

# Do you want to save money on your grocery bill?

Sulphur Grove United Methodist Church has joined with  
to make quality food available to everyone at a reasonable price.



## AUGUST 2010 MENU

### **REGULAR BOX Cost: \$29.00 NEW LOWER PRICE!!!!!!!!!!!!**

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

- |  |                                  |
|--|----------------------------------|
| 1.5 lb. New York Strip Steaks<br>(4 x 6 oz.)     | 1 lb. Frozen Broccoli Florets    |
| 1.5 lb. Breaded Chicken Breast Chunks            | 1 lb. Frozen Carrots             |
| 1 lb. Crunchy Fish Wedges<br>(Bake or Fry-8 ct.) | 1 lb. Frozen Corn                |
| 1.5 lb. Pork Chops (4 x 6 oz.)                   | 1 lb. Frozen Cauliflower Florets |
| 2 lb. Ground Beef                                | 1 lb. Pasta                      |
|  | 26 oz. Pasta Sauce               |
|  | 32 oz. 2% Shelf Stable Milk      |
|  | Dozen Eggs                       |



### **SENIOR / CONVENIENCE BOX Cost: \$28.00**

*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 and diabetics in mind, and contains 3 oz. of protein, a starch & two vegetables or fruit.*

- Fish Fillet**, Lightly Breaded & Baked, with a Rice Blend, Carrots and a Broccoli/Red Pepper Blend
- Sweet and Sour Pork** with Rice, a Green Pea/Carrot Blend and Cauliflower
- Red Beans and Rice** with Smoked Pork Sausage, Carrots and Brussels Sprouts
- Chicken Cacciatore** with Rice, Carrots and Yellow Squash with Onions
- Chicken Parmesan** with Spaghetti, Corn/Red Pepper Blend and Zucchini

- Chicken and Noodles**, Corn and Broccoli
- Salisbury Steak & Gravy** with Red Wedge Potatoes, a Green Pea/Carrot Blend and Brussels Sprouts
- Meatball Stroganoff** over Noodles, Carrots and Broccoli
- Country Herb Chicken** with Mashed Potatoes, Green Peas and a Lima Bean Red Pepper Blend
- Macaroni and Cheese**, Black Bean, Corn and Red Pepper Blend and Cauliflower

#### **Just 4 Me – After School Box**

**\$24.00**

*An assortment of child-friendly snacks. Great for after school or any time.*

- |  |  |
|--|--|
| 2 lb. Chicken Fingers  | 1 (12 ct.) Pizza Bites   |
| 1.5 lb. Mini Corn Dogs   | 1 (6 ct.) Cereal Bars  |
| 1 (3.88 oz.) The BBQ "Sammich"   | 2 each (1.58 oz.) White Castle Hamburgers<br>(2 packages with twin sandwiches) |
| 2 each (2.6 oz.) Chicken Sandwiches<br>(2 packages with twin sandwiches) | 3 (2.2 oz.) PBJ on Graham Wafer  |
| 4 (4 oz.) Hot Pockets  | 2 (2.8 oz.) Peanut Butter and Jelly Jamwich                                    |

**All NEW Oven Ready Entrees by Angel Food – Special #4 – See back.**

**>>>>Pay <<<<  
when you order!**

***We accept cash, money  
order, food stamps,  
debit or credit cards.***

**More boxes for sale  
on back. > > >**

**AUGUST SPECIAL #1** **\$24.00**

- Assorted Grill Box (6 lb.)**
- 1 lb. Sirloin Strip Steaks (2 x 8 oz.)
- 2 lb. Lean Hamburger Steaks (4 x 8 oz.)
- 1.5 lb. Mild Italian Sausage
- 1.5 lb. Bacon-Wrapped Chicken Breast Fillet (4 x 6 oz.)

**AUGUST SPECIAL #2** **\$23.00**

- Steak and Chicken Box (4 lb.)**
- 2 lb. Ribeye Steaks (4 x 8 oz.)
- 2 lb. Jumbo Chicken Breast (4 x 8 oz.)

**AUGUST SPECIAL #3** **\$22.00**

- 12 ct. Gourmet Flavored Chicken Breast Box (4.5 lb.)**
- 4 Italian Chicken Breast (6 oz. ea.)
- 4 Teriyaki Chicken Breast (6 oz. ea.)
- 4 Lemon Herb Chicken Breast (6 oz. ea.)

**NEW!!! ALL NEW ITEM!!! NEW!!!**

**AUGUST SPECIAL #4** **\$24.00**

- Oven Ready Entrees by Angelfood**
- 4 (2 lb.) Fully cooked Meals - Just Heat and Serve
- 2 lb. Seafood Lasagna
- 2 lb. Lasagna with Meat Sauce
- 2 lb. Country Fried Steak with Gravy
- 2 lb. Chicken Noodle Casserole

\*ALLERGEN-FREE BOX - Battered/Breaded with water, white rice, brown rice, modified tapioca starch, flax seed, sugar, salt, spices, dehydrated garlic, spice extractives/Breaded and oleoresin paprika. Breading is pre-browned in Canola oil

**NEW LOWER PRICE!!!**

**AUGUST SPECIAL #5** **\$21.00**

**Premium Fresh Fruit and Veggie Box**

- 1 Cantaloupe
- 4 Peaches
- 4 Navel Oranges
- 1 Mango
- 1 Cello Head Lettuce
- 1 lb. Cello Carrots
- 2 lb. Yellow Onions
- 3 lb. Idaho Potato
- 20 oz. bag Fresh Green Beans
- 1 Head Cabbage
- AFM Fruit and Veggie Recipe Sheet



**AUGUST SPECIAL #6** **\$21.00**

**Bit O' Blessing Box**

- 16 oz. Stuffed Sandwiches (Assorted Flavors - 4 x 4 oz)
- 12 oz. Steaks (2 x 6 oz.) or 1.5 lb. Roast or 2 lb. Mac & Beef Entrée
- 1.5 lb. Country Fried Steak Patties
- 1 lb. Ground Beef
- 1 lb. Crunchy Fish Bites
- 1 lb. Frozen Fruit or Green Beans
- 1 lb. Rice

Angel Food Ministries is an equal opportunity provider and employer. Complaints of discrimination should be sent to USDA, Director, Office of Civil Rights, Washington, DC 20250-9410

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

**Order Deadline: August 17, Tuesday**

**Order Dates and Locations:**

**8/2 - Monday, 6-7pm - HH YMCA, 7251 Shull Rd., Huber Heights**

**8/9 - Monday, 6-7pm - C&N Laundromat, 4694 Bufort, Huber Heights**

**8/15- Sunday - 9:45am - 10:30am Sulphur Grove United Methodist Church  
7505 Taylorsville Rd., Huber Heights**

**8/15 - Sunday - 10:30 - 11:00am - HH YMCA, 7251 Shull Rd., Huber Heights**

**If ordering with a credit or debit card, you can also go to**

**<http://www.angelfoodministries.com/host.asp?id=9561> to place your order.**

**Pick up food:**

**Saturday, 8/21, 8:30 - 10:00am**

**Sulphur Grove United Methodist Church, 7505 Taylorsville Rd., Huber Heights**

**Bring a box or laundry basket to carry your regular box food home.**

\*\*\*\*\*Any food that is not picked up at that time will be donated.\*\*\*\*\*

**For more information, contact Jacqueline Bunke at [236-1549](tel:236-1549)/ [j-afm@bunkeberg.com](mailto:j-afm@bunkeberg.com) ,  
or Janet Ross at [669-4261](tel:669-4261)/[angelfood.sulphurgrove@earthlink.net](mailto:angelfood.sulphurgrove@earthlink.net) .**