

Angel Food Ministries



Fellowship Baptist Church

413 W. N. 5th St. Shelbyville, IL 62565
(217)-774-3636

www.angelfoodministries.com

September 2008

Regular Unit

ALL THIS FOR THE LOW COST OF JUST \$30.00

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|---|----------------------|
| 1.5 lb. Top Sirloin Strip Steaks (4 x 6 oz.) | 15 oz. Pork & Beans |
| 2 lb. Boneless Skinless Chicken Breast | 1 lb. Pinto Beans |
| 3 lb. Breaded Chicken Chunks | 1 lb. Green Beans |
| 1.5 lb. Boneless Pork Filet | 1 lb. Ground Turkey |
| 32 oz. Borden 2% Reduced Fat Shelf Stable Milk | 20 oz. Supreme Pizza |
| 1 lb. Stir Fry Vegetables (Broccoli & Bell Peppers) | One Dozen Eggs |
| 7 oz. Chicken-Flavored Rice & Vermicelli | One Dessert Item |
| 7.5 oz. Macaroni & Cheese | |
| 35 oz. Crinkle-cut Fries | |
| 1 lb. Cheddar Cheese Bratwurst Sausage | |

**** One or more specials available only with the purchase of a regular unit. ****

SENIOR BOX \$25.00

All ten individual meals are fully-cooked and labeled complete with heating instructions – just heat and serve. Each meal has no added sodium, is low in fat, and is nutritionally balanced for seniors with 3 oz. of protein, two vegetables or fruit, and a starch.

Chicken Parmesan with side of Spaghetti with Marinara, Green Beans and Garlic Bread
Herb Roasted Chicken Quarter with Herb Gravy, White Rice, and Peas & Carrots
BBQ Chicken Quarter with BBQ Sauce, Black-Eyed Peas, Greens and Apple Sauce
Baked White Fish with Asian Sweet Pepper Sauce, Vegetable Fried Rice, Broccoli, and Pineapple chunks
Chicken Cacciatore Quarter, Creamy Rosemary Red Potato Quarters, Italian Green Beans, and Diced Peaches
Roast Beef and Brown Gravy (Pot Roast), Noodles, Carrot Coins and Collard Greens
Beef Meatloaf with Brown Herb Gravy, Mashed Sweet Potatoes, Peas & Mushrooms and Wax Beans
Beef Lasagna with Tomato Sauce, Broccoli, Diced Peas, and Garlic Bread & Butter
Oven Roasted Turkey Breast with Sage Gravy, Bread Dressing, Creamed Diced Potatoes, Green Beans and Cranberry Sauce
Chicken Stew with Chicken, Potatoes, and Tomatoes; Celery & Carrots, Brown Rice, Apple Sauce and a Biscuit

SEPTEMBER SPECIAL #1

6 lb. Assorted Meat Grill Box \$20.00

- 1.5 lb Rib eye Steaks (3 x 8 oz.)
- 2 lbs Boneless Pork Roast
- 1.5 lbs Beef Short Ribs
- 1 lb All Beef Burgers (4 x 4 oz.)

SEPTEMBER SPECIAL #2

5 lb. Steak and Meat Combo \$20.00

- 1.5 lb. Kansas City Strips (2 x 12 oz.)
- 1.5 lb. Bone-In Rib eye Steaks (2 x 12 oz.)
- 2 lb. All Beef Hamburger Steaks (4 x 8 oz.)

SEPTEMBER SPECIAL #3

10 lb. Party Wing Special Box \$20.00

- 10 lb. Un-breaded IQF Party-style Chicken Wings

SEPTEMBER SPECIAL #4

10 lb. "5 for 4" Dinner Box \$20.00

- 2 lb. Chicken Breast with Rice, Broccoli & Cheese
- 2 lb. Beef Steak Patties with Gravy and Onions
- 2 lb. Meatloaf and Gravy
- 2 lb. BBQ Chicken with Hickory Sauce & Mashed Potatoes

SEPTEMBER SPECIAL #5

Fresh Fruit and Veggie Box \$19.00

- 3 lb. Bag of Red Delicious Apples
- 4 lb Bag of California Valencia Oranges
- 2 lb. Bag of Large Yellow Onions
- 1 lb. Bag of Carrots (Cello-wrapped)
- 4 lb. Bag of Large Idaho Baking Potatoes
- 1 Large Green Cabbage
- 4 Bartlett Pears

Payments: Cash, Check, Money Orders, & IL Link
(Payments are due at the time of order)

**** Pick up food September 27, 2008 at 12pm****

Order at Church

September 2, 2008 5pm to 7pm
 September 3, 2008 8 am to 10 am
 September 5, 2008 5pm to 7pm
 September 8, 2008 5pm to 7pm