

SIGNATURE BOX

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

- 2 lb. New York Strip Steaks (4 x 8 oz.)
- 1.5 lb. Boneless Pork Roast
- 1 lb. Chicken Breast Fajita Strips
- 1 lb. Lean Ground Beef
- 1.5 lb. All White Meat Chicken Tenders
- 1 lb. Bake or Fry Fish Sticks (32 count)
- 1 lb. Hickory Smoked Center Cut Ham
- 1 lb. Frozen Baby Lima Beans
- 1 lb. Frozen Green Beans
- 2 lb. French Fries
- 2 lb. bag Fresh Apples
- 10 ct. Flour Tortillas
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs
- Dessert

*Steaks in a box of Angel Food are now thicker than ever before. Though there may be fewer steaks in a box, it's the same amount of meat with improved quality and tenderness.

\$30.00

SENIOR & CONVENIENCE MEALS

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.

Roasted Chicken with red skin potatoes, sugar snap peas & carrots

Swedish Meatballs with pasta, broccoli carrots & red peppers

Meatloaf & Gravy with mashed potatoes, peas, carrots, cauliflower

Sliced Turkey & Dressing with gravy, corn and green bean/cranberry blend

Chicken & Broccoli Alfredo with carrots, zucchini/red peppers

Chili with Beef & Beans, corn/red peppers and peas

Boneless Pork Patty with roasted sweet potatoes, sugar snap peas and broccoli/cauliflower blend

Chicken Parmesan and Pasta with Brussels sprouts and zucchini

Macaroni & Beef with noodles, carrots zucchini/red peppers

Chicken & Noodles with corn, Brussels sprouts

Dessert: Assorted Cookies, Pineapple Fruit Cup, Strawberry Applesauce, Mixed Fruit Cup, Apple Juice, Cranberry Juice

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

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

Specials may now be purchased with or without the purchase of any of the Standard Boxes listed above*

DECEMBER SPECIAL #1

\$22.00

6 lb. Assorted Meat Grill Box

- 1.5 lb. T-Bone Steaks (2 x 12 oz.)
- 1.5 lb. Bacon-Wrapped Hamburger Steaks (4 x 6 oz.)
- 2 lb. Pork Chops (4 x 8 oz.)
- 1 lb. Mild Italian Sausage with Cheese

DECEMBER SPECIAL #2

\$21.00

4.5 lb. Steak Combo

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

DECEMBER SPECIAL #3

\$20.00

10 lb. IQF Unbreaded Poultry Box

- 3 lbs. Split IQF Tyson Cornish Hens
- 2.5 lb. IQF Split Chicken Breast
- 2.5 lb. IQF Chicken Thigh Quarters
- 2 lb. IQF Chicken Tenders (Unbreaded)

DECEMBER SPECIAL #4

\$18.00

Holiday Meat and Cheese Special

- 3 9 oz. Sausage Variety (1 beef summer sausage, 1 beef salami, 1 summer sausage)
- 3 7 oz. Wisconsin Cheese Bars (1 Cheddar, 1 Swiss and 1 Smokey)

DECEMBER SPECIAL #5

\$22.00

Premium Fresh Fruit and Veggie Box

- 3 lb. New Crop North Carolina Sweet Potatoes
- 4 Large Russet Baking Potatoes
- 3 lb. bag Large-Medium Yellow Onions
- 1 head Fresh Green Cabbage
- 1 lb. Fresh Cello-Packed Carrots
- 1 stalk Fresh Cello-Packed Celery
- 4 California Lemons
- 6 Large Tree-Ripened Oranges
- 4 Large Premium Grapefruit
- 1 Large Tree-Ripened Mango
- 1 Large Premium Haas Avocado
- 1 lb. California Kiwi Fruit

DECEMBER SPECIAL #6

\$26.00

Assorted Holiday Fruit Special

- 5 Ruby Red Grapefruit
- 12 Tree-Ripened Navel Oranges
- 5 Tree-Ripened Tangerines
- 5 Extra Fancy Red Rome Apples
- 4 Extra Fancy Golden Delicious Apples
- 4 Extra Fancy Red Delicious Apples
- 4 Extra Fancy Granny Smith Apples
- 4 Extra Fancy Gala Apples
- 4 Extra Fancy Red Anjou Pears
- 6 Sun Kist Fruit Gem Candies

Orders Due: **Saturday, December 5, 2009**
 Distribution Day: **Saturday, December 12, 2009**
 Orders taken Wednesday, December 2, 2009
 Resurrection Hope Church of God Angel Food Ministries
 732 Stacey Place, SW, Lenoir, NC 28645
 Contact Patsy Smith 728-8001