

**SIGNATURE BOX**

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

- 1.5 lb. Top Sirloin Steaks (4 x 6 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)*
- 1 lb. Lean Ground Beef
- 1 lb. Frozen Baby Limas
- 1 lb. Frozen Green Beans
- 1 lb. Broccoli Florets
- 1 lb. Rice
- 1 lb. Pasta
- 28 oz. Pasta Sauce
- 1 lb. Fresh Carrots
- 4 ct. Large 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, Mixed Fruit Cup, Fig Bar, Strawberry 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 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 10, 2010**  
**Distribution Day: FEBRUARY 27, 2010**  
**AT LHC PARKING LOT @ 10:15 AM**  
**CONTACT: DIANE SHALLIS, 973-428-1170**  
[www.angelfoodministries.com](http://www.angelfoodministries.com)