

# Fairview Heights Church of God

618.632.1438

# angelfood

MINISTRIES

## September 2008 MENU

- |   |                                      |
|---|--------------------------------------|
| 1.5 lb. Top Sirloin Strip Steaks (4 x 6 oz.)        | <b>Regular<br/>Order<br/>\$30.00</b> |
| 2 lb. Boneless Skinless Chicken Breast              |                                      |
| 3 lb. Breaded Chicken Chunks                        |                                      |
| 1.5 lb. Boneless Pork Filet                         |                                      |
| 20 oz. Supreme Pizza                                |                                      |
| 1 lb. Ground Turkey                                 |                                      |
| 1 lb. Cheddar Cheese Bratwurst Sausage              |                                      |
| 1 lb. Green Beans                                   |                                      |
| 1 lb. Stir Fry Vegetables (Broccoli & Bell Peppers) |                                      |
| 35 oz. Crinkle-cut Fries                            |                                      |
| 32 oz. Borden 2% Reduced Fat Shelf Stable Milk      |                                      |
| 7.5 oz. Macaroni & Cheese                           |                                      |
| 15 oz. Pork & Beans                                 |                                      |
| 7 oz. Chicken-Flavored Rice & Vermicelli            |                                      |
| 1 lb. Pinto Beans                                   |                                      |
| One Dozen Eggs                                      |                                      |
| One Dessert Item                                    |                                      |

<b>SINGLES BOX</b>		<b>\$25.00</b>
<i>All ten individual meals are fully-cooked and labeled complete with heating instructions – just heat and serve. Each meal has no added sodium, is low in fat, and is nutritionally balanced for seniors with 3 oz. of protein, two vegetables or fruit, and a starch.</i>		
<b>Chicken Parmesan</b> with side of Spaghetti with Marinara, Green Beans and Garlic Bread	<b>Roast Beef and Brown Gravy (Pot Roast)</b> , Noodles, Carrot Coins and Collard Greens	
<b>Herb Roasted Chicken Quarter</b> with Herb Gravy, White Rice, and Peas & Carrots	<b>Beef Meatloaf with Brown Herb Gravy</b> , Mashed Sweet Potatoes, Peas & Mushrooms and Wax Beans	
<b>BBQ Chicken Quarter with BBQ Sauce</b> , Black-Eyed Peas, Greens and Apple Sauce	<b>Beef Lasagna with Tomato Sauce</b> , Broccoli, Diced Peas, and Garlic Bread & Butter	
<b>Baked White Fish with Asian Sweet Pepper Sauce</b> , Vegetable Fried Rice, Broccoli, and Pineapple chunks	<b>Oven Roasted Turkey Breast with Sage Gravy</b> , Bread Dressing, Creamed Diced Potatoes, Green Beans and Cranberry Sauce	
<b>Chicken Cacciatore Quarter</b> , Creamy Rosemary Red Potato Quarters, Italian Green Beans, and Diced Peaches	<b>Chicken Stew with Chicken</b> , Potatoes, and Tomatoes; Celery & Carrots, Brown Rice, Apple Sauce and a Biscuit	

\*\* One or more specials available only with the purchase of a regular or singles unit. \*\*

### SEPTEMBER SPECIAL #1

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|--------------------------------------|----------------|
| <b>6 lb. Assorted Meat Grill Box</b> | <b>\$20.00</b> |
| 1.5 lb. Ribeye Steaks (3 x 8 oz.)    |                |
| 2 lbs. Boneless Pork Roast           |                |
| 1.5 lbs. Beef Short Ribs             |                |
| 1 lb. All Beef Burgers (4 x 4 oz.)   |                |

### SEPTEMBER SPECIAL #2

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|---|----------------|
| <b>5 lb. Steak and Meat Combo</b>           | <b>\$20.00</b> |
| 1.5 lb. Kansas City Strips (2 x 12 oz.)     |                |
| 1.5 lb. Bone-In Ribeye Steaks (2 x 12 oz.)  |                |
| 2 lb. All Beef Hamburger Steaks (4 x 8 oz.) |                |

### SEPTEMBER SPECIAL #3

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| <b>10 lb. Party Wing Special Box</b>           | <b>\$20.00</b> |
| 10 lb. Unbreaded IQF Party-style Chicken Wings |                |

### SEPTEMBER SPECIAL #4

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| <b>10 lb. "5 for 4" Dinner Box</b>   | <b>\$20.00</b> |
| <i>Five big 2 lb. dinner meals, each will feed a family of four. All dinners are fully-cooked – just heat and serve!</i> |                |
| 2 lb. Stuffed Green Peppers with Beef and Rice   |                |
| 2 lb. Chicken Breast with Rice, Broccoli & Cheese  |                |
| 2 lb. Beef Steak Patties with Gravy and Onions   |                |
| 2 lb. Meatloaf and Gravy   |                |
| 2 lb. BBQ Chicken with Hickory Sauce & Mashed Potatoes   |                |

### SEPTEMBER SPECIAL #5

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|--|--------------------------------|
| <b>Fresh Fruit and Veggie Box</b>        | <b>\$19.00</b>                 |
| 3 lb. Bag of Red Delicious Apples        | 1 Large Green Cabbage          |
| 4 lb. Bag of California Valencia Oranges | 4 Bartlett Pears               |
| 2 lb. Bag of Large Yellow Onions         | 1 Celery Stalk (Cello-wrapped) |
| 1 lb. Bag of Carrots (Cello-wrapped)     | 12 oz. Black Beans (Dried)     |
| 4 lb. Bag of Large Idaho Baking Potatoes |                                |
| 4 Tennessee Vine-Ripened Tomatoes        |                                |

Angel Food Ministries reserves the right to substitute any state menu item due to lack of availability, cost or substandard quality.

<b>HOST SITE FOR ORDER &amp; PICKUP:</b> Fairview Heights Church of God 5500 Old Collinsville Road Fairview Heights, IL 62208 618.632.1438 <b>PLACE YOUR ORDER AT THE CHURCH:</b> CASH ONLY 9:30 am-11:30 (Mon. & Fri.) 9:30 am to 2:30 pm Wed. 7:00 pm to 8:00 pm Wed. 6:00 pm to 7:00 pm Sun. After 10:40 am service on Sundays	<b>LAST DAY TO ORDER:</b> Sunday, September 14 <b>DISTRIBUTION DAY (PICK UP DAY):</b> Saturday, September 27 <b>PICKUP TIME: 11 AM to 12:00 Noon</b> <b>BRING A BOX!</b> YOU MAY ORDER AS MANY BOXES AS YOU WISH. Any orders not picked up will be donated to the Food Pantry.
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<b>Name</b> _____	Regular Boxes _____ X \$30 = \$ _____
<b>Address</b> _____	Singles Boxes _____ X \$25 = \$ _____
_____	Specials #1 _____ X \$20 + \$ _____
<b>Phone</b> _____	Specials #2 _____ X \$20 + \$ _____
_____	Specials #3 _____ X \$20 + \$ _____
<b>E-Mail</b> _____	Specials #4 _____ X \$20 + \$ _____
_____	Specials #5 _____ X \$19 + \$ _____
	<b>\$ _____ Total</b>