

**Signature Box**

*Balanced nutrition and variety with enough food to assist in feeding a family of four for a week.*

- 1.5 lb. Rib-Eye Steaks (4 x 6 oz.)
- 2 lb. Lasagna Dinner Entrée
- 1.5 lb. Breaded Fish Fillets (12 ct.)
- 1 lb. Lean Ground Beef
- 1 lb. Lean All White Meat Chicken Sausage (Mild Italian)
- 1.5 lb. Country Fried Steak (4 x 6 oz.)
- 14 oz. – 16 oz. Hickory Smoked Center Cut Ham Steaks
- 1 lb. Frozen Peas & Carrots
- 1 lb. Frozen Broccoli Florets
- 1 lb. Frozen Sliced Zucchini
- 15 oz. Baked Beans
- 24 oz. Natural Cut French Fries
- 1.3 lb. Frozen Fruit Medley
- 2 lb. Fresh Vidalia Onions
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs
- Dessert

**\$30.00**

**Convenience Meals**

*Great for seniors and people living with diabetes! Ten perfectly seasoned, nutritionally balanced, fully cooked meals—just heat and serve. Each meal has been developed with the dietary needs of senior citizens and people living with diabetes in mind, and contains 3 oz. of protein, a starch & two vegetables or fruit.*

- Mesquite Chicken with Southwest Rice Blend, Black Beans, Mesquite BBQ Sauce, Carrots & Green Beans (13.2 oz.)
- Salisbury Steak & Gravy with Red Skin Potatoes, Peas & Carrots and Cauliflower (12.9 oz.)
- Country Herb Chicken with Mashed Potatoes, Sauce, Broccoli & Green Beans and Red Pepper Blend (13.2 oz.)
- Chicken Parmesan with Fettuccini Noodles, Cheese, Marinara Sauce, Zucchini & Red Peppers and Brussels Sprouts (13.4 oz.)
- Meatloaf & Gravy with Mashed Potatoes, Peas & Carrots and Cauliflower (12.9 oz.)
- Chicken Teriyaki with Fried Rice Blend, Teriyaki Sauce, Sugar Snap Peas and Carrots (13.4 oz.)
- Chicken & Noodles with Carrots, Peas, Creamy Sauce, Corn and Brussels Sprouts (15.1 oz.)
- Swedish Meatballs with Malfada Pasta, Sauce, Broccoli & Carrots and Red Peppers and Onions (13 oz.)
- Fettuccini Alfredo with Fettuccini Noodles, Broccoli, Carrots, Alfredo Sauce, Zucchini & Red Peppers and Brussels Sprouts (13 oz.)
- Beef Stew with Potatoes, Carrots, Celery, Onions, Brussels Sprouts, Corn and Red Pepper Blend (15.3 oz.)
- Variety of Desserts and Snacks

**\$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 Chicken Tenders
- 1 lb. Breaded Cubed Steak
- 2 lb. Breaded Chicken Drumsticks

*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**

**6.4 lb. Premium Seafood**

**Variety Box**

- 1.1 lb. Crab Cakes (5 ct.)
- 1.3 lb. Haddock Fillets
- 1.5 lb. Crunchy Popcorn Shrimp
- 1 lb. Breaded Clam Strips
- 1 lb. Medium Raw Shrimp
- 8 oz. Mahi-mahi (2 x 4 oz.)

**\$35.00**

**Just 4 Me – After School Box**

**\$24.00**

*An assortment of child-friendly snacks. Great for after school or any time.*

- 1.5 lb. Fish Sticks
- 1 lb. Popcorn Chicken
- 2 each Pepperoni Pizza (6.5 oz. each package)
- 2 each Peanut Butter and Jelly Jamwich (2.8 oz. each)
- 15.6 oz. Pepperoni Stuffed Breadsticks
- 2 each Twin Charbroil Hamburgers with Cheese (3.7 oz. each package)
- 2 each PBJ on Graham Wafer (2.2 oz. each)
- 1.5 lb. Mini Corn Dogs
- 7.2 oz. Mini Moon Pies (6 ct.)

**Just 4 Me – After School Fruit & Veggie Box**

**\$16.00**

*An assortment healthy fruit snacks especially for kids.*

- 3 Red Delicious Apples
- 3 Fancy Oranges
- (4) 2 oz. packs Celery Sticks
- 1 lb. Premium Whole Peeled Baby Carrots
- 4 Chewy Granola Bars
- 12 oz. Peanut Butter
- 3 Granny Smith Apples
- 3 D'Anjou Pears
- (1) 6-pack Raisins

**MAY SPECIAL #1**

**6.4 lb. Assorted Meat Grill Box**

**\$23.00**

- 1.5 lb. Bone-In New York Strip Steaks (2 x 12 oz.)
- 2 lb. Baby Back Ribs
- 1.5 lb. Hamburger Patties (4 x 6 oz.)
- 1.5 lb. Mild Italian Sausage with Cheese

**MAY SPECIAL #2**

**4 lb. Steak Box**

**\$22.00**

- 4 lb. Sirloin Strip Steaks (8 x 8 oz.)

**MAY SPECIAL #3**

**12 ct. Gourmet-Flavored Chicken Breast Box**

**\$19.00**

- 4 Mesquite Chicken Breast (6 oz. ea.)
- 4 B-B-Q Chicken Breast (6 oz. ea.)
- 4 Italian Chicken Breast (6 oz. ea.)

**MAY SPECIAL #4**

**4 for 4 Family Meals**

**\$35.00**

*4 complete meals with all you need to feed a family of 4.*

**Beef Tips and Gravy** - 1.5 lb. Beef Tips and Gravy, 1 lb. Egg Noodles, 1 lb. Vegetable Blend (zucchini, carrots, Italian beans and cauliflower)

**Split Whole Chicken** - 3 lb. (avg.) Whole Split Chicken, 1 lb. Stir Fry with Vegetables, 1 lb. Green Beans

**Choice Roast Beef** - 1.5 lb. Choice Roast Beef, 1.5 lb. Potato Medley, 1 lb. Green Beans

**Baby Back Ribs** - 2 lb. Baby Back Ribs, 1 lb. Corn, 1 lb. Green Beans

***May is National Salad Month!***

*Why not celebrate with a Premium Fresh Fruit and Veggie Box from Angel Food?*

**MAY SPECIAL #5**

**Premium Fresh Fruit and Veggie Box**

**\$22.00**

- 1 head Cello Lettuce
- 1 head Sleeved Romaine Lettuce
- 1 lb. bag Fresh California Carrots
- (1) 6 oz. pack Radishes
- 1 Red Onion
- (1) 5 oz. bag Fresh Gourmet Salad Croutons
- 1 (16 oz.) Salad Dressing
- 3 lb. bag Idaho Potatoes
- 2 lb. bag Jazz Apples
- 3 lb. bag Oranges
- 1 Package Roma Tomatoes
- 6 California Lemons

Orders Due: **Thursday, May 13, 2010**  
 Distribution Day: **Saturday, May 22, 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.heightspres.org](http://www.heightspres.org)



Angel Food Ministries • High Quality Food at Low Cost • If you eat, You qualify

**How To Order**

**Order Online:** You can place your order online by going to <http://www.angelfoodministries.com>. Follow the directions on the screen from there. Look up the nearest Angel Food Host Site by ZIP code (77008). Chose Host Site, then press "order online" and the menu of the month will appear. Select which items you would like to order and pay with credit or debit card. Don't forget to print your receipt. You will need you receipt to pick up your food.

**Order In Person:** Monday - Friday, 9am-12pm. Pay in person by cash, check, money orders, or Food Stamps (EBT). Food Stamps are only accepted in person.

**Order by Mail:** Send cash, checks or money orders (do not send Food Stamps), along with your order and a self-addressed stamped envelope to **Heights Presbyterian Church, Angel Food Ministry, 240 W. 18th Street, Houston, TX 77008**. The self-addressed, stamped envelope in order to receive your receipt (or come by the church office to pick it up).

Mail order and payments must be received before noon on April 14<sup>th</sup>. We assume no responsibility for mail delays or for lost mail.

In the envelope include a clear description of your order and your contact information containing your NAME; ADDRESS; PHONE; and E-MAIL, along with your payment. (If you are paying with a Lone Star Card, you must come to the church office to sign the voucher.) Upon receiving your order in the mail (it must arrive before the ordering deadline, usually the 2nd Sunday of the month) we will send you a receipt of your order.

On delivery day (usually the 4th Saturday of the month) come to the church with an empty box and your receipt to pick up your order. At that time you will receive the menu for the next month, and you can even place your order for the next month at that time!

**Program Guidelines:** This is not a fundraiser. This is a service to the community.

There are no applications or qualifications; if you eat, you are eligible to participate.

Each month the menu is different from the previous month and consists of both fresh and frozen items including meats, fruits, vegetables, eggs and desserts. Each unit has a retail value of over \$60.

One unit of food assists in feeding a family of four for about one week or a single adult/senior for about one month.

Food is not outdated or damaged goods. It is fresh quality products provided by the same distributors that supply the local grocery chains.

There is no limit on the number of units purchased.

You must have your receipt to pick up your order.

Angel Food Ministries and Heights Presbyterian Church do not provide refunds or credits.

A \$1 donation has been added to each order to cover church expenses (i.e., purchase of boxes, printed materials, postage, etc.).

Angel Food does not accept checks, however, you may make a check out to Heights Presbyterian Church or HCP-AFM. Please do not abuse this offer.

**ORDERS DUE THURSDAY, MAY 13 BY NOON WITH FULL PAYMENT**

NO ORDERS will be accepted after May 13

**Distribution: Saturday, May 22**

**9:30-11am**

Angel Food Ministries reserves the right to substitute any of the items due to availability, costs, or quality. Items not picked up will be donated to those in need. Call Heights Presbyterian Church at 713.725.9608 on distribution day to check for delays.

**Remember to bring your receipt on distribution day.**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Cell \_\_\_\_\_ Email \_\_\_\_\_

Order \_\_\_\_\_ \$ \_\_\_\_\_

Processing Fee + \$ 1.00 Total Amount Due \$ \_\_\_\_\_

Method of Payment

Cash# \_\_\_\_\_ Check # \_\_\_\_\_ Money Order# \_\_\_\_\_ EBT # \_\_\_\_\_

**Please make checks payable to HPC-AFM. Thank you for your order.**