

# Angel Food August 2010 Menu

Order Deadline: **Monday, August 16**

Pick-up Day: **Saturday, August 28, 10:00 a.m. to noon**

**We cannot store food beyond the pick-up time. Food not picked up by noon will be donated to a needy family.**

Angel food reserves the right to substitute any of the items listed due to availability, cost, and quality.

# WORD *of* LIFE

CHRISTIAN CENTER

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 Birmingham, AL 35210  
 205-833-8500  
 email: [angelfood@wordoflife.org](mailto:angelfood@wordoflife.org)  
[www.wordoflife.org](http://www.wordoflife.org)

<p align="center"><b>REGULAR</b></p> <p align="center"><i>Balanced nutrition and variety with enough food to assist in feeding a family of four for a week.</i></p>	<p align="center"><b><u>FAST &amp; FLAVORFUL CUISINE</u></b></p> <p align="center"><b>For Seniors or People on the Go!</b></p> <p align="center"><i>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, &amp; two vegetables or fruit.</i></p>	<p align="center"><b><u>JUST 4 ME - AFTER SCHOOL BOX</u></b></p> <p align="center"><i>An assortment of child-friendly snacks. Great for after school or any time.</i></p>
<p>1.5 lb. New York Strip Steaks (4 x 6 oz.)</p> <p>1.5 lb. Breaded Chicken Breast Chunks</p> <p>1 lb. Lean Ground Beef</p> <p>1 lb. Crunchy Fish Wedges (Bake or Fry-8 ct.)</p> <p>1.5 lb. Pork Chops (4 x 6 oz.)</p> <p>1 lb. <b>Bonus Item</b> - Lean Ground Beef</p> <p>1 lb. Frozen Broccoli Florets</p> <p>1 lb. Frozen Carrots</p> <p>1 lb. Frozen Corn</p> <p>1 lb. Frozen Cauliflower Florets</p> <p>1 lb. Pasta</p> <p>26 oz. Pasta Sauce</p> <p>32 oz. 2% Shelf Stable Milk</p> <p>Dozen Eggs</p>	<p><b>Fish Fillet</b>, Lightly Breaded &amp; Baked, with a Rice Blend, Carrots and a Broccoli/Red Pepper Blend</p> <p><b>Sweet and Sour Pork</b> with Rice, a Green Pea/Carrot Blend and Cauliflower</p> <p><b>Red Beans and Rice</b> with Smoked Pork Sausage, Carrots and Brussels Sprouts</p> <p><b>White Chicken Cacciatore</b> with Rice, Carrots and Yellow Squash with Onions</p> <p><b>Breaded Chicken Parmigiana</b> with Spaghetti, Corn/Red Pepper Blend and Zucchini</p> <p><b>White Chicken and Gravy</b> over Noodles, Corn and Broccoli</p> <p><b>Salisbury Steak &amp; Gravy</b> with Red Wedge Potatoes, a Green Pea/Carrot Blend and Brussels Sprouts</p> <p><b>Meatball Stroganoff</b> over Noodles, Carrots and Broccoli</p> <p><b>Country Herb White Chicken</b> with Mashed Potatoes, Green Peas and a Lima Bean/Red Pepper Blend</p> <p><b>Macaroni and Cheese</b>, Black Bean, Corn and Red Pepper Blend and Cauliflower</p>	<p>2 lb. Chicken Fingers</p> <p>1.5 lb. Mini Corn Dogs</p> <p>1 (3.88 oz.) The BBQ "Sammich"</p> <p>2 each (2.6 oz.) Chicken Sandwiches (2 packages with twin sandwiches)</p> <p>4 (4 oz.) Hot Pockets</p> <p>1 (12 ct.) Pizza Bites</p> <p>1 (6 ct.) Cereal Bars</p> <p>2 each (1.58 oz.) White Castle Hamburgers (2 packages with twin sandwiches)</p> <p>3 (2.2 oz.) PBJ on Graham Wafer</p> <p>2 (2.8 oz.) Peanut Butter and Jelly Jamwich</p>
<p align="center"><b><u>\$29.00</u></b></p>	<p align="center"><b><u>\$28.00</u></b></p>	<p align="center"><b><u>\$24.00</u></b></p>

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

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**We accept EBT Cards, Cash, Checks, Debit/Credit Cards**

Card Type: \_\_\_\_\_

Card Number: \_\_\_\_\_

Security Code: \_\_\_\_\_ Exp. \_\_\_\_\_

Regular: \_\_\_\_\_

Senior: \_\_\_\_\_

After School Box: \_\_\_\_\_

Specials:

#1 \_\_\_\_\_ #4 \_\_\_\_\_

#2 \_\_\_\_\_ #5 \_\_\_\_\_

#3 \_\_\_\_\_ #6 \_\_\_\_\_

Total Due: \$ \_\_\_\_\_

**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.)

**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

**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