

REGULAR BOX \$30.00

- 1.5 lb Top Sirloin Strip Steaks (4 x 6 oz)
- 2 lb Boneless Skinless Chicken Breast
- 3 lb Breaded Chicken Chunks
- 1.5 lb Boneless Pork Filet
- 10 oz Supreme Pizza
- 1 lb Ground Turkey
- 1 lb. Cheddar Cheese
- Bratwurst Sausage
- 1 lb. Green Beans
- 1 lb. Stir Fry Vegetables (Broccoli & Bell Peppers)
- 35 oz. Crinkle-cut Fries
- 32 oz. Borden 2% Reduced Fat Shelf Stable Milk
- 7.5 oz. Macaroni & Cheese
- 15 oz. Pork & Beans
- 7 oz. Chicken-Flavored Rice & Vermicelli
- 1 lb. Pinto Beans
- One Dozen Eggs
- One Dessert Item



SENIOR BOX \$20.00

All ten individual meals are fully-cooked and labeled complete with heating instructions – just heat and serve. Each meal has no added sodium, is low in fat, and is nutritionally balanced for seniors with 3 oz. of protein, two vegetables or fruit, and a starch.

Chicken Parmesan with side of Spaghetti with Marinara, Green Beans and Garlic Bread

Herb Roasted Chicken Quarter with Herb Gravy, White Rice, and Peas & Carrots

BBQ Chicken Quarter with BBQ Sauce, Black-Eyed Peas, Greens and Apple Sauce

Baked White Fish with Asian Sweet Pepper Sauce, Vegetable Fried Rice, Broccoli, and Pineapple chunks

Chicken Cacciatore Quarter, Creamy Rosemary Red Potato Quarters, Italian Green Beans, and Diced Peaches

Roast Beef and Brown Gravy (Pot Roast), Noodles, Carrot Coins and Collard Greens

Beef Meatloaf with Brown Herb Gravy, Mashed Sweet Potatoes, Peas & Mushrooms and Wax Beans

Beef Lasagna with Tomato Sauce, Broccoli, Diced Pears, and Garlic Bread & Butter

Oven Roasted Turkey Breast with Sage Gravy, Bread Dressing, Creamed Diced Potatoes, Green Beans and Cranberry Sauce

Chicken Stew with Chicken, Potatoes, and Tomatoes; Celery & Carrots, Brown Rice, Apple Sauce and a Biscuit

The Senior Box will be packaged much like our specials and will not have to be assembled by the host site. The meals are slightly different than the former senior boxes that we offered in that they do not provide the milk and bread. These are top quality meals that will provide senior citizens the nutrition they need with the great quality they have come to expect from Angel Food Ministries.

This senior box is now going to be added to our monthly menu, and it will be treated just like a regular box. You will be able to order the senior box and still have access to our specials, which will be an added benefit to our senior citizens.

*****One or More Specials Available Only with the Purchase of Either of the Boxes Above*****

SEPTEMBER SPECIAL #1

6 lb. Assorted Meat Grill Box \$20.00

- 1.5 lb Ribeye Steaks (3 x 8 oz.)
- 2 lbs Boneless Pork Roast
- 1.5 lbs Beef Short Ribs
- 1 lb All Beef Burgers (4 x 4 oz.)

SEPTEMBER SPECIAL #2

5 lb. Steak and Meat Combo \$20.00

- 1.5 lb. Kansas City Strips (2 x 12 oz.)
- 1.5 lb. Bone-In Ribeye Steaks (2 x 12 oz.)
- 2 lb. All Beef Hamburger Steaks (4 x 8 oz.)

SEPTEMBER SPECIAL #3

10 lb. Party Wing Special Box \$20.00

- 10 lb. Unbreaded IQF Party-style Chicken Wings

SEPTEMBER SPECIAL #4

10 lb. "5 for 4" Dinner Box \$20.00

Five big 2 lb. dinner meals, each will feed a family of four. All dinners are fully-cooked – just heat and serve!

- 2 lb. Stuffed Green Peppers with Beef and Rice
- 2 lb. Chicken Breast with Rice, Broccoli & Cheese
- 2 lb. Beef Steak Patties with Gravy and Onions
- 2 lb. Meatloaf and Gravy
- 2 lb. BBQ Chicken with Hickory Sauce & Mashed Potatoes

SEPTEMBER SPECIAL #5

Fresh Fruit and Veggie Box \$19.00

- 3 lb. Bag of Red Delicious Apples
- 4 lb. Bag of California Valencia Oranges
- 2 lb. Bag of Large Yellow Onions
- 1 lb. Bag of Carrots (Cello-wrapped)
- 4 lb. Bag of Large Idaho Baking Potatoes
- 1 Large Green Cabbage
- 4 Bartlett Pears
- 4 Tennessee Vine-Ripened Tomatoes
- 1 Celery Stalk (Cello-wrapped)
- 12 oz. Black Beans (Dried)

Angel Food Ministries Reserves the Right to Substitute Any of the Above Items Due to Availability, Cost and Quality

Order deadline is Monday, September 15. Cash, checks, and Food Stamps (EBT) are accepted. Checks must be made payable to Mt. Pisgah Baptist Church. **THERE WILL BE A \$30 CHARGE FOR ALL RETURNED CHECKS.**

Orders can be placed at Mt. Pisgah Baptist Church following all regularly scheduled services, and at Abundant Life Christian Counseling (435-5706) between 9:00 a.m. and 4:00 p.m., Mon-Fri. Online ordering is now available at www.angelfoodministries.com/. Credit and debit cards are accepted, and Angel Food Ministries will charge a \$1 fee for this convenience.

For additional information, contact: Mary Ann Russell, 865-435-5728 or email to mpbcangelfood@gmail.com. You may also visit our website at: mountpisgahbaptist.com/angelfoodministries.html.

Distribution day is **Saturday, September 27, from 10:00-11:00 a.m.** at the Mt. Pisgah Christian Academy Gym. All orders must be picked up on the distribution day during the distribution time. **No refunds will be available to those who do not pick up their order.** Orders not picked up will be donated to charities.