples
- 2 lb. Heat and Serve Broccoli & Cheese Soup
- 24 oz. Natural Cut French Fries (Skin-on)
- 6.5 oz. Stroganoff Skillet Meal
- 1 lb. Rice
- 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.

Breaded Baked Fish over wild rice with green beans, corn and peas

Chicken Chow Mein over lo mein noodles, mixed vegetables and sauce, sugar snap peas and cauliflower

Swedish Meatballs over pasta in sauce, broccoli, carrot blend

Fettuccini Alfredo with carrots and broccoli, zucchini and Brussels sprouts

Meatloaf Patty with mashed potatoes and gravy, peas and carrots and cauliflower

Turkey and Dressing with gravy, green bean blend and corn

Chicken and Noodles with carrots and peas, corn and Brussels sprouts

Pot Roast with mashed potatoes, corn and green beans

Country Herb Chicken with mashed potatoes and sauce, broccoli and green bean blend

Chicken Broccoli Alfredo with carrots and zucchini blend

Desserts: Assorted Cookies, Mixed Fruit Cup, Applesauce, Grape Juice, Apple Juice

\$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 Chunks
- 1 lb. Breaded Formed Tenders
- 2 lbs. Breaded Chicken Drumsticks
- 1 lb. Breaded Cube Steak

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. Premium Seafood Variety Box

- 27 oz. Breaded Butterfly Shrimp (oven ready)
- 10 oz. Cod Fillets
- 17 oz. Crab Cakes (oven ready)
- 16 oz. White Fish Fillets
- 16 oz. Tilapia Fillets
- 10 oz. Breaded Clam Strips (oven ready)

\$35.00

After School Box

- 14 oz. Bread Sticks Stuffed with Mozzarella in Resealable Bag(9 x 1.61 oz.)
- 1.5 lb. Fully Cooked Chicken Rings in Resealable Bag (Approx. 8 servings)
- 1.5 lb. Fully Cooked Chicken & Cheese Nuggets in Resealable Bag (Approximately 8 servings)
- 1.5 lb. Fully Cooked Mini Corn Dogs (36 count)

\$21.00

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

MARCH SPECIAL #1

7 lb. Assorted Meat Grill Box

\$23.00

- 1.5 lb. Ribeye Steaks (2 x 12 oz.)
- 1 lb. Chopped Beef Steak Flavored with Real Mozzarella Cheese (2 x 8 oz.)
- 1 lb. Chopped Beef Steak Flavored with Real Mild Cheddar Cheese (2 x 8 oz.)
- 1.5 lb. Italian Sausage with Cheese
- 1 lb. Bacon Wrapped Turkey Breast Filet Mignon (4 x 4 oz.)

MARCH SPECIAL #2

4.5 lb. Assorted Meat & Chicken Combo

\$22.00

- 1.5 lb. New York Strip Steaks (2 x 12 oz.)
- 1.5 lb. Bacon Wrapped Filet (4 x 6 oz.)
- 1.5 lb. Bacon Wrapped Chicken Breast (4 x 6 oz.)

MARCH SPECIAL #3

10 lb. Boneless/Skinless Chicken

Breast Box

\$20.00

- 10 lb. IQF Boneless/Skinless Chicken Breasts

MARCH SPECIAL #4

4 x 4 Family Meal Kits

\$35.00

4 meal kits with all you need to feed a family of 4. 16 meals at 2.20 per meal.

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

MARCH SPECIAL #5

Premium Fresh Fruit and Veggie Box

\$22.00

- 1 Large Golden Ripe Pineapple
- 1 Large Vine Ripened Cantaloupe
- 1 lb. New Crop Chilean White Seedless Grapes
- 1 Large Tree-Ripened Mango
- 1 Large Haas Avocado
- 1 head Leafy Green Cabbage
- 3 lb. bag Sweet Potatoes (baking size)
- 2 lb. bag New Crop Yellow Onions
- 3 lb. bag Idaho Baking Potatoes
- 1 lb. Fresh California Carrots
- 3 Variety Colored Bell Peppers
- 2 ct. Jumbo Garlic

AFM March 2010 Fruit and Veggie Recipe Sheet

See back for ordering days and times.

We accept Link cards.

Angel Food Ministries Reserves the Right to Substitute Any of The Above Items Due to Availability, Cost and Quality

You may order at:
First Christian Church
1600 Wabash Ave
Mattoon IL 61938

ORDERING DATES AND TIMES:

March 2 and 3 from 1-4 p.m.
March 8, 9, 10 from 1-4 p.m.
March 15 and 16 from 1-4 p.m.

We Are Approved By The U.S. Government To Accept Link Cards

Payment In Full Is Required At The Time You Place Your Order

YOU MUST PICK UP YOUR FOOD ON FOOD DISTRIBUTION DAY!!

Saturday, March 27, 2010 **See receipt for exact pick up time**

Any Food Left Unclaimed After This Time Will Be Donated To Others!!

(When You Pick Up Your Food, You Must Bring An Empty Box To Exchange For Each "Regular Box" Ordered)

For your convenience, orders paid with checks may be mailed to:

First Christian Church -- 1600 Wabash -- Mattoon, IL

Orders **MUST** be received by

Tuesday, March 16, 2010

Please include a self-addressed, stamped envelope so we can mail your receipt.

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March, 2010 ORDER FORM – Please print legibly

Name: _____

Signature Box: _____ x \$30.00 = _____

Address: _____

Senior Box: _____ x \$28.00 = _____

Allergen-free: _____ x \$23.00 = _____

Seafood Pack: _____ x \$35.00 = _____

Latchkey Box _____ x \$21.00 = _____

Phone: _____

Special #1: _____ x \$23.00 = _____

Special #2: _____ x \$22.00 = _____

Special #3: _____ x \$20.00 = _____

Special #4: _____ x \$35.00 = _____

Special #5: _____ x \$22.00 = _____

TOTAL = _____

You must pay when placing your order.
Please make checks payable to: **First Christian Church**