

**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**

**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**

**6 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 15<sup>th</sup>**  
Distribution Day: **March 27<sup>th</sup>**  
[www.angelfoodministries.com](http://www.angelfoodministries.com)

**ANGEL FOOD MINISTRIES ORDER FORM  
HOSTED BY COLDWATER CHURCH OF THE NAZARENE**

**HOW TO PLACE AN ORDER:**

1. **Cash, Money Order or EBT food stamps orders and payments need to be made at the Coldwater Church of the Nazarene at 537 Sonet Lane, by 6:00pm Monday March 15<sup>th</sup>.**

*The church is OPEN to take orders on:*

**March 10<sup>th</sup>, Wednesday**  
**5:15pm – 5:50pm**  
**7:10pm - 7:30pm**

**March 15<sup>th</sup>, Monday**  
**10:00am – 12:00pm**  
**4:30pm – 6:00pm**

2. **Online orders and payments can be made thru Thursday 11:00am, March 18<sup>th</sup>. Please see our website at [www.coldwaternaz.org](http://www.coldwaternaz.org) for more details.**

**If you need to place an order other than these times please contact:  
 David Hall at (517) -243-0030 or Cathy Hall at (517) -243-0273  
 or the Coldwater Church of the Nazarene at (517) 279-9081**

Angel Food National Website - [www.angelfoodministries.com](http://www.angelfoodministries.com)  
 Coldwater Church of the Nazarene Website – [www.coldwaternaz.org](http://www.coldwaternaz.org)

**HOW TO PICK UP YOUR ORDER:**

You need to pick up your order at 537 Sonet Lane  
 at the Coldwater Church of the Nazarene  
 on **Saturday, March 27<sup>th</sup>, 2010** between **9:00am and 11:00am.**

**Please bring a large box for each Signature unit you have purchased**

**If you don't pick up your order or arrange pickup by 11:00am,  
 the food will be donated to a needy family.**

**No refunds or credits will be available for food not picked up.  
**ORDERS CAN NOT BE CANCELLED AFTER MARCH 18<sup>th</sup>****

March 10

Name	Phone No		
	Quantity	Cost	Total
Standard Boxes			
<b>SIGNATURE BOX</b>		\$30	
<b>SENIOR &amp; CONVENIENCE MEALS</b>		\$28	
<b>ALLERGEN-FREE FOOD BOX</b>		\$23	
<b>SEAFOOD PACK</b>		\$35	
<b>AFTER SCHOOL BOX</b>		\$21	
Special Boxes	Quantity	Cost	Total
<b>1 – 6lb Assorted Meat Grill Box</b>		\$23	
<b>2 – 4.5lb Assorted Meat &amp; Chicken Combo</b>		\$22	
<b>3 – 10lb Boneless Skinless Chicken Breast Box</b>		\$20	
<b>4 – 4x4 Family Meal Kits</b>		\$35	
<b>5 - Premium Fresh Fruit and Veggie Box</b>		\$22	
			Total Due

EMAIL