

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

Latchkey/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

7 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

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: **Saturday March 13th, 2010**

Distribution Day: **Saturday March 20th, 2010**

**Please note that some host sites have earlier order deadlines.*

Please contact your local host site for information. Visit our website to locate a host site near you

www.angelfoodministries.com

March 2010 ANGEL FOOD ORDER

NAME _____

ADDRESS _____

PHONE(H) _____ (C) _____

EMAIL _____

I authorize another person to pick up my order: _____

New Customer Repeat Customer

REGULAR BOX _____ X 30 = \$ _____

SENIOR BOX _____ X 28 = \$ _____

ALLERGEN-FREE _____ X 23 = \$ _____

6LB SEAFOOD PACK _____ X 35 = \$ _____

LATCHKEY/AF SCHOOL BOX _____ X 21 = \$ _____

SPECIAL # 1 _____ X 23 = \$ _____

SPECIAL # 2 _____ X 22 = \$ _____

SPECIAL # 3 _____ X 20 = \$ _____

SPECIAL # 4 _____ X 35 = \$ _____

SPECIAL # 5 _____ X 22 = \$ _____

SUBTOTAL = \$ _____

DONATION = \$ _____

TOTAL \$ _____

Make checks payable to: Church you are ordering at.

__ Covenant Church or __ Little Falls Presbyterian

Cash __ SNAP __ Check # _____ MO# _____

RETURNING CUSTOMERS, PLEASE REMEMBER TO BRING YOUR REUSABLE SHOPPING BAGS SO WE CAN STAY GREEN

Covenant Church
PO Box 1674 Shepherdstown WV 25443

Phone: 304-876-2212 x 43

Order Cut Off

Saturday March 13 12 noon

Orders taken during Order Week

Monday March 8th thru

Friday March 12, 2010 9am-5pm

Saturday, March 13, 8am - 12noon

Orders can be dropped off at the church during the week, 9-5 or on Sundays

At Ticket Central, or the Bookstore

SNAP Orders must be completed in person at AF office.

DISTRIBUTION DATE: MARCH 20TH

9-11am

Go to Covenant Website to order online at:

www.covenantexperience.com

Little Falls Presbyterian Church

6788 Williamsport Pike, Falling Waters WV 25419

Phone: 304-274-2923 (church, leave message)

304-274-1248 (a coordinator-leave message)

To leave orders at the church:

Sundays 10:30am-11:30am

Tuesday/Thursday March 9th, 11th, 6:30-7:30pm

Friday March 12, 10am-noon, 3-5pm

Distribution Day March 20: 10-11:30am

To order online go to:

www.angelfoodministries.com

Click on Find a local Site and enter

Little Falls Presbyterian Church or zip code

Online Cutoff for both locations:

Sunday March 14, 11:59pm

Order online at:

www.covenantexperience.com

CUSTOMER CARE IS OUR #1 CONCERN!!



IF YOU EAT YOU QUALIFY!!

NO RESTRICTIONS! BUY AS YOU DESIRE!

NO MINIMUMS! FREE CHOICE!

HOW 2 ORDER.....

1. MAIL-CERTIFIED FUNDS MADE PAYABLE TO THE CHURCH YOU ARE ORDERING AT. PLEASE ALLOW 5 BUSINESS DAYS FOR MAIL DELIVERY- WE ARE NOT RESPONSIBLE FOR ANY ORDERS RECEIVED AFTER MARCH 13, 2010, CUT OFF DATE.

2. AVAILABLE 24/7-CALL US AT 304-270-7128 TO SET UP AN APPOINTMENT.

3. ORDER ON-LINE: covenantexperience.com

Or angelfoodministries.com- then click on Find a local site: and enter name of church

4. IN PERSON- See center column for days and times.

**WE ACCEPT: CASH, CREDIT/DEBIT CARD, FOODSTAMPS/ SNAP ACCESS CARD or MONEY ORDERS
PERSONAL CHECKS FROM ESTABLISHED CUSTOMERS.**

DISTRIBUTION DATE: MARCH 20, 2010

*Covenant Church-Shepherdstown WV,
Partner: Little Falls Presbyterian Church-
Falling Waters*