

**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



**\$29.00**

**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.)

**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/Distribution Day: **Order by Saturday, August 14**  
**Pick-up on Saturday, August 21**

**Oklahoma City  
First Friends Church  
320 SE 62<sup>nd</sup> Street  
Oklahoma City OK 73149  
405-632-8210  
[www.okcfriends.org](http://www.okcfriends.org)**



WE EXIST TO RECEIVE, KNOW  
AND SHARE JESUS

## ORDERING IN PERSON

You may order on the following dates  
at this host site:

Saturday	July 24	9:30 am –11:30 am
Sundays	Aug. 1	5:30-5:55 pm
	Aug. 8	5:30-5:55 pm
Wednesday	Aug. 11	6:00-6:55 pm

Last day to order at this host site:

Saturday	August 14	9:30 am – 11:30 am
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## PAYMENT OPTIONS

At this host site we accept the  
following payment options:

CASH  
MONEY ORDERS  
FOOD STAMP CARDS

*Please no personal checks. Payment in full is  
required at the time you place your order.  
No mail or phone orders.*

## ORDERING ONLINE

You may also order online with a  
**debit or credit card** at the following  
website:

<http://www.angelfoodministries.com/host.asp?id=5459>

until Tuesday, August 17, 2010  
(10:59 pm Central time)

## PICK UP YOUR ORDER

Saturday, August 21 9:30-11:30 am

*Bring your receipt to claim your order. Please  
bring a box in exchange for each regular box  
ordered. This is the only time you may pick up  
your food. Any unclaimed orders left after this  
time will be donated to others in need.*

**MAKE SURE YOUR FRIENDS KNOW  
ABOUT ANGEL FOOD!**