



December 2009 Angel Food Menu

Kaufman Christian
Help Center
400 Terrell Hwy
Kaufman, TX 75142
972-932-8866
www.kaufmanhelp.org

SIGNATURE BOX

Balanced nutrition and variety with enough food
to feed a family of four for a week.

- 2 lb. New York Strip Steaks
(4 x 8 oz.)
- 1.5 lb. Boneless Pork Roast
- 1 lb. Chicken Breast Fajita Strips
- 1 lb. Lean Ground Beef
- 1.5 lb. All White Meat Chicken
Tenders
- 1 lb. Bake or Fry Fish Sticks
(32 count)
- 1 lb. Hickory Smoked Center Cut
Ham
- 1 lb. Frozen Baby Lima Beans
- 1 lb. Frozen Green Beans
- 2 lb. French Fries
- 2 lb. bag Fresh Apples
- 10 ct. Flour Tortillas
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs
- Dessert

*Steaks in a box of Angel Food are now thicker than ever before. Though there may be fewer steaks in a box, it's the same amount of meat but the quality is higher and the steaks are more tender.

\$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.

- Roasted Chicken** with red skin potatoes, sugar snap peas & carrots
- Swedish Meatballs** with pasta, broccoli carrots & red peppers
- Meatloaf & Gravy** with mashed potatoes, peas, carrots, cauliflower
- Sliced Turkey & Dressing** with gravy, corn and green bean/cranberry blend
- Chicken & Broccoli Alfredo** with carrots, zucchini/red peppers
- Chili with Beef & Beans**, corn/red peppers and peas
- Boneless Pork Patty** with roasted sweet potatoes, sugar snap peas and broccoli/cauliflower blend
- Chicken Parmesan and Pasta** with Brussels sprouts and zucchini
- Macaroni & Beef** with noodles, carrots zucchini/red peppers
- Chicken & Noodles** with corn, Brussels sprouts
- Dessert:** Assorted Cookies, Pineapple Fruit Cup, Strawberry Applesauce, Mixed Fruit Cup, Apple Juice, Cranberry Juice

\$28.00

DECEMBER SPECIAL #1

\$22.00

- 6 lb. Assorted Meat Grill Box**
- 1.5 lb. T-Bone Steaks (2 x 12 oz.)
- 1.5 lb. Bacon-Wrapped Hamburger Steaks (4 x 6 oz.)
- 2 lb. Pork Chops (4 x 8 oz.)
- 1 lb. Mild Italian Sausage with Cheese

DECEMBER SPECIAL #4

\$18.00

- Holiday Meat and Cheese Special**
- 3 9 oz. Sausage Variety
(1 beef summer sausage, 1 beef salami, 1 summer sausage)
- 3 7 oz. Wisconsin Cheese Bars

DECEMBER SPECIAL #2

\$21.00

- 4.5 lb. Steak Combo**
- 2.5 lb. Ribeye Steaks (4 x 10 oz.)
- 2 lb. Sirloin Strip Steaks (4 x 8 oz.)

DECEMBER SPECIAL #5

\$22.00

- Premium Fresh Fruit and Veggie Box**
- 3 lb. New Crop North Carolina Sweet Potatoes
- 4 Large Russet Baking Potatoes
- 3 lb. bag Large-Medium Yellow Onions
- 1 head Fresh Green Cabbage
- 1 lb. Fresh Cello-Packed Carrots
- 1 stalk Fresh Cello-Packed Celery
- 4 California Lemons
- 6 Large Tree-Ripened Oranges
- 4 Large Premium Grapefruit
- 1 Large Tree-Ripened Mango
- 1 Large Premium Haas Avocado
- 1 lb. California Kiwi Fruit

DECEMBER SPECIAL #3

\$20.00

- 10 lb. IQF Unbreaded Poultry Box**
- 3 lbs. Split IQF Tyson Cornish Hens
- 2.5 lb. IQF Split Chicken Breast
- 2.5 lb. IQF Chicken Thigh Quarters
- 2 lb. IQF Chicken Tenders (Unbreaded)

DECEMBER SPECIAL #6

\$26.00

Assorted Holiday Fruit Special

- 5 Ruby Red Grapefruit
- 12 Tree-Ripened Navel Oranges
- 5 Tree-Ripened Tangerines
- 5 Extra Fancy Red Rome Apples
- 4 Extra Fancy Golden Delicious Apples
- 4 Extra Fancy Red Delicious Apples
- 4 Extra Fancy Granny Smith Apples
- 4 Extra Fancy Gala Apples
- 4 Extra Fancy Red Anjou Pears
- 6 Sun Kist Fruit Gem Candies

NOTICE LAST DAY TO PLACE AND PAY FOR
YOUR ORDER IS: Monday, December 7, 2009

DISTRIBUTION DAY IS:

Saturday, December 19, 2009

9:30am to 11:00am

Pick up location is at Grace Fellowship Church
7650 FM 1388 Kaufman, TX

Any food not picked up by 11:00 am will be
donated to a local charity.

Angel Food Ministries Reserves the Right to Substitute Any of the Above Items Due to Availability, Cost and Quality. We Accept Food Stamps (EBT).
Angel Food Ministries is an equal opportunity provider and employer. Complaints of discrimination should be sent to USDA, Director, Office of Civil
Rights, Washington, DC 20250-9410

Order and Pay online!!!

www.kaufmanhelp.org

Click on Programs and Services

Then "Angel Food Ministries"

Then "Order Online"

**Here's the fine print: Angelfood
**charges \$1 transaction fee for debit
or credit****

**Deadline to order online is 1 day
prior to our deadline!!!**