



ANGEL FOOD MINISTRIES
NO FINANCIAL QUALIFICATIONS

FIRST UNITED METHODIST CHURCH

1073 Early Boulevard - Early, Texas 76802
 325.642.0858 Web site: earlyfumc.org



OCTOBER 2008 MENU

REGULAR BOX

For fourteen years, Angel Food has provided balanced nutrition and variety through its regular box, with enough food to feed a family of four for a week.

- 1.5 lbs. Ribeye Steaks (4 x 6 oz.)
- 4.5 lbs. (Avg.) Split Chicken Breast Family Tray Pack
- 26 oz. Heat and Serve Meatloaf and Brown Gravy
- 1 lb. Chicken Breast Fajita Strips
- 1 lb. Boneless Center-Cut Pork Chops (4 x 4 oz.)
- 1 lb. Fully Cooked Meatballs
- 1 lb. All Meat Hot Dogs
- 1 lb. Frozen Sliced Carrots
- 1 lb. California Blend Vegetables
- 1 lb. Pasta
- 28 oz. Marinara Sauce
- 48 oz. Hawaiian Punch
- 32 oz. Borden 2% Reduced Fat Shelf Stable Milk
- 12 ct. Corn Tortillas
- One Dozen Eggs
- One Dessert Item

\$30.00

SENIOR BOX

Ten perfectly seasoned, nutritionally balanced, fully-cooked meals – just heat and serve. Each meal has been developed with dietary needs of senior citizens in mind, and contains 3 oz. of protein, a starch and two vegetables or fruit.

- BBQ Chicken:** Slow roasted chicken diced and served with Western flavor BBQ sauce, Southern-style black-eyed peas, collard greens, and cinnamon apple sauce.
- Meatloaf with Brown Herb Gravy:** Traditional meatloaf topped with herb seasoned brown gravy, sweet potatoes with brown sugar and maple, green peas, mushrooms, and green beans.
- Sweet 'n Sour Chicken:** Slow cooked chicken chunks in a sweet 'n sour sauce over steamed rice and steamed broccoli, mushrooms, and green beans.
- Meat Patties with Country-Style Gravy and Onions:** Lightly floured and seasoned with a rich brown gravy and onions, creamy mashed potatoes, steamed broccoli with a sprinkling of cheese accompanied by diced beets.
- Spaghetti with Meat Sauce:** Spaghetti noodles served with a rich traditional Italian meat sauce, Italian green beans, diced pears, and an oatmeal cookie.

- Salisbury Steak with Brown Mushroom Gravy:** Traditional steak patties with brown mushroom gravy, mashed potatoes, peas and carrots, and diced pineapple.
- Thyme Baked Chicken:** Slow cooked chicken chunks served in a savory thyme sauce with parsley potatoes, Three Bean salad, and diced peaches.
- Creole Baked White Fish:** Delicate white fish baked with a creole sauce, red beans and rice, creamed spinach, and a chocolate chip cookie.
- Chicken Curry with Vegetables:** Cooked tender chicken with cut green beans and yellow corn over onion broth rice with broccoli oriental vegetables, and diced pears
- Ground Beef Stroganoff:** Tender ground beef in a rich stroganoff cream sauce, parsley egg noodles, green beans and onions, and fruit cocktail.

\$28.00

One or more specials available only with the purchase of either of the boxes above.

OCTOBER SPECIAL #1

- 7 lb. Grill Box** **\$21.00**
- 2 lbs. Top Sirloin Steaks (4 x 8 oz.)
- 2 lbs. Baby Back Ribs
- 1.5 lbs. Hamburger Patties (4 x 6 oz.)
- 1.5 lbs. Pork Chops (4 x 6 oz.)

OCTOBER SPECIAL #2 **\$21.00**

- 4.5 lb. Meat and Chicken Combo**
- 1.5 lbs. Ribeye Steaks (2 x 12 oz.)
- 1.5 lbs. New York Strip Steaks (2 x 12 oz.)
- 1.5 lbs. Bacon-Wrapped Chicken Filets (4 x 6 oz.)

ORDERS AND PAYMENT MAY BE MADE

Fridays ONLY – October 3 and September 10
 11 a.m. to 6 p.m.

DISTRIBUTION DAY

Saturday, October 25
Noon - 1 p.m. - only
 Food not picked up by 1 p.m. will be donated.

OCTOBER SPECIAL #3

- 3.75 lb. T-Bone Special** **\$21.00**
- 3.75 lbs. T-Bone Steaks (5 x 12 oz.)

OCTOBER SPECIAL #4

- 10 lb. Chicken Tender Box** **\$18.00**
- 10 lbs. Breaded Chicken Tenders

SEPTEMBER SPECIAL #5

- Fresh Fruit and Veggie Box** **\$21.00**
- 1 head New York State Green Cabbage
- 1 head California Iceberg Lettuce (cello wrapped)
- 1 bunch California Broccoli
- 2 lbs. Medium/Large Idaho/East Oregon Yellow Onions
- 5 lbs. New Crop Yukon Gold Potatoes
- 3 lbs. North Carolina New Crop Red apples
- 2 lb. Bag of California Fancy Lemons
- 1 Super Sweet Gold Pineapple
- 1 lb. Bag of California Peeled Baby Carrots

We accept Cash and Lone Star (AFDC, TANNF, and food stamps).
You must bring a large box to pick up your food. ID may be required.
PAYMENT MADE AT TIME OF ORDER. NO CHECKS. NO PHONE ORDERS.