

Signature Box

Balanced nutrition and variety with enough food to assist in feeding a family of four for a week.

- 2 lbs. Chopped Beef Steaks flavored with Dijon Mustard (4 x 8 oz.)
- 1 lb. Bacon Wrapped Turkey Breast Filet Mignon (4 X 4 oz.)
- 1 lb. Boneless Center Cut Pork Chops (4 x 4 oz.)
- 2 lb. Macaroni & Beef Dinner Entrée
- 2.5 lb. IQF Split Chicken Breasts (Re-sealable Bag)
- 1 lb. Lean Ground Beef
- 1 12" Supreme Pizza
- 1 lb. Frozen Peas & Carrots
- 1 lb. Frozen Whole Kernel Corn
- 2 lb. Fresh Apples
- 2 lb. Heat and Serve Broccoli & Cheese Soup
- 24 oz. Natural Cut French Fries (Skin-on)
- 6.5 oz. Stroganoff Skillet Meal
- 1 lb. Rice
- 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.

- Breaded Baked Fish** over wild rice with green beans, corn and peas
- Chicken Chow Mein** over lo mein noodles, mixed vegetables and sauce, sugar snap peas and cauliflower
- Swedish Meatballs** over pasta in sauce, broccoli, carrot blend
- Fettuccini Alfredo** with carrots and broccoli, zucchini and Brussels sprouts
- Meatloaf Patty** with mashed potatoes and gravy, peas and carrots and cauliflower
- Turkey and Dressing** with gravy, green bean blend and corn
- Chicken and Noodles** with carrots and peas, corn and Brussels sprouts
- Pot Roast** with mashed potatoes, corn and green beans
- Country Herb Chicken** with mashed potatoes and sauce, broccoli and green bean blend
- Chicken Broccoli Alfredo** with carrots and zucchini blend
- Desserts:** Assorted Cookies, Mixed Fruit Cup, Applesauce, Grape Juice, Apple Juice

\$28.00

5 lb. 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 Breast Chunks
- 1 lb. Breaded Formed Tenders
- 2 lbs. Breaded Chicken Drumsticks
- 1 lb. Breaded Cube Steak

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

\$23.00

6 lb. Premium Seafood Variety Box

- 27 oz. Breaded Butterfly Shrimp (oven ready)
- 10 oz. Cod Fillets
- 17 oz. Crab Cakes (oven ready)
- 16 oz. White Fish Fillets
- 16 oz. Tilapia Fillets
- 10 oz. Breaded Clam Strips (oven ready)

\$35.00

Latchkey/After School Box

- 14 oz. Bread Sticks Stuffed with Mozzarella in Resealable Bag (9 x 1.61 oz.)
- 1.5 lb. Fully Cooked Chicken Rings in Resealable Bag (Approx. 8 servings)
- 1.5 lb. Fully Cooked Chicken & Cheese Nuggets in Resealable Bag (Approximately 8 servings)
- 1.5 lb. Fully Cooked Mini Corn Dogs (36 count)

\$21.00

Specials may be purchased with or without the purchase of a Standard Box above

MARCH SPECIAL #1

7 lb. Assorted Meat Grill Box

\$23.00

- 1.5 lb. Ribeye Steaks (2 x 12 oz.)
- 1 lb. Chopped Beef Steak Flavored with Real Mozzarella Cheese (2 x 8 oz.)
- 1 lb. Chopped Beef Steak Flavored with Real Mild Cheddar Cheese (2 x 8 oz.)
- 1.5 lb. Italian Sausage with Cheese
- 1 lb. Bacon Wrapped Turkey Breast Filet Mignon (4 x 4 oz.)

MARCH SPECIAL #2

4.5 lb. Assorted Meat & Chicken Combo

\$22.00

- 1.5 lb. New York Strip Steaks (2 x 12 oz.)
- 1.5 lb. Bacon Wrapped Filet (4 x 6 oz.)
- 1.5 lb. Bacon Wrapped Chicken Breast (4 x 6 oz.)

MARCH SPECIAL #3

10 lb. Boneless/Skinless Chicken

Breast Box

\$20.00

- 10 lb. IQF Boneless/Skinless Chicken Breasts

MARCH SPECIAL #4

4 x 4 Family Meal Kits

\$35.00

4 meal kits with all you need to feed a family of 4. 16 meals at 2.20 per meal.

Turkey Kit - 1.5 lb. Boneless Turkey Breast, 1.5 lb. Potato Medley (Potatoes, Carrots, Onions and Celery), 1 lb. Green Beans

Split Whole Chicken Kit - 3 lb. (avg) Whole Split Chicken (2 individually wrapped halves), 1.5 lb. Potato Medley, 1 lb. Green Beans

Beef Tips & Gravy Kit - 1.5 lb. Choice Beef Tips in Gravy, 1.5 lb. Rice Medley (Rice with Red & Green Peppers)

Pork Roast Kit - 1.5 lb. Boneless Pork Roast, 1.5 lb. Potato Medley, 1 lb. Corn

MARCH SPECIAL #5

Premium Fresh Fruit and Veggie Box

\$22.00

- 1 Large Golden Ripe Pineapple
- 1 Large Vine Ripened Cantaloupe
- 1 lb. New Crop Chilean White Seedless Grapes
- 1 Large Tree-Ripened Mango
- 1 Large Haas Avocado
- 1 head Leafy Green Cabbage
- 3 lb. bag Sweet Potatoes (baking size)
- 2 lb. bag New Crop Yellow Onions
- 3 lb. bag Idaho Baking Potatoes
- 1 lb. Fresh California Carrots
- 3 Variety Colored Bell Peppers
- 2 ct. Jumbo Garlic

AFM March 2010 Fruit and Veggie Recipe Sheet

Orders Due: March 14, 2010
Distribution Day: **March 20, 2010***

*Please note that some host sites have earlier order deadlines.
Please contact your local host site for information. Visit our website to locate a host site near you
www.angelfoodministries.com

ANGEL FOOD MINISTRIES

Messiah Lutheran Church is your local site for the Angel Food Ministries program. Angel Food is a nonprofit, nondenominational organization dedicated to providing groceries relief to communities across the country. Groceries are ordered each month by interested individuals with no income guidelines or application. Each Signature Box costs \$30 and contains quality food items with a retail value of approx. \$50-60 and will assist in feeding a family of four for about a week.

Special values are also available each month. Anyone may order any number of food units, Boxes or Specials. Please note that menus and order dates change monthly. On the distribution day (always Saturday), you must **bring your receipt and a box for your Signature Box food.** If ordering by mail, please include a self-addressed stamped envelope so we may send you a receipt.

DISTRIBUTION OF FOOD IS SATURDAY, MARCH 20, 2010 FROM 9:00-11:00 AM

MAIL ORDER FORM – MARCH 2010

Name: _____

Phone: _____ I would like to volunteer

_____ Signature Box X \$30 = \$_____

_____ Senior/Convenience Meals X \$28 = \$_____

_____ Allergen-Free Food Box X \$23 = \$_____

_____ Seafood Variety Box X \$35 = \$_____

_____ Latchkey/After School Box X \$21 = \$_____

_____ Special #1 Assorted Meat X \$23 = \$_____

_____ Special #2 Meat & Chicken X \$22 = \$_____

_____ Special #3 Boneless Chicken X \$20 = \$_____

_____ Special #4 Family Meal Kits X \$35 = \$_____

_____ Special #5 Fresh Fruit & Veggie X \$22 = \$_____

Total \$_____

Mail orders must be paid by money order or cashier's check.

Money Orders or cashier's check must be made payable to:
Messiah Lutheran Church. Do not mail cash.

March mail orders must be received by Friday, March 12, 2010.

In person orders may be placed during these times only:

Friday, Mar. 12 – 3:00-5:00 p.m

Saturday, Mar. 13 -- 9:00 - 10:00 a.m.

**Sunday, Mar. 14 – 9:30-10:00 a.m.
and Noon-1:00 p.m.**

No personal checks are accepted. Cash, money orders, credit/debit cards, food stamps, and cashier's checks accepted when ordering in person at times listed above.

Credit/debit cards are also accepted when ordering on-line via www.angelfoodministries.com.

Sorry, no phone orders accepted.

DISTRIBUTION OF FOOD IS SATURDAY, MARCH 20TH FROM 9:00-11:00 AM

Messiah Lutheran Church

5200 Mayfield Rd.

Lyndhurst, OH 44124

440-442-6941

Email questions to: afm@messiahlyndhurst.org

We are conveniently located on the south side of Mayfield between Richmond and Brainard.

There is a bus stop in front.

**All are welcome to join us for worship Sundays at 8:30 a.m. and 11:00 a.m.
and Sunday School for children and/or adults at 9:45 a.m..**