

Signature Box

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

- 4.5 lb. (avg.) Perdue Whole Chicken
- 28 oz. Fully Cooked Sliced Meatloaf with Home-style Tomato Sauce
- 2 lb. Lasagna with Meat Sauce
- 1 lb. Lean Ground Beef
- 1.5 lb. Hamburger Patties with Cheese in center (4 x 6 oz.)
- 12 in. Supreme Pizza
- 1 lb. All Meat Hot Dogs
- 2 lb. Frozen Vegetables (Green Beans, Mashed Potatoes, Corn or Peas with Carrots)
- 1 lb. Baby Carrots
- 15 oz. Baked Beans
- 6.5 oz. Skillet Meal Helper
- 1 head Cabbage
- 11 oz. (min. wt.) Breakfast Cereal
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs
- Dessert

\$30.00

Fast and Flavorful Cuisine *More Food!*
Convenience meals great for seniors and people living with diabetes! *New & Improved!*
Ten perfectly seasoned, nutritionally balanced, fully-cooked meals – just heat and serve. Each meal has been developed with dietary needs of senior citizens and people living with diabetes in mind.

- Fish Sticks** with a Rice/Bean Blend, Broccoli and Carrots
- Boneless Pork Patty** with BBQ Sauce, Sweet Potatoes and Peas with Carrots
- Red Beans and Rice** with Smoked Sausage (made with Pork), Carrots and Brussels Sprouts
- Meat Lasagna** with Carrots and Green Beans
- Chicken Parmesan** with Spaghetti, Corn/Red Pepper Blend and Zucchini
- Roasted Chicken** with Red Wedge Potatoes, Lima Beans and a Carrot/Celery Blend
- Country Fried Steak** with Gravy and Red Wedge Potatoes, Corn and Green Beans
- Salisbury Steak & Gravy** with Red Wedge Potatoes, a Green Pea/Carrot Blend and Brussels Sprouts
- Swedish Meatballs** with Noodles, Yellow Squash with Onions and Brussels Sprouts
- Country Herb Chicken** with Mashed Potatoes, Green Peas and a Lima Bean/Red Pepper Blend

\$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 Chicken Tenders
- 1 lb. Breaded Cubed Steak
- 2 lb. Breaded Chicken Drumsticks

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

Just 4 Me – After School Box

\$24.00

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

- 1.5 lb. Fish Sticks
- 1.5 lb. Mini Corn Dogs
- 1 lb. Popcorn Chicken
- 2 6.5 oz. Pepperoni Pizza
- 2 2.8 oz. Peanut Butter and Jelly Jamwiches
- 14 oz. Stuffed Breadsticks
- 7.2 oz. Mini Moon Pies (6 ct.)
- 2 3.7 oz. Twin Charbroil Hamburgers with Cheese
- 2 2.2 oz. PBJ on Graham Wafer

Just 4 Me – After School Fruit & Veggie Box

\$16.00

An assortment healthy fruit snacks especially for kids.

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|-----------------------------|------------------------|
| 3 Red Delicious Apples | 3 Granny Smith Apples |
| 1 (6 ct.) Caramel Apple Dip | 3 Pears |
| 3 Navel Oranges | 1 (6 ct.) Raisins |
| 1 (8 oz.) Trail Mix | 1 (1 lb.) Mini Carrots |
| 4 Chewy Granola Bars | |

JULY SPECIAL #1

Steak Grill Box (4.5 lb.)

\$23.00

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

JULY SPECIAL #2

Assorted Grill Box (6.5 lb.)

\$22.00

- 1.5 lb. New York Strip Steaks (2 x 12 oz.)
- 2 lb. Chopped Beef Steaks (4 x 8 oz.)
- 2 lb. Boneless Pork Steaks (4 x 8 oz.)
- 1 lb. Chicken Sausage

JULY SPECIAL #3

IQF Chicken Breast Box (10 lbs.)

\$21.00

- 10 lbs. IQF Chicken Breasts

JULY SPECIAL #4

Premium Fresh Fruit and Veggie Box

\$21.00

- 3 lb. bag Idaho Potatoes
- 1 head California Cello Lettuce
- 1 lb. Plums
- 1 (16 oz.) Salad Dressing
- 1 (5 oz.) Salad Croutons
- 4 ears Fresh Yellow Corn
- 2 lb. bag Yellow Onions
- 1 Large Cantaloupe
- 1 Large Honey Dew Melon
- 1 lb. California Cello Carrots
- 4 Lemons
- 1 Golden Ripe Pineapple
- AFM July 2010 Fruit and Veggie Recipe Sheet



JULY SPECIAL #5

Bit O' Blessing Box

\$21.00

- 3 lb. Split Cornish Hens
- 2.5 lb. IQF Split Chicken Breasts
- 1 lb. Smoked Sausage
- 1.5 lb. Country Fried Steak
- 1 lb. Broccoli Florets
- 1.3 lb. Frozen Fruit Medley
- Dessert

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

Orders Due: **Sunday, July 25, 2010 Noon**
Distribution Day: **Saturday, July 31, 2010 9 – 11 AM**
www.angelfoodministries.com

YOU MAY PLACE YOUR  ORDER THREE WAYS

<p><u><i>MAIL</i></u></p> <p>Angel Food St. John's Lutheran Church 6821 Main Street Union, Illinois 60180</p> <p><i>Mail order form with payment. Your receipt (required for pick up) will be emailed to you.</i></p> <p><i>Or, if you prefer, please include a stamped, self-addressed envelope and your receipt will be mailed to you .</i></p>	<p><u><i>ONLINE</i></u></p> <p>www.stjohnsluth.org</p> <p>Click on the AngelFood link and follow the prompts.</p> <p><i>There is a convenience fee for this service</i></p>	<p><u><i>IN PERSON</i></u></p> <p>St. John's Lutheran Church 6821 Main Street Union, Illinois 60180</p> <p><i>Monday – Thursday 9:00 AM – 12 Noon</i></p>
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Orders must be received in the office by **SUNDAY, JULY 25, 2010 Noon** with payment

Email: stjohn6821@sbcglobal.net

Website: <http://www.stjohnsluth.org>

ORDER DEADLINE:	<i>Sunday, July 25, 2010</i>	<i>Noon</i>
ORDER PICK UP:	<i>Saturday, July 31, 2010</i>	** 9:00 – 11:00 AM
ORDERS NOT PICKED UP ON DISTRIBUTION DAY WILL BE DONATED		

ORDER FORM *(please print)*

We accept personal checks, cashier's checks or money orders. Please **DO NOT** send cash or LINK card by mail
Please make check or money order payable to **ST. JOHN'S ANGEL FOOD**

Name _____ Phone _____

Address _____ Town: _____ Zip: _____

Email: _____

_____ Signature Box	@ \$ 30.00	\$ _____
_____ Senior/Convenience Box	@ \$ 28.00	\$ _____
_____ Allergen-Free Box	@ \$ 23.00	\$ _____
_____ After School Box	@ \$ 24.00	\$ _____
_____ After School Fruit & Veggie Box	@ \$ 16.00	\$ _____
_____ Special #1 <i>Steak Grill Box</i>	@ \$ 23.00	\$ _____
_____ Special #2 <i>Assorted Grill Box</i>	@ \$ 22.00	\$ _____
_____ Special #3 <i>Chicken Breast Box</i>	@ \$ 21.00	\$ _____
_____ Special #4 <i>Fruit & Veggie Box</i>	@ \$ 21.00	\$ _____
_____ Special #5 <i>Bit O' Blessing Box</i>	@ \$ 21.00	\$ _____

ORDER TOTAL \$ _____

Check _____ Cashier's Check _____ Money Order _____ * Cash _____ *LINK CARD _____

** Cash and LINK CARD accepted during Office Hours ONLY*