

**NEW PRICE!** **Signature Box**

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

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

**NEW LOW PRICE!**

**\$28.95**

**Fast and Flavorful Cuisine**  
**Convenience meals great for seniors and people living with diabetes!**

Ten perfectly seasoned, nutritionally balanced, fully-cooked meals – just heat and serve. Each meal has been developed with dietary needs of senior citizens and people living with diabetes in mind.

- 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
- White Chicken Cacciatore** with Rice, Carrots and Yellow Squash with Onions
- Breaded Chicken Parmigiana** with Spaghetti, Corn/Red Pepper Blend and Zucchini
- White Chicken and Gravy** over 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 White 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

**\$28.00**

**Just 4 Me – After School Box**

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

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

**\$24.00**

**AUGUST SPECIAL #1**

- Assorted Grill Box (6 lb.) \$24.00**
- 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**

- Steak and Chicken Box (4 lb.) \$23.00**
- 2 lb. Ribeye Steaks (4 x 8 oz.)
  - 2 lb. Jumbo Chicken Breast (4 x 8 oz.)

**AUGUST SPECIAL #3**

- 12 ct. Gourmet Flavored Chicken Breast Box (4.5 lb.) \$22.00**
- 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**

- Oven Ready Entrées by Angel Food \$24.00**
- 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. White Chicken Noodle Casserole

**NEW LOWER PRICE!!!**

**AUGUST SPECIAL #5**

- Premium Fresh Fruit and Veggie Box \$21.00**
- 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**

- Bit O' Blessing Box \$21.00**
- 16 oz. Stuffed Sandwiches (Assorted Flavors - 4 x 4 oz.)
  - 12 oz. Steaks (2 x 6 oz.) or 1.5 lb. Beef 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

**Orders Due August 17. Distribution Day August 21.**  
*\*Please contact your local host site for information or 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 \$28.95 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.** All other items come pre-boxed. If ordering by mail, please include a self-addressed stamped envelope so we may send you a receipt.

### **DISTRIBUTION OF FOOD IS SATURDAY, AUG. 21, 2010 FROM 9:00-11:00 AM**

#### MAIL ORDER FORM – AUGUST 2010

Name: \_\_\_\_\_

Phone: \_\_\_\_\_  I would like to volunteer

\_\_\_\_ Signature Box X \$28.95 = \$ \_\_\_\_\_

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

\_\_\_\_ Just 4 Me After School Box X \$24 = \$ \_\_\_\_\_

\_\_\_\_ Special #1 Assorted Grill Box X \$24 = \$ \_\_\_\_\_

\_\_\_\_ Special #2 Steak & Chicken Box X \$23 = \$ \_\_\_\_\_

\_\_\_\_ Special #3 Chicken breasts X \$22 = \$ \_\_\_\_\_

\_\_\_\_ Special #4 Oven Ready Entrees X \$24 = \$ \_\_\_\_\_

\_\_\_\_ Special #5 Fruit & Veggies Box X \$21 = \$ \_\_\_\_\_

\_\_\_\_ Special #6 Bit O' Blessing Box X \$21 = \$ \_\_\_\_\_

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.

August mail orders must be received by Friday, August 13, 2010.

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

**Friday, Aug. 13 – 3:00-5:00 p.m**

**Saturday, Aug. 14 - 9:00 - 10:00 a.m.**

**Sunday, Aug. 15 – 10:45-Noon**

**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)**

**Online orders accepted until August 17.**

### **DISTRIBUTION OF FOOD IS SATURDAY, AUGUST 21st 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 9:45 a.m.**