



701 E 18th St.  
Spencer, IA

www.spencerdisciples.org

# angelfood

MINISTRIES

## Signature Box

**\$30**

*Balanced Nutrition and Variety with enough food to assist in feeding a family of four for about one week.*

- 2 lb. Top Sirloin Steaks (4 x 8 oz.)
- 1.5 lb. Boneless Pork Roast
- 2 lb. IQF Boneless/Skinless Chicken Breast
- 2 lb. Lasagna with Meat Sauce
- 1.5 lb. Fully Cooked Boneless Chicken Drumsticks (*Brand New Item! Exclusive to AFM*)
- 1 lb. Lean Ground Beef
- 1 lb. Frozen Baby Limas
- 1 lb. Frozen Green Beans
- 1 lb. Pasta
- 25 oz. Pasta Sauce
- 4 ct. Large Russet Baking Potatoes
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs
- Dessert

## Senior & Convenience Meals

*For Seniors or People on the Go!*

**\$28**

*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.*

- Chicken Parmesan
- Charbroiled Beef Patty
- Macaroni & Beef
- Lemon Pepper Fish
- Mesquite Chicken
- Spaghetti & Meatballs
- Boneless Pork Patty
- Cheese Manicotti
- Chicken & Rice
- Macaroni & Cheese

Dessert: Assorted Cookies, Mixed Fruit Cup, Fig Bar, Strawberry Applesauce, Grape Juice, Apple Juice

## Allergen-Free Food Box

**\$23**

*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, modified tapioca starch, flax seed, sugar, dextrose, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika. Breading is pre-browned in Canola oil.

## 6 lb. Premium Seafood Variety Box

**\$35**

- 2 lbs. Alaskan Snow Crab Legs
- 1 lb. Large EZ Peel Shrimp
- 2 lbs. Oven Ready Popcorn Shrimp
- 1 lb. Stuffed Crab in Natural Shell (8 ct.)

### **FEBRUARY SPECIAL #1 \$23**

#### **6.5 lb. Assorted Meat Grill Box**

- 1.5 lb. T-Bone Steaks (2 x 12 oz.)
- 2 lb. Boneless Pork Chops (4 x 8 oz.)
- 1.5 lb. Lean Hamburger Patties (4 x 6 oz.)
- 1.5 lb. Mild Italian Sausage Links with Cheese

### **FEBRUARY SPECIAL #2 \$22**

#### **5 lb. Assorted Meat & Chicken Combo**

- 1.5 lb. Kansas City Strips (2 x 12 oz.)
- 1.5 lb. Prime Rib Steak (2 x 12 oz.)
- 2 lb. Gourmet Flavored Boneless Chicken Breast
- Mesquite (4 x 4 oz.)/Lemon Herb (4 x 4 oz.)

### **FEBRUARY SPECIAL #3 \$18**

#### **10 lb. Battered Boneless Wing Box**

- 1.5 lb. Chicken Cordon Bleu (4 x 6 oz.)
- 1.5 lb. Broccoli & Cheese (4 x 6 oz.)
- 1.5 lb. Chicken Kiev (4 x 6 oz.)

### **FEBRUARY SPECIAL #4 \$21**

#### **Super Value Fajita Kit (5+ lbs.)**

- 2 lb. Steak Fajita Strip Packs (2 x 1 lb.)
- 2 lb. Chicken Breast Fajita Strip Packs (2 x 1 lb.)
- 1 lb. Onions & Bell Peppers
- 20 ct. 8" Flour Tortillas

### **FEBRUARY SPECIAL #5 \$22**

#### **Premium Fresh Fruit and Veggie Box**

- 3 lbs. Tree-Ripened Oranges
- 2 lbs. Red Delicious Apples
- 1 lb. New Crop Chilean Plums
- 4 Washington State Anjou Pears
- 4 Washington State Fuji Apples
- 4 Tree Ripened Tangerines
- 2 Tree Ripened Red Grapefruit
- 6 pack 1 oz. Boxes Premium Sun Dried Raisins
- 3 lbs. Red A-Size Potatoes
- 2 lbs. Yellow Onions
- 1 head Leafy Green Cabbage
- 1 lb. Whole-Peeled Baby Carrots
- 1 lb. Dried Pinto Beans
- AFM February 2010 Fruit and Veggie Recipe Sheet

Orders taken: Saturday, Jan. 23  
Wednesday, Feb. 10  
Saturday, Feb. 13  
Sunday, Feb. 14  
**Online Anytime**

8:30 – 10:00 am  
6:00 – 8:00 pm  
5:00- 7:00 pm  
Noon – 1:00 pm

Distribution: Saturday, Feb. 20 8:30 – 10:00 am