

### 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 lb. Ribeye Steaks (4 x 6 oz.)
- 4.5 lb. (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 & two vegetables or fruit.

**BBQ Chicken:** Slow roasted chicken diced and served with Western Flavor BBQ Sauce. Served with southern-style Black Eyed Peas and Collard Greens and Cinnamon Apple sauce.

**Meatloaf with Brown Herb Gravy:** Traditional Meatloaf topped with Herb seasoned Brown Gravy, served with Sweet Potatoes with brown sugar & maple, green peas, mushrooms and green beans.

**Sweet 'n Sour Chicken:** Slow cooked chicken chunks served in a sweet 'n sour sauce over steamed Rice with Steamed Broccoli, Mushrooms and Wax Beans.

**Meat Patties with Country Style Gravy and Onions:** Lightly Floured and Seasoned and served with a rich Brown Gravy and Onion. Creamy Mashed Potatoes, Steamed Broccoli with a sprinkling of Cheese along accompanied by Diced Beets.

**Spaghetti with Meat Sauce:** Spaghetti Noodles served with a rich traditional Italian Meat Sauce. Seasoned Italian Green Beans, Diced Pears and an Oatmeal Cookie.

**Salisbury Steak with Brown Mushroom Gravy:** Traditional Salisbury 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 served with 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 Seasoned Onion Broth Rice with Broccoli Oriental Vegetables and Diced Pears.

**Ground Beef Stroganoff:** Tender Ground Beef in a rich Stroganoff Cream Sauce served over Parsley Egg Noodles, Green Beans and Onions, with 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 lb Top Sirloin Strips (4 x 8 oz.)
  - 2 lb Baby Back Ribs
  - 1.5 lb Hamburger Patties (4 x 6 oz.)
  - 1.5 lb Pork Chops (4 x 6 oz.)

### OCTOBER SPECIAL #2

- 4.5 lb. Meat and Chicken Combo \$21.00**
- 1.5 lb. Ribeye Steaks (2 x 12 oz.)
  - 1.5 lb. New York Strip Steaks (2 x 12 oz.)
  - 1.5 lb. Bacon-Wrapped Chicken Filets (4 x 6 oz.)

### OCTOBER SPECIAL #3

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

### OCTOBER SPECIAL #4

- 10 lb. Chicken Tender Box \$18.00**

### OCTOBER 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 lb. Medium-Large Idaho/East Oregon Yellow Onions
  - 5 lb. New Crop Yukon Gold Potatoes
  - 3 lb. 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

#### **First United Methodist Church**

723 Washington Street

Cedar Falls, IA 50613

Phone: 319-266-1713

[www.aboutfirst.com](http://www.aboutfirst.com)

Orders Due: **Sunday, October 12, 2008**

Distribution Day: **Saturday, October 25, 2008**

Angel Food Ministries Reserves the Right to Substitute Any of the Above Items Due to Availability, Cost and Quality  
We Accept Food Stamps (EBT).