

February 2010 Menu

SIGNATURE BOX

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

- 2 lb. Top Sirloin Steaks (4 x 8 oz.)
- 1.5 lb. Boneless Pork Roast
- 2 lb. IQF Boneless/Skinless Chicken Breast
- 2 lb. Lasagna with Meat Sauce
- 1.5 lb. Fully Cooked Boneless Chicken Drumsticks (Brand New Item! Exclusive to AFM - first time offered anywhere)
- 1 lb. Lean Ground Beef
- 1 lb. Frozen Baby Limas
- 1 lb. Frozen Green Beans
- 1 lb. Pasta
- 25 oz. Pasta Sauce
- 4 ct. Large Russet Baking Potatoes
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs
- Dessert

\$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.

- Chicken Parmesan with Brussels sprouts & zucchini
- Charbroiled Beef Patty with mashed potatoes, carrots & corn blend
- Macaroni & Beef with noodles, carrots & zucchini blend
- Lemon Pepper Fish with rice, peas & zucchini blend
- Mesquite Chicken with rice, carrots & green beans
- Spaghetti & Meatballs with corn, peas & carrots
- Boneless Pork Patty with roasted sweet potatoes, sugar snap peas & broccoli/cauliflower
- Cheese Manicotti with green beans, peas & carrots
- Chicken & Rice with Mushroom Sauce, green beans, corn blend
- Macaroni & Cheese with broccoli & lima beans
- Desserts: Assorted Cookies, Strawberry Frozen Yogurt Cup, Pineapple Fruit Cup, Peach Fruit Cup, Orange Juice, Fruit Punch

\$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 Fillet Patties
- 1 lb. Breaded Chicken Tenders
- 1 lb. Breaded Chicken Nuggets
- 1 lb. Breaded Steak Fingers
- 1 lb. Breaded Chicken Wings

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

Six pounds of the finest quality seafood assortment available.

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

\$35.00

Specials may be purchased with or without the purchase of a Standard Box above

FEBRUARY SPECIAL #1

- 6.5 lb. Assorted Meat Grill Box **\$23.00**
- 1.5 lb. T-Bone Steaks (2 x 12 oz.)
- 2 lb. Boneless Pork Chops (4 x 8 oz.)
- 1.5 lb. Lean Hamburger Patties (4 x 6 oz.)
- 1.5 lb. Mild Italian Sausage Links with Cheese

FEBRUARY SPECIAL #2

- 5 lb. Assorted Meat & Chicken Combo **\$22.00**
- 1.5 lb. Kansas City Strips (2 x 12 oz.)
- 1.5 lb. Prime Rib Steak (2 x 12 oz.)
- 2 lb. Gourmet Flavored Boneless Chicken Breast Mesquite (4 x 4 oz.) & Lemon Herb (4 x 4 oz.)

FEBRUARY SPECIAL #3

- Stuffed Chicken Variety Pack **\$18.00**
- 1.5 lb. Chicken Cordon Bleu (4 x 6 oz.)
- 1.5 lb. Broccoli & Cheese (4 x 6 oz.)
- 1.5 lb. Chicken Kiev (4 x 6 oz.)

FEBRUARY SPECIAL #4

- Super Value Fajita Kit (5+ lbs.) **\$21.00**
- 2 lb. Steak Fajita Strip Packs (2 x 1 lb.)
- 2 lb. Chicken Breast Fajita Strip Packs (2 x 1 lb.)
- 1 lb. Onions & Bell Peppers
- 20 ct. 8" Flour Tortillas

FEBRUARY SPECIAL #5

- Premium Fresh Fruit and Veggie Box **\$22.00**
- 3 lbs. Tree-Ripened Oranges
- 2 lbs. Premium Red Delicious Apples
- 1 lb. New Crop Chilean Plums
- 4 Washington State Anjou Pears
- 4 Washington State Fuji Apples
- 4 Tree Ripened Tangerines
- 2 Tree Ripened Red Grapefruit
- 6 pack 1 oz. Boxes Premium Sun Dried Raisins
- 3 lbs. Premium Red A-Size Potatoes
- 2 lbs. Premium Yellow Onions
- 1 head Premium Leafy Green Cabbage
- 1 lb. Premium Whole-Peeled Baby Carrots
- 1 lb. Dried Pinto Beans
- AFM February 2010 Fruit and Veggie Recipe Sheet

angelfood
MINISTRIES

Ordering information and directions on reverse.

Ordering starts Jan 23 and goes to

Feb 17 (at Bracken and Schertz UMC)

Feb 18 (Online)

Pick-up Feb 27, 2010

IMPORTANT ORDERING INFORMATION

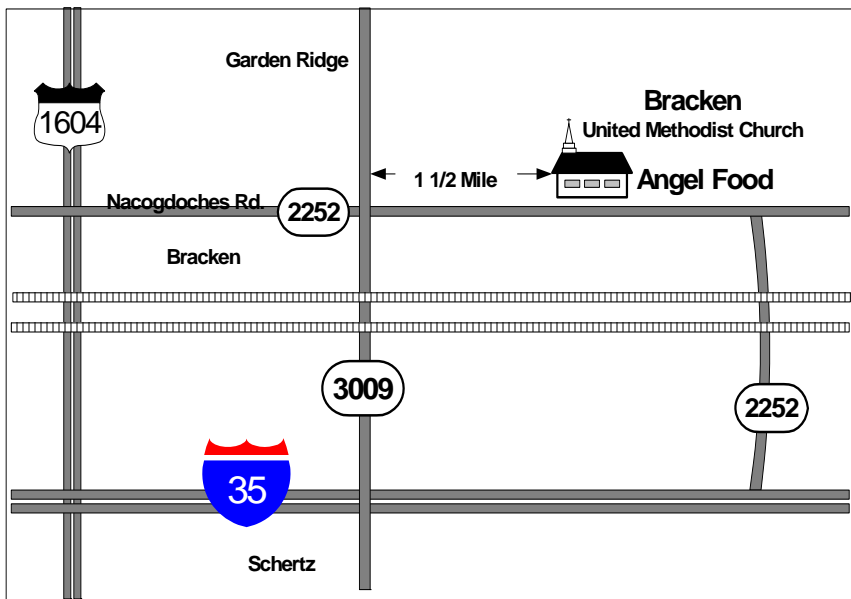
ORDER DATES: January 23 to February 18, 2010
ON SITE DEADLINE 1:00PM 17Feb
ONLINE DEADLINE 12:00PM 18 Feb

HOW TO ORDER: On Site Ordering at Bracken –

1. Call the Bracken Church office 830-606-6717 for available times to order
OR
Online Ordering - @ www.angelfoodministries.com.
2. Choose **Bracken United Methodist Church** as the Host Site use your credit or debit card
OR
3. Orders may be placed at Schertz United Methodist Church, at 3460 FM 3009, call 210 658-3202 for information (**deadline 11:00AM 17 Feb**)

FOOD PICK UP: Saturday, February 27, 2010 7:45AM – 9:00AM
PICKUP LOCATION: **BRACKEN CHURCH** for all types of ordering

- Bring a box the size of a laundry basket to pick up your food
- Order forms available at www.bracken-umc.org, look for the Angel Food tab
- On pickup date, order for the next month is available
- There is no limit on the type or number of boxes you may purchase*
- **No refunds or credits, unclaimed food will be donated***



Bracken United Methodist Church
 20377 FM2252
 San Antonio, TX 78266
 830 606-6717

****During bad weather with flashflood threat, use the 2252 off I 35 route due to low water crossings****



"A Food Ministry With A Servant's Heart"

*****This paid Receipt is required for pick up *****

ANGEL FOOD ORDER FORM – PLEASE PRINT		Date _____
Name _____	E-mail _____	
Phone _____	Cell phone # _____	
<input type="checkbox"/> CASH (no checks – exact change please)	<input type="checkbox"/> Food Stamps (call ahead)	
Signature BASIC Box ----- \$30 each	X _____ = _____	
SENIOR Box ----- \$28 each	X _____ = _____	
ALLERGEN-FREE Box ----- \$23 each	X _____ = _____	
SEAFOOD Box ----- \$35 each	X _____ = _____	
Special #1----- \$23 each	X _____ = _____	
Special #2----- \$22 each	X _____ = _____	
Special #3----- \$18 each	X _____ = _____	
Special #4----- \$21 each	X _____ = _____	
Special #5----- \$22 each	X _____ = _____	Total \$ _____