

angelfood

MINISTRIES

JANUARY, 2009 MENU

REGULAR BOX

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

- 1.5 lb. Ribeye Steak (4 x 6 oz.)
- 4 lb. Leg Quarters
- 1.5 lb. Beef Patties (4 x 6 oz.)
- 18 oz. Cheese Filled Manicotti
- 2 lb. Pork Rib Strips
- 1 lb. Chicken Breast Fajita Strips
- 1 lb. Ground Turkey
- 1 lb. Broccoli
- 1 lb. Peas
- 6 ct. Oatmeal Variety Box
- 2 each-Regular, Maple Brown Sugar and Apple Cinnamon
- 32 oz. 2% Shelf Stable Milk
- 8 oz. Blueberry Muffin Mix
- 12 ct. White Corn Tortillas
- 1 lb. Pinto Beans
- 7 oz. Chicken Flavored Rice & Vermicelli
- Dozen Eggs
- Dessert

\$30.00

SENIOR/CONVENIENCE BOX

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.

New Orleans Style Chicken over Savory Rice with Okra & Tomatoes and Diced Sweet Potatoes

Grilled Chicken Strips & Penne Pasta with Creamy Tomato Basil Sauce, Capri Blend Vegetables and Green Beans with Onions and Red Peppers

Beef & Bowtie Pasta with Herbed Tomato Sauce, Capri Blend Vegetables and Corn

Flame-Broiled Salisbury Steak with Brown Gravy, Sour Cream & Chive Potatoes and Mixed Vegetables

Cheesy Chicken and Broccoli Casserole with Rice, Green Beans and Squash Medley

Classic Chicken Tetrazzini with Diced Carrots and Green Peas

Country Fried Steak with Cream Gravy, Red Skin Whipped Potatoes and Mixed Vegetables

Spaghetti with Meatballs, Green Beans and Cinnamon Applesauce

Chicken Parmesan with Whipped Potatoes and Capri Blend Vegetables

Flame-Broiled Beef Patty with Onion Gravy, Sour Cream & Chive Potatoes and Capri Blend Vegetables

10 Desserts included with Senior/Convenience Meals

\$28.00

One or More Specials Below Available Only with the Purchase of Either of the Boxes Above

JANUARY SPECIAL #1

6 lb. Assorted Combo Box

\$22.00

- 1.5 lb. Bone-In New York Strips (2 x 12 oz.)
- 1 lb. Sirloin Strips (2 x 8 oz.)
- 1.5 lb. Boneless Pork Chops -Thick Cut (4 x 6 oz.)
- 2 lb. Hamburger Steak (4 x 8 oz.)

JANUARY SPECIAL #2

4.5 lb. Bacon-Wrapped Meat Combo

\$21.00

- 1.5 lb. Bacon-Wrapped Beef Filet (4 x 6 oz.)
- 1.5 lb. Bacon-Wrapped Pork Filet (4 x 6 oz.)
- 1.5 lb. Bacon-Wrapped Chicken Filet (4 x 6 oz.)

JANUARY SPECIAL #3

3.75 lb. T-Bone Special

\$21.00

- 3.75 lb. T-Bone Steaks (5 x 12 oz.)

JANUARY SPECIAL #4

10 lb. Chicken Combo Box

\$20.00

- 4.5 lb. (avg.) Whole Perdue Chicken
- 2 lb. Wings
- 2 lb. Chicken Nuggets
- 2 lb. Breaded Chicken Tenders

JANUARY SPECIAL #5

Fresh Fruit and Veggie Box

\$21.00

- 4 lb. New Crop Idaho Baking Potatoes
- 3 lb. New Crop North Carolina Sweet Potatoes
- 2 lb. Western Grown Medium Yellow Onions
- 4 lb. Tree Ripened Navel Oranges
- ½ lb. New Crop Georgia Grown Pecan Halves
- 2 ea. Tree Ripened Florida Red Grapefruit
- 1 head New Crop Florida Green Cabbage
- 1 lb. Western Grown Carrots (cello packed)
- 4 ea. Tree Ripened Florida Tangerines
- 4 ea. Washington State Bosc Pears

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

You May Order at **Chatham Baptist Church**
1500 East Walnut Street
Chatham, IL 62629
217-483-2471
www.chathambaptist .org

ORDERING DATES AND TIMES:
Monday – Friday from 8:30 until 11:30 a.m.
Wednesday Evenings from 6:00 – 7: 00 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, January 24, 2009 from 10:30 – 11:00 a.m.

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)

**Orders MUST be received by
 January 12, 2009**

| Angel Food 2009 Distribution Schedule | |
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| Deadline to order Monday: | Distribution date Saturday: |
| January 12 | January 24 |
| February 16 | February 28 |
| March 16 | March 28 |
| April 13 | April 25 |
| May 18 | May 30 |
| June 15 | June 27 |
| July 13 | July 25 |
| August 17 | August 29 |
| September 14 | September 26 |
| October 12 | October 24 |
| November 9 | November 21 |
| December 7 | December 19 |