



Iola First  
Presbyterian Church  
Brings you . . .

# Angel Food Ministries



## A Food Ministry with a Servant's Heart

Once a month, you (or someone you want to help) can be blessed with wonderful boxes of fresh meats, fresh or frozen fruits & vegetables, and staple items at an EXTREMELY LOW PRICE! This is NOT "day-old" or "outdated" food. It's ALL FRESH, NAME BRAND FOOD PRODUCTS, delivered to Iola by refrigerated truck for same-day distribution.

## AUGUST 2010 MENU

<p><b>REGULAR BOX</b></p> <p>Balanced nutrition and variety with enough food to feed a family of four for a week.</p> <p>1.5lb. New York Strip Steaks (4x6oz.) 1.5lb. Breaded Chicken Breast Chunks 1lb. Lean Ground Beef 1lb. Crunch Fish Wedges (Bake or Fry-8 ct.) 1.5lb. Pork Chops (4x6oz.) 1lb. <b>Bonus Item</b> –Lean Ground Beef 1lb. Frozen Broccoli Florets 1lb. Frozen Carrots 1lb. Frozen Corn 6.1lb. Frozen Cauliflower Florets 1lb. Pasta 26oz. Pasta Sauce 32oz. 2% Shelf Stable Milk 1 Dozen Eggs</p> <p style="text-align: right;"><b>\$29.00</b></p>	<p><b>SENIOR/CONVENIENCE BOX</b></p> <p>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.</p> <p><b>Fish Fillet:</b> Lightly Breaded &amp; Baked, with a Rice Blend, Carrots and a Broccoli/Red Pepper Blend</p> <p><b>Sweet and Sour Pork:</b> with Rice, a Green Pea/Carrot Blend and Cauliflower</p> <p><b>Red Beans and Rice:</b> with smoked Pork Sausage, Carrots and Brussels Sprouts</p> <p><b>White Chicken Cacciatore:</b> with Rice, Carrots and Yellow Squash with Onions</p> <p><b>Breaded Chicken Parmigiana:</b> with Spaghetti, Corn/Red Pepper Blend and Zucchini</p> <p><b>White Chicken and Gravy:</b> over Noodles, Corn and Broccoli</p> <p><b>Meatloaf Stroganoff:</b> over Noodles, Carrots and Broccoli</p> <p><b>Salisbury Steak &amp; Gravy:</b> with Red Wedge Potatoes, a Green Pea/Carrot Blend and Brussels Sprouts</p> <p><b>Macaroni &amp; Cheese:</b> Black Bean, Corn, &amp; Red Pepper Blend and Cauliflower</p> <p><b>Country Herb White Chicken:</b> with Mashed Potatoes, Green Peas and a Lima Bean/Red Pepper Blend</p> <p style="text-align: right;"><b>\$28.00</b></p>	<p><b>AUGUST SPECIAL #1- \$24.00</b> <b>Assorted Grill Box (6lb.)</b> (1lb. Sirloin Strip Steaks (2x8oz.), 2lb. Lean Hamburger Steaks (4x8oz.), 1.5lb. Mild Italian Sausage, 1.5lb. Bacon-Wrapped Chicken Breast Fillet (4x6oz.))</p> <p><b>AUGUST SPECIAL #2- \$23.00</b> <b>Steak &amp; Chicken Box (4lb.)</b> (2lb. Ribeye Steaks (4x8oz.), 2lb. Jumbo Chicken Breast (4x8oz.))</p> <p><b>AUGUST SPECIAL #3- \$22.00</b> <b>12ct. Gourmet Flavored Chicken Breast Box (4.5lb.)</b> (4 Italian Chicken Breast (6 oz each), 4 Teriyaki Chicken Breast (6oz. each), Lemon Herb Chicken Breast (6oz. each))</p> <p><b>AUGUST SPECIAL #4- \$24.00</b> <b>!!!All New Item!!!</b> <b>Oven Ready Entrées</b> 4 (2lb.) Fully cooked Meals-Just Heat and Serve (2lb. Seafood Lasagna, 2lb. Lasagna with Meat Sauce, 2lb. Country Fried Steak with Gravy, 2lb. White Chicken Noodle Casserole)</p> <p><b>AUGUST SPECIAL #5-\$21.00</b> <b>Premium Fresh Fruit &amp; Veggie Box</b> (1 Cantaloupe, 4 Peaches, 4 Navel Oranges, 1 Mango, 1 Cello Head Lettuce, 1lb. Cello Carrots, 2lb. Yellow Onions, 3lb. Idaho Potatoes, 20oz. bag Fresh Green Beans, 1 head Cabbage, AFM Fruit &amp; Veggie Recipe Sheet)</p>												
<p style="text-align: center;"><b>JUST FOR ME-AFTER SCHOOL BOX</b></p> <table border="0"> <tr> <td>2lb. Chicken Fingers</td> <td>1 Cereal Bars (6ct.)</td> </tr> <tr> <td>1.5lb. Mini Corn Dogs</td> <td>2 each White Castle Hamburgers (1.58oz.)</td> </tr> <tr> <td>1 The BBQ "Sammich" (3.88oz.)</td> <td>3 PBJ on Graham Wafer (2.2oz.)</td> </tr> <tr> <td>2 each Chicken Sandwiches (2.6oz.)</td> <td>2 Peanut Butter and Jelly Jamwich (2.8oz.)</td> </tr> <tr> <td>4 Hot Pockets (4oz.)</td> <td></td> </tr> <tr> <td>1 Pizza Bites (12ct.)</td> <td></td> </tr> </table> <p style="text-align: right;"><b>\$24.00</b></p>			2lb. Chicken Fingers	1 Cereal Bars (6ct.)	1.5lb. Mini Corn Dogs	2 each White Castle Hamburgers (1.58oz.)	1 The BBQ "Sammich" (3.88oz.)	3 PBJ on Graham Wafer (2.2oz.)	2 each Chicken Sandwiches (2.6oz.)	2 Peanut Butter and Jelly Jamwich (2.8oz.)	4 Hot Pockets (4oz.)		1 Pizza Bites (12ct.)	
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<p style="text-align: center;"><b>AUGUST SPECIAL #6-\$21.00</b> <b>Bit O' Blessing Box</b></p> <p>16oz. Stuffed Sandwiches (Assorted Flavors-4x4oz.) 12oz. Steaks (2x6oz.) or 1.5lb. Beef Roast or 2lb. Mac &amp; Beef Entree 1.5lb. Country Fried Steak Patties 1lb. Ground Beef 1lb. Crunch Fish Bites 1lb. Frozen Fruit or Green Beans 1lb. Rice</p>		<p style="text-align: center;"><b>---BUY ANY BOX---</b> <b>---NO LIMIT ON QUANTITY PURCHASED---</b></p>												
<p>Angel Food Ministries in Kansas requires monthly community service as a part of the program, our site will explain simple ways that you can meet this requirement. All applicable sales tax included (Angel Food Ministries reserves the right to substitute for any food items due to availability, cost or quality issues)</p>														

**ORDER IN PERSON ONLY AT:**  
First Presbyterian Church  
302 East Madison, Iola, KS

**AT THE FOLLOWING DATES & TIMES:**  
**FRIDAY August 13th – 1:00 – 5:00**  
**SATURDAY August 14th – 9:00 – 12:00**

Orders will be taken at these times only. Payment required at the time the order is placed.

**DISTRIBUTION DAY:**

Saturday August 28th  
8-9:30a.m. at  
Haldex Mfg. 2702 No State

To receive your food you must bring:  
(1) Your Receipt  
(2) A Medium Size Box

*Unclaimed food will be donated to others in need!*

**PAYMENT METHODS: CASH. MONEY ORDERS. PRE-APPROVED CHECKS. AND WE ACCEPT VISION CARDS!**

**USE THIS FORM TO ORDER FOOD AT THE CHURCH ON FRIDAY AUGUST 13<sup>th</sup> & SATURDAY AUGUST 14<sup>th</sup>**  
Name \_\_\_\_\_ Phone \_\_\_\_\_

ORDER			
Regular Box.....	\$29.00	x _____	= \$ _____
Senior Box.....	28.00	x _____	= \$ _____
Just 4 Me After School Box.....	24.00	x _____	= \$ _____
#1 Special.....	24.00	x _____	= \$ _____
#2 Special.....	23.00	x _____	= \$ _____
#3 Special.....	22.00	x _____	= \$ _____
#4 Special.....	24.00	x _____	= \$ _____
#5 Special.....	21.00	x _____	= \$ _____
#6 Bit O'Blessing Box.....	21.00	x _____	= \$ _____

METHOD OF PAYMENT	
Cash	_____
Money Order	_____
Check	_____

TOTAL ///\$ \_\_\_\_\_

TOTAL //////////////// \$ \_\_\_\_\_