

**NEW  
PRICE!**

### Signature Box

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

- 1.5 lb. New York Strip Steaks (4 x 6 oz.)
- 1.5 lb. Breaded Chicken Breast Chunks
- 1 lb. Lean Ground Beef
- 1 lb. Crunchy Fish Wedges (Bake or Fry-8 ct.)
- 1.5 lb. Pork Chops (4 x 6 oz.)
- 1 lb. **Bonus Item** - Lean Ground Beef
- 1 lb. Frozen Broccoli Florets
- 1 lb. Frozen Carrots
- 1 lb. Frozen Corn
- 1 lb. Frozen Cauliflower Florets
- 1 lb. Pasta
- 26 oz. Pasta Sauce
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs

**NEW LOW  
PRICE!**

**\$29.00**

**Fast and Flavorful Cuisine**  
*New & Improved!* *Convenience meals great for seniors and people living with diabetes!* *Core Food!*

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 Fillet**, Lightly Breaded & Baked, with a Rice Blend, Carrots and a Broccoli/Red Pepper Blend
- Sweet and Sour Pork** with Rice, a Green Pea/Carrot Blend and Cauliflower
- Red Beans and Rice** with Smoked Pork Sausage, Carrots and Brussels Sprouts
- White Chicken Cacciatore** with Rice, Carrots and Yellow Squash with Onions
- Breaded Chicken Parmigiana** with Spaghetti, Corn/Red Pepper Blend and Zucchini
- White Chicken and Gravy** over Noodles, Corn and Broccoli
- Salisbury Steak & Gravy** with Red Wedge Potatoes, a Green Pea/Carrot Blend and Brussels Sprouts
- Meatball Stroganoff** over Noodles, Carrots and Broccoli
- Country Herb White Chicken** with Mashed Potatoes, Green Peas and a Lima Bean/Red Pepper Blend
- Macaroni and Cheese**, Black Bean, Corn and Red Pepper Blend and Cauliflower

**\$28.00**

### Just 4 Me – After School Box

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

- 2 lb. Chicken Fingers
- 1.5 lb. Mini Corn Dogs
- 1 (3.88 oz.) The BBQ "Sammich"
- 2 each (2.6 oz.) Chicken Sandwiches (2 packages with twin sandwiches)
- 4 (4 oz.) Hot Pockets
- 1 (12 ct.) Pizza Bites
- 1 (6 ct.) Cereal Bars
- 2 each (1.58 oz.) White Castle Hamburgers (2 packages with twin sandwiches)
- 3 (2.2 oz.) PBJ on Graham Wafer
- 2 (2.8 oz.) Peanut Butter and Jelly Jamwich

**\$24.00**

### AUGUST SPECIAL #1

- Assorted Grill Box (6 lb.)** **\$24.00**
- 1 lb. Sirloin Strip Steaks (2 x 8 oz.)
  - 2 lb. Lean Hamburger Steaks (4 x 8 oz.)
  - 1.5 lb. Mild Italian Sausage
  - 1.5 lb. Bacon-Wrapped Chicken Breast Fillet (4 x 6 oz.)

### AUGUST SPECIAL #2

- Steak and Chicken Box (4 lb.)** **\$23.00**
- 2 lb. Ribeye Steaks (4 x 8 oz.)
  - 2 lb. Jumbo Chicken Breast (4 x 8 oz.)

### AUGUST SPECIAL #3

- 12 ct. Gourmet Flavored Chicken Breast Box (4.5 lb.)** **\$22.00**
- 4 Italian Chicken Breast (6 oz. ea.)
  - 4 Teriyaki Chicken Breast (6 oz. ea.)
  - 4 Lemon Herb Chicken Breast (6 oz. ea.)

**NEW!!! ALL NEW ITEM!!! NEW!!!**

### AUGUST SPECIAL #4

- Oven Ready Entrées by Angel Food** **\$24.00**
- 4 (2 lb.) Fully cooked Meals - Just Heat and Serve
  - 2 lb. Seafood Lasagna
  - 2 lb. Lasagna with Meat Sauce
  - 2 lb. Country Fried Steak with Gravy
  - 2 lb. White Chicken Noodle Casserole

### **NEW LOWER PRICE!!!**

#### AUGUST SPECIAL #5

- Premium Fresh Fruit and Veggie Box** **\$21.00**
- 1 Cantaloupe
  - 4 Peaches
  - 4 Navel Oranges
  - 1 Mango
  - 1 Cello Head Lettuce
  - 1 lb. Cello Carrots
  - 2 lb. Yellow Onions
  - 3 lb. Idaho Potato
  - 20 oz. bag Fresh Green Beans
  - 1 Head Cabbage
  - AFM Fruit and Veggie Recipe Sheet

**SPECIAL  
PRICE!!**

#### AUGUST SPECIAL #6

- Bit O' Blessing Box** **\$21.00**
- 16 oz. Stuffed Sandwiches (Assorted Flavors - 4 x 4 oz.)
  - 12 oz. Steaks (2 x 6 oz.) or 1.5 lb. Beef Roast or 2 lb. Mac & Beef Entrée
  - 1.5 lb. Country Fried Steak Patties
  - 1 lb. Ground Beef
  - 1 lb. Crunchy Fish Bites
  - 1 lb. Frozen Fruit or Green Beans
  - 1 lb. Rice

Orders Due: **ONLINE 11 PM 8/22/10 (debit/credit)**  
**OFFICE 8/20/10 Office open Mon & Fri 12-4**  
**Distribution Day: SATURDAY, Aug 28, 2010, 12 – 2 PM**  
[www.ftwhiteumc.org](http://www.ftwhiteumc.org) [www.angelfoodministries.com](http://www.angelfoodministries.com)