

**SIGNATURE BOX**

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

- 2 lb. Top Sirloin Steaks (4 x 8 oz.)
- 1.5 lb. Boneless Pork Roast
- 2 lb. IQF Boneless/Skinless Chicken Breast
- 2 lb. Lasagna with Meat Sauce
- 1.5 lb. Fully Cooked Boneless Chicken Drumsticks (Brand New Item! Exclusive to AFM - first time offered anywhere)
- 1 lb. Lean Ground Beef
- 1 lb. Frozen Baby Limas
- 1 lb. Frozen Green Beans
- 1 lb. Pasta
- 25 oz. Pasta Sauce
- 4 ct. Large Russet Baking Potatoes
- 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.*

- Chicken Parmesan** with Brussels sprouts & zucchini
- Charbroiled Beef Patty** with mashed potatoes, carrots & corn blend
- Macaroni & Beef** with noodles, carrots & zucchini blend
- Lemon Pepper Fish** with rice, peas & zucchini blend
- Mesquite Chicken** with rice, carrots & green beans
- Spaghetti & Meatballs** with corn, peas & carrots
- Boneless Pork Patty** with roasted sweet potatoes, sugar snap peas & broccoli/cauliflower
- Cheese Manicotti** with green beans, peas & carrots
- Chicken & Rice** with Mushroom Sauce, green beans, corn blend
- Macaroni & Cheese** with broccoli & lima beans
- Desserts:** Assorted Cookies, Strawberry Frozen Yogurt Cup, Pineapple Fruit Cup, Peach Fruit Cup, Orange Juice, Fruit Punch

**\$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 Fillet Patties
  - 1 lb. Breaded Chicken Tenders
  - 1 lb. Breaded Chicken Nuggets
  - 1 lb. Breaded Steak Fingers
  - 1 lb. Breaded Chicken Wings
- 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**

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

- 2 lbs. Alaskan Snow Crab Legs
- 1 lb. Large EZ Peel Shrimp
- 2 lbs. Oven Ready Popcorn Shrimp
- 1 lb. Stuffed Crab in Natural Shell (8 ct.)

**\$35.00**

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

**FEBRUARY SPECIAL #1**

- 6.5 lb. Assorted Meat Grill Box \$23.00**
- 1.5 lb. T-Bone Steaks (2 x 12 oz.)
  - 2 lb. Boneless Pork Chops (4 x 8 oz.)
  - 1.5 lb. Lean Hamburger Patties (4 x 6 oz.)
  - 1.5 lb. Mild Italian Sausage Links with Cheese

**FEBRUARY SPECIAL #2**

- 5 lb. Assorted Meat & Chicken Combo \$22.00**
- 1.5 lb. Kansas City Strips (2 x 12 oz.)
  - 1.5 lb. Prime Rib Steak (2 x 12 oz.)
  - 2 lb. Gourmet Flavored Boneless Chicken Breast Mesquite (4 x 4 oz.) & Lemon Herb (4 x 4 oz.)

**FEBRUARY SPECIAL #3**

- Stuffed Chicken Variety Pack \$18.00**
- 1.5 lb. Chicken Cordon Bleu (4 x 6 oz.)
  - 1.5 lb. Broccoli & Cheese (4 x 6 oz.)
  - 1.5 lb. Chicken Kiev (4 x 6 oz.)

**FEBRUARY SPECIAL #4**

- Super Value Fajita Kit (5+ lbs.) \$21.00**
- 2 lb. Steak Fajita Strip Packs (2 x 1 lb.)
  - 2 lb. Chicken Breast Fajita Strip Packs (2 x 1 lb.)
  - 1 lb. Onions & Bell Peppers
  - 20 ct. 8" Flour Tortillas

**FEBRUARY SPECIAL #5**

- Premium Fresh Fruit and Veggie Box \$22.00**
- 3 lbs. Tree-Ripened Oranges
  - 2 lbs. Premium Red Delicious Apples
  - 1 lb. New Crop Chilean Plums
  - 4 Washington State Anjou Pears
  - 4 Washington State Fuji Apples
  - 4 Tree Ripened Tangerines
  - 2 Tree Ripened Red Grapefruit
  - 6 pack 1 oz. Boxes Premium Sun Dried Raisins
  - 3 lbs. Premium Red A-Size Potatoes
  - 2 lbs. Premium Yellow Onions
  - 1 head Premium Leafy Green Cabbage
  - 1 lb. Premium Whole-Peeled Baby Carrots
  - 1 lb. Dried Pinto Beans
- AFM February 2010 Fruit and Veggie Recipe Sheet

Orders Due: February 14, 2010\*  
Distribution Day: February 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](http://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, FEB. 20, 2009 FROM 9:00-11:00 AM**

#### MAIL ORDER FORM – FEBRUARY 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 = \$\_\_\_\_\_

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

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

\_\_\_\_\_ Special #3 Stuffed Chicken X \$18 = \$\_\_\_\_\_

\_\_\_\_\_ Special #4 Fajita Kit X \$21 = \$\_\_\_\_\_

\_\_\_\_\_ 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.

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

**In person orders may be placed during these times only:**

**Friday, Feb. 12 – 3:00-5:00 p.m**

**Saturday, Feb. 13 -- 9:00 - 10:00 a.m.**

**Sunday, Feb. 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](http://www.angelfoodministries.com).**

**Sorry, no phone orders accepted.**

### **DISTRIBUTION OF FOOD IS SATURDAY, FEBRUARY 20<sup>TH</sup> FROM 9:00-11:00 AM**

Messiah Lutheran Church

5200 Mayfield Rd.

Lyndhurst, OH 44124

440-442-6941

Email questions to: [afm@messiahlyndhurst.org](mailto: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..**