

Signature Box

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

- 1.5 lb. Sirloin Steaks (4 x 6 oz.)
- 2 lb. Mac & Beef Dinner Entrée
- 2 lb. IQF Chicken Breast (Boneless Skinless)
- 1 lb. Lean Ground Beef
- 1 lb. Chicken Breast Fajita Strips
- 1 lb. Breaded Crunchy Fish Bites (32 ct.)
- 1.5 lb. Smoked Chicken Sausage
- 2 lb. Heat & Serve Green Beans
- 1 lb. Fajita Blend (Onions, Red & Green Pepper Strips)
- 1 lb. Rice
- 25 oz. Pasta Sauce
- 1 lb. Pasta
- 3 lb. Idaho Potatoes
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs
- Dessert

\$30.00

Convenience Meals

Great for seniors and people living with diabetes!
Ten perfectly seasoned, nutritionally balanced, fully cooked meals—just heat and serve. Each meal has been developed with the dietary needs of senior citizens and people living with diabetes in mind, and contains 3 oz. of protein, a starch & two vegetables or fruit.

- Roasted Chicken** - Roasted White Chicken Breast Meat Pieces in Sauce with Red Skin Potatoes and Sugar Snap Peas and Carrots
- Chicken Broccoli Alfredo** - White Chicken Breast Pieces with Broccoli, Fettuccini noodles and Alfredo Sauce with Carrots, Zucchini and Red Peppers
- Chicken Chow Mein** - White Chicken Pieces over Lo-Mein Noodles, Mixed Vegetables with Sauce with 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 Bean** - 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** - White Meat Chicken 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

\$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 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.

\$23.00

6 lb. Premium Seafood Variety Box

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

\$35.00

Just 4 Me – After School Box

\$24.00

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

- 4 each Stuffed Sandwiches available in a variety of flavors
- 1.5 lb. Mini Corn Dogs
- 2 each Twin Mini Chicken Sandwiches
- 2 lb. Chicken Tenders
- 1 lb. String Cheese (1 oz. sticks)
- 2 each Peanut Butter and Jelly Jamwich (2.8 oz. each)
- 1 each Nacho's Lunch Snack with Chips, Cheese and Salsa (3.7 oz.)
- 1 each Turkey & American Cheese Lunch Snack with Turkey, American and Crackers (2.15 oz.)
- 1 each Ham & American Cheese Lunch Snack with Ham, American and Crackers (2.15 oz.)

Just 4 Me – After School Fruit & Veggie Box

\$16.00

An assortment healthy fruit snacks especially for kids.

- 3 Red Delicious Apples
- 3 Navel Oranges
- (2) 2 oz. Pack Celery Sticks
- (1) 6-pack Apple Sauce
- (1) Either 2.5 oz. Bag Apple Chips or Sweet Potato Chips
- (2) 1.75 oz Ranch Dressing Cups
- 3 Granny Smith Apples
- (1) 1lb. Mini Carrots
- (1) 3-pack Fruit Juice
- (1) 6 oz. Bag Banana Chips

JUNE SPECIAL #1

5.5 lb. Assorted Meat Grill Box

\$23.00

- 2 lb. Rib-Eye Steaks (4 x 8 oz.)
- 2 lb. Bone-In Pork Chops (4 x 8 oz.)
- 1.5 lb. Bacon Wrapped Turkey Mignon (4 x 6 oz.)

JUNE SPECIAL #2

6 lb. Chicken & Rib Box

\$17.00

- 3 lb. Split Whole Chicken (3 lb. average wt.)
- 3 lb. Baby Back Ribs

JUNE SPECIAL #3

Flavored Hamburger Grill Box

\$19.00

- 2 lbs. Dijon Mustard (4 x 8 oz.)
- 2 lbs. Mozzarella Cheese (4 x 8 oz.)
- 2 lbs. Cheddar Cheese (4 x 8 oz.)

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

JUNE SPECIAL #4

Premium Fresh Fruit and Veggie Box

\$22.00

- 4 each Yellow Corn
- 2 each Yellow Squash
- 2 each Zucchini Squash
- 1 head Fresh Green Cabbage
- 1 stalk Celery
- 1 Golden Ripe Pineapple
- 1 Mango
- 6 each Lemons
- 1 Large Hass Avocado
- 1 Large Cantaloupe
- 3 lb. bag Red Potatoes (A Size)
- 2 lb. bag Yellow Onions
- AFM June 2010 Fruit and Veggie Recipe Sheet

JUNE SPECIAL #5

Bit O' Blessing Box

\$21.00

- 2 lb. Hamburger Steaks (4 x 8 oz.)
- 2 lb. Mac & Beef Dinner Entrée
- 1 lb. Chicken Breast Fajita Strips
- 1.5 lb. Smoked Sausage
- 2 lb. Fully Cooked Green Beans
- 1 lb. Fajita Blend (Onions, Red & Green Pepper Strips)
- 1 lb. Rice
- 1 lb. Frozen Broccoli
- 21 oz. Frozen Fruit

Orders Due/Distribution Day: Sat. June 26, 10 - 11 AM

*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

Orders and Pickup: Holy Cross Lutheran Church
4041 W. 120th St.
Alsip, IL 60803
708-712-6584, 708-525-3794 or 708-597-5209
www.hc-lc.org

Orders Due by: Saturday, June 12.
Distribution Day: Saturday, June 26, 10:00 am - 11 am

Accepted Forms of Payment: Cash, Debit Card, Credit Card,
Link Card. We **DO NOT** accept PERSONAL CHECKS.

Name: _____

Phone: _____

Order Summary:

- ___ # of Signature Units Ordered @ \$30 each = \$ _____
- ___ # of Convenience Meals @ \$28 each = \$ _____
- ___ # of Allergen Free Boxes Ordered @ \$23 each = \$ _____
- ___ # of Seafood Pack @ \$35 each = \$ _____
- ___ # of After School Box @ \$24 each = \$ _____
- ___ # of After School Fruit & Veggie Box @ \$16 ea. = \$ _____
- ___ # of Special #1 Ordered @ \$23 each = \$ _____
- ___ # of Special #2 Ordered @ \$17 each = \$ _____
- ___ # of Special #3 Ordered @ \$19 each = \$ _____
- ___ # of Special #4 Ordered @ \$22 each = \$ _____
- ___ # of Special #5 Ordered @ \$21 each = \$ _____

Total Amount Due = \$ _____

Note: When picking up order please bring carrying container(s).

Orders not picked up will be donated.

UPCOMING EVENTS

GROUPS FOR FUN AND FELLOWSHIP:

Senior Fellowship- Thursdays 10 am.

Chime Choir - Wednesdays 7:30 pm.

Dinner Club- Meets monthly

Choir (Southwest Lutheran Chorus) - Mondays 7:30 p.m.

BIBLE CLASS

Revelation, Sundays 9:15 a.m.

WORSHIP OPPORTUNITIES:

Traditional Worship - 8 AM

Contemporary Worship - 10:30 AM

FREE! Patriotic Concert & Ice Cream Social:

June 30, 7:30 PM

Vacation Bible School- July 18-22

Food Pantry for Alsip Residents:

1st and 3rd Tues. 4:30 - 6 PM

FOR MORE INFORMATION CALL: (708) 597-5209