



**ANGEL FOOD MINISTRIES**  
NO FINANCIAL QUALIFICATIONS

**FIRST UNITED METHODIST CHURCH**  
 1073 Early Boulevard – Early, Texas 76801 – 325.642.0858  
 Website: earlyfumc.org



**JUNE 2009 MENU**

**SIGNATURE BOX**

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

- 1.5 lb. Ribeye Steaks (4 x 6 oz.)
- 2 lb. Homestyle Lasagna Dinner Entrée
- 2 lb. Beef and Bean Burritos (8 x 4 oz.)
- 2 lb. Boneless/Skinless Chicken Breast Chunks
- 28 oz. Jumbo Beef Pattie Entrée with Gravy
- 1 lb. Lean Ground Beef
- 1 lb. All Meat Hotdog
- 10 oz. Individually Wrapped Sliced Cheese (16 slice)
- 20 oz. Shoestring Fries
- 1 lb. Broccoli Cuts
- 12 oz. Peanut Butter
- 1 lb. Rice
- 1 lb. Pinto Beans
- 1 lb. Margarine Tub (Zero Grams Trans Fat)
- 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.*

- Home-Style Meatloaf with Zesty Tomato Sauce,** Diced Rutabagas and Lima Beans
- Beef Stroganoff with Sour Cream,** Winter Blend Vegetables and Diced Apples with Cinnamon Sauce
- Sliced Roast Beef & Gravy with Vegetables,** Diced Potatoes and Green Peas
- Breaded Veal Patty** with Mixed Greens and Diced Sweet Potatoes
- Char-Broiled Beef Meatballs** with Rice & Gravy, Peas & Carrots and Lima Beans
- Savory Seasoned Baked Chicken Leg Quarter** with Broccoli and Black-Eyed Peas
- Chinese Style Chicken Chop Suey** with Corn and Green Peas with Onions, Mushrooms and Red Peppers
- Grilled Chicken Strips with Tangy Sweet & Sour Sauce,** Spinach and Mexicorn
- BBQ Pork Rib Patty** with Sweet Potato Casserole and Green Peas
- Asian-Style Pork Fried Rice** with Ginger Carrots and Cabbage
- 10 2-pack, individually-wrapped cookies**

**\$28.00**

**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 Tenders
- 1 lb. Breaded Chicken Breast Chunk (Boneless Wing)
- 1 lb. Breaded Chicken Nuggets
- 1 lb. Breaded Chicken Patties
- 1 lb. Breaded Steak Fingers

*Battered with water, white rice, brown rice, modified tapioca starch, flax seed, sugar, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika.*

*Breaded with white rice, brown rice, modified tapioca starch, flax seed, sugar, dextrose, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika. Breading is pre-browned in Canola oil.*

**\$25.00**

**SEAFOOD BOX**

*Six pounds of the finest quality seafood assortment available.*

- 2 lb. Alaskan Salmon Fillets (8 x 4 oz. fillets)
- 2 lb. Breaded Flounder Fillets (5 oz.-8 oz. fillets)
- 2 lb. IQF Large Shrimp (E-Z Peel & Deveined — 26-31 per lb.)

**\$35.00**

\*\*\*One or More Specials Available Only With the Purchase of Any of the Standard Boxes Above \*\*\*

**JUNE SPECIAL #1**

**7 lb. Assorted Meat Grill Box**

**\$23.00**

- 1.5 lb. New York Strip Steaks (2 x 12 oz.)
- 2 lb. Thick-Cut Boston Butt Chops (4 x 8 oz.)
- 2 lb. Baby Back Ribs
- 1.5 lb. Bratwurst with Cheese

**JUNE SPECIAL #2**

**4.5 lb. Meat & Chicken Combo**

**\$22.00**

- 1.5 lb. Bone-In Ribeye Steaks (2 x 12 oz.)
- 1.5 lb. Sirloin Strip Steaks (2 x 12 oz.)
- 1.5 lb. Bacon-Wrapped Chicken Breast (4 x 6 oz.)

**JUNE SPECIAL #3**

**11 lb. Chicken Combo Box**

**\$22.00**

- 4.5 lb. (avg.) Perdue Whole Bird
- 3 lb. Split Chicken Breast
- 2 lb. Breaded Tenders
- 1.5 lb. Boneless/Skinless Chicken Breast

**JUNE SPECIAL #4**

**Fresh Fruit and Veggie Box**

**\$22.00**

- 1 each Sweet Vine-Ripened Red Seedless Watermelon
- 1 each Large Sweet Vine-Ripened Cantaloupe
- 2 each Large Tree-Ripened Mangoes
- 3 lb. Premium Tree-Ripened Valencia Oranges
- 1 lb. Premium Vine-Ripened Kiwi Fruit (5-6 Kiwis)
- 4 ears Premium Super-Sweet Yellow Corn
- 2 each Premium Fresh Zucchini Squash
- 2 each Premium Fresh Yellow Squash
- 2 lb. Premium Sweet Vidalia Onions
- 1 head Premium Fresh Green Cabbage
- 1 head Premium California Iceberg Lettuce
- 3 lb. Premium Idaho Baking Potatoes
- 1 Bottle Zesty Italian Salad Dressing and Marinade (16 oz.)
- AFM June 2009 Fruit and Veggie Recipe Sheet

**JUNE SPECIAL #5**

**"Latin Flavors" Fresh Fruit and Veggie Box**

**\$22.00**

- 1 each Premium Vine-Ripened Cantaloupe
- 4 each Premium California Hass Avocados
- 2 lb. Premium Fresh Key Limes
- 1 each Premium Gold Pineapple
- 2 each Premium Fresh Green Plantains
- 2 each Premium Tree-Ripened Mangoes
- 1 head Premium California Iceberg Lettuce
- 2 each Fresh Yucca Root
- 1 each Fresh Jicama
- 1 Package Premium Yellow Corn Tortillas (30 ct.)
- 2 lb. Premium Large-Medium White Onions
- 1 lb. Premium Fresh Cello-Pack Carrots
- 1 lb. Premium Fresh Jalapeño Peppers
- 5 ct. Premium Garlic
- AFM June 2009 "Latin Flavors" Recipe Sheet

ORDERS AND PAYMENT MAY BE MADE

Fridays ONLY – June 5 and June 12

11 a.m. to 6 p.m.

DISTRIBUTION DAY

Saturday, June 27 from Noon – 1 p.m. - only