

November 2009 Menu

REGULAR BOX

Balanced nutrition and variety with enough food to feed a family of four for a week.

- 1.5 lb. Ribeye Steaks (3 x 8 oz.)*
- 1 lb. Boneless Center Cut Pork Chops (4 x 4 oz.)
- 2 lb. Chicken Fried Rice Skillet Meal (All White Chicken Meat, Rice, Vegetables with Egg and Gourmet Teriyaki Sauce)
- 22 oz. Lasagna with Meat Sauce
- 22 oz. Breaded Fish Patties (5 ct.)
- 1 lb. Lean Ground Beef
- 1.5 lb. Breaded Chicken Breast Fillet
- 1 lb. Frozen Zucchini
- 1 lb. Frozen Cauliflower Florets
- 1 lb. Frozen Broccoli Florets
- 1 lb. (approx.) Hash Brown Patties (7 ct.)
- 8 oz. Breakfast Cereal
- 2 lb. bag Fresh Onions
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs
- Dessert

*Steaks in a box of Angel Food are now thicker than ever before. Though there may be fewer steaks in a box, it's the same amount of meat but the quality is higher and the steaks are tenderer.

\$30.00

SENIOR/CONVENIENCE BOX

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.

Sliced Turkey & Dressing with Gravy, corn and green bean/cranberry blend

Macaroni & Beef with noodles, carrots zucchini/red pepper

Country Herb Chicken with mashed potatoes, broccoli and green bean blend

Macaroni & Cheese with broccoli and lima beans

Beef Stew with Carrots & Potatoes, Brussels sprouts and corn/red pepper blend

Sweet & Sour Chicken with rice, sugar snap peas and carrots

Mesquite Chicken with rice/black bean blend, carrots and green beans

Chicken & Rice with Mushroom Sauce, green beans and black bean/corn blend

Charbroiled Beef Patty with mashed potatoes, gravy, carrots and corn blend

Lemon Pepper Baked Fish with rice, peas and zucchini/red pepper blend

Desserts: Assorted Cookies, Mixed Fruit Cup, Applesauce, Nature Valley Bar, Cranberry Juice Cocktail, Pineapple Juice

\$28.00

5 Lb ALLERGEN-FREE 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 sugar, salt, spices, dehydrated garlic, spice extract
Breading is pre-browned in Canola oil.

\$23.00

Real Texas BBQ Brisket BOX

- 3-4 lb. Authentic Texas Hickory Smoked Brisket (Vacuum Packed)
- 18 oz. Texas Wild Pecan BBQ Sauce

\$31.00

NOVEMBER SPECIAL #1

\$23.00

7 lb. Assorted Meat Grill Box

- 1.5 lb. New York Strip Steaks (2 x 12 oz.)
- 2 lb. Boston Butt Chops (4 x 8 oz.)
- 2 lb. Lean Hamburger Steaks (4 x 8 oz.)
- 1.5 lb. Italian Sausage with Cheese

NOVEMBER SPECIAL #2

\$22.00

5 lb. Assorted Meat and Chicken Combo

- 2 lb. Sirloin Steak Strips (4 x 8 oz.)
- 1.5 lb. Bacon Wrapped Beef Fillet (4 x 6 oz.)
- 1.5 lb. Bacon Wrapped Chicken Fillet (4 x 6 oz.)

NOVEMBER SPECIAL #3

\$21.00

10 lb. Boneless/Skinless Chicken Breast Box

- 10 lbs. IQF Boneless/Skinless Chicken Breasts

NOVEMBER SPECIAL #4

\$22.00

Premium Fresh Fruit and Veggie Box

- 1 Stalk California Celery
- 3 lb. New Crop North Carolina Sweet Potatoes
- 3 lb. New Crop Idaho Potatoes
- 1 head Fresh Leafy Green Cabbage
- 1 lb. California Carrots
- 3 lb. Tree Ripened Juice Oranges
- 3 lb. New Crop Red Delicious Apples
- 1 (8 oz.) bag New Crop Georgia Grown Shelled Pecan Halves
- 4 Washington State Bosc Pears
- 1 (12 oz.) 100% Pure Sweet Honey Bear
- 1 (12 oz.) 100% Pure Sweet Honey Bear
- 2 New Crop Ruby Red Grapefruit

First Assembly of God
Lubbock, TX "An Embassy of Hope"
(2Cor 5:20)

3801 98th St
 Lubbock, TX 79423
 (806) 783-0800
 firstag@lubbockag.org



Order Form November 2009

(Angel Food Ministires reserves the right to substitute any of the above items, due to availability, cost, and quality.)

The last day to place and pay for is Sunday, November 8, 2009

Distribution day is Saturday, November 21, 2009 – 10:00 AM to 11:00 AM

You will not be notified by phone to pick up your order(s).

Orders that are not picked up during the scheduled times will be donated.

FIRST ASSEMBLY OF GOD / Angel Food ORDER FORM -- November 2009
 3801 98th St., Lubbock, TX 79423

**ALL MAILED ORDERS AND PAYMENTS
 MUST BE RECEIVED NO LATER THAN
 FRIDAY November 6, 2009**

**** Limit one special with purchase of each Angel Food Box. ****

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: _____

- I will pick up my order.
 _____ will pick up my order.

(Name) & (Phone # _____)

- Donate to First Assembly of God
 Donate to _____

ITEM	QTY	PRICE	TOTAL
Food Box	x	\$30.00	\$
Senior Box	x	\$28.00	\$
Allergen-Free Box	x	\$23.00	\$
Texas BBQ Brisket Box	x	\$31.00	\$
Special #1	x	\$23.00	\$
Special #2	x	\$22.00	\$
Special #3	x	\$21.00	\$
Special #4	x	\$22.00	\$
	x	\$	\$
	x	\$	\$
	x	\$	\$
ORDER TOTAL			\$

_____ CASH (exact change only) _____ CHECK # _____ (payable to First Assembly of God, please memo "Angel Food")

(First Assembly not set up to take Lone Star cards or food stamps)

Questions? Please visit First Assembly of God website at www.lubbockag.org and click on "Angel Food Ministries" or the church office at (806) 783-0800