

SIGNATURE BOX

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

- 1.5 lb. Choice Beef Roast
- 2 lb. Baby Back Ribs
- 2.5 lb. IQF Split Chicken Breast
- 2 lb. Mac & Beef Dinner Entrée
- 1.5 lb. Fully Cooked All White Meat Breaded Chicken Breast Patties
- 1 lb. Lean Ground Beef
- 1 lb. Bratwurst with Cheese
- 1 lb. Frozen Sliced Carrots
- 1 lb. Frozen Whole Kernel Corn
- 8 ct. Frozen Heat & Serve Buttermilk Pancakes
- 10 ct. Whole Wheat Dinner Rolls
- 3 lb. or 4 ct. Large Russet Baking Potatoes
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs
- Dessert

\$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.

- Chicken Cacciatore** with rice, cauliflower & lima bean/corn blend
- Fettuccini Alfredo** with Brussels sprouts & zucchini
- Salisbury Steak & Gravy** with cauliflower, peas & carrots
- Breaded Fish Sticks** with wild rice, corn & peas
- Chicken & Noodles** with corn, Brussels sprouts
- Spaghetti & Meatballs** with corn, peas & carrots
- Chicken Teriyaki** with rice blend, sugar snap peas & carrots
- Meat Lasagna** with green beans & cauliflower
- Chili with Beef & Beans** with corn/red peppers & peas
- Cheese Manicotti** with green beans, peas & carrots
- Desserts:** Assorted Cookies, Strawberry Frozen Yogurt Cup, Pineapple Fruit Cup, Peach Fruit Cup, Orange Juice, Fruit Punch

\$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 Fillets
- 1 lb. Breaded Chicken Breast Nuggets
- 1 lb. Breaded Cubed Steak
- 1 lb. Breaded Chicken Wings
- 1 lb. Breaded Chicken Tenders

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 LB. SEAFOOD PACK

Six pounds of the finest quality seafood assortment available.

- 2 lbs. Jumbo Lightly Breaded Shrimp – Bakeable (42-50 shrimp)
- 1 lb. Oven Baked Stuffed Flounder with Crab Stuffing - 4 stuffed Flounders (4 oz. each)
- 2 lbs. Tilapia Raw Fillets (2 - 1 lb. bags per box each bag contains 3-4 fillets which weigh 3-5 oz. each)
- 1.1 lb. (17 oz.) Oven Ready Crab Cakes 5 crab cakes (3-4 oz. each.)

\$35.00

Specials may be purchased with or without the purchase of a Standard Box above

JANUARY SPECIAL #1

- 7 lb. Assorted Meat Grill Box \$23.00**
- 2 lb. Ribeye Steaks (4 x 8 oz.)
 - 2 lb. Pork Roast
 - 1.5 lb. Lean Hamburger Steak Patties (4 x 6 oz.)
 - 1.5 lb. Italian Sausage with Cheese

JANUARY SPECIAL #2

- 5 lb. Assorted Meat & Chicken Combo \$22.00**
- 2 lb. Sirloin Steak Strips (4 x 8 oz.)
 - 1.5 lb. Bacon Wrapped Beef Fillets (4 x 6 oz.)
 - 1.5 lb. Bacon Wrapped Chicken Fillets (4 x 6 oz.)

JANUARY SPECIAL #3

- 10 lb. Battered Boneless Wing Box \$18.00**
- 10 lbs. Boneless Battered White Meat Chicken Breast Chunks/Boneless Wings

JANUARY SPECIAL #4

- 7 lb. Premium Meat Box \$32.00**
- 3 lb. T-Bone Steaks (4 x 12 oz.)
 - 2 lb. Boneless Pork Chops (4 x 8 oz.)
 - 2 lb. Gourmet Flavored Chicken Breasts
 - 1 lb. Italian Flavor (2 x 8 oz.)
 - 1 lb. Honey Mustard Flavor (2 x 8 oz.)

JANUARY SPECIAL #5

- Premium Fresh Fruit and Veggie Box \$22.00**
- 1 Large Golden-Ripe Pineapple
 - 1 3 lb. Combo Pack (Washington State Red Delicious Apples, Granny Smith Apples and Tree-Ripened California Oranges)
 - 2 Large Tree-Ripened Ruby Red Grapefruit
 - 1 Large Premium Haas Avocado
 - 1 lb. California Carrots (Cello Bag)
 - 3 lbs. North Carolina Sweet Potatoes
 - 2 lbs. New Crop Red A-Size Potatoes
 - 2 lbs. Large-Medium Yellow Onions
 - 1 head Large Green Cabbage
 - 1 (8 oz.) Package New Crop Georgia Shelled Pecan Halves
 - 1 Package Wiley's Sweet Potato and Yam Seasoning
- AFM January 2010 Fruit & Veggie Recipe S

Orders Due: **Tuesday, January 12, 4 p.m.**

Distribution Day: **Saturday, January 23, 8:30-9:30**

Dropbox location...Inside Montevallo Library ONLY (CIRCULATION DESK)



New Deadline... Tuesday, January 12 4 p.m.

DEADLINE TO ORDER: TUESDAY, JANUARY 12, 4 p.m.

- Orders with checks or cash may be placed in the Angel Food drop-box at the Parnell Memorial Library on Island St. during regular business hours. The drop-box is **INSIDE** the library. The Library hours are:
 Monday, Wednesday and Friday 10 – 5
 Tuesday, Thursday 10 – 8
 Saturday 10 - 1
- All Food Stamp orders must be placed in person by the cardholder. Call 668-9588 for an appointment.
- You can mail orders (check or money order only) to Mountain Valley Baptist Angel Food, P O Box 470, Montevallo, AL 35115. Be sure your order is postmarked by Monday before the Tuesday deadline.

DISTRIBUTION DATE: SATURDAY, JANUARY 23
Montevallo Park and Recreation Building
8:30 – 9:30 AM

Turn between CVS and First Baptist Church. Turn left on East Boundary. Circle through the Parking lot to have your boxes loaded.

Boxes not picked up by 9:30 a.m. will be considered a donation.

Worship with us on Sundays at 10 a.m. at the Parnell Memorial Library. Casual dress.

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MOUNTAIN VALLEY BAPTIST CHURCH ANGEL FOOD JANUARY, 2010 ORDER FORM

Make Money Orders or Checks PAYABLE TO: MVB Angel Food

Name _____ Phone:hm _____ cell _____

email _____ Address (if first time customer) _____

	#Boxes	Price	Ext Price	OFFICE USE ONLY	
Signature Box	x	\$30 =	\$	Food Stamps	
Senior Box	x	\$28 =	\$	Cash	
Allergen-Free Box	x	\$23 =	\$	Check	
Seafood Box	x	\$35 =	\$	Money Order	
Special 1	x	\$23 =	\$		
Special 2	x	\$22 =	\$		
Special 3	x	\$18 =	\$		
Special 4	x	\$32 =	\$		
Special 5	x	\$22 =	\$		
		TOTAL	\$		

Person picking up order, if different from above:

_____ Phone: _____