

# AUGUST 2010 MENU

## signature box \$29

- 1.5 lb. New York Strip Steaks (4 x 6 oz.)
- 1.5 lb. Breaded Chicken Breast Chunks
- 1 lb. Lean Ground Beef
- 1 lb. (8 ct.) Crunchy Fish Wedges (Bake or Fry)
- 1.5 lb. Pork Chops (4 x 6 oz.)
- 1 lb. **Bonus Item** - Lean Ground Beef
- 1 lb. Frozen Broccoli Florets
- 1 lb. Frozen Carrots
- 1 lb. Frozen Corn
- 1 lb. Frozen Cauliflower Florets
- 1 lb. Pasta
- 26 oz. Pasta Sauce
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs

CHECK OUT OUR NEW LOW PRICE!

## fast and flavorful cuisine \$28

**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 dietary needs of senior citizens and people living with diabetes in mind.

- Fish Fillet**, Lightly Breaded & Baked, with a Rice Blend, Carrots and a Broccoli/Red Pepper Blend
- Sweet and Sour Pork** with Rice, a Green Pea/Carrot Blend and Cauliflower
- Red Beans and Rice** with Smoked Pork Sausage, Carrots and Brussels Sprouts
- White Chicken Cacciatore** with Rice, Carrots and Yellow Squash with Onions
- Breaded Chicken Parmigiana** with Spaghetti, Corn/Red Pepper Blend and Zucchini
- White Chicken and Gravy over Noodles**, Corn and Broccoli
- Salisbury Steak & Gravy** with Red Wedge Potatoes, a Green Pea/Carrot Blend and Brussels Sprouts
- Meatball Stroganoff** over Noodles, Carrots and Broccoli
- Country Herb White Chicken** with Mashed Potatoes, Green Peas and a Lima Bean/Red Pepper Blend
- Macaroni and Cheese**, Black Bean, Corn and Red Pepper Blend and Cauliflower

## just 4 me - after school box \$24

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

- 2 lb. Chicken Fingers • 1.5 lb. Mini Corn Dogs • 1 (3.88 oz.) The BBQ "Sammich" • 2 each (2.6 oz.) Chicken Sandwiches (2 packages with twin sandwiches) • 4 (4 oz.) Hot Pockets • 1 (12 ct.) Pizza Bites • 3 (6 ct.) Cereal Bars • 2 each (1.58 oz.) White Castle Hamburgers (2 packages with twin sandwiches) • 3 (2.2 oz.) PBJ on Graham Wafer • 2 (2.8 oz.) Peanut Butter and Jelly Jamwich

## specials

### AUGUST SPECIAL #1

#### Assorted Grill Box (4.5 lb.) \$24

- 1 lb. Sirloin Strip Steaks (2 x 8 oz.)
- 2 lb. Lean Hamburger Steaks (4 x 8 oz.)
- 1.5 lb. Mild Italian Sausage
- 1.5 lb. Bacon-Wrapped Chicken Breast Fillet (4 x 6 oz.)

### AUGUST SPECIAL #2

#### Steak and Chicken Box (4 lb.) \$23

- 2 lb. Ribeye Steaks (4 x 8 oz.)
- 2 lb. Jumbo Chicken Breast (4 x 8 oz.)

### AUGUST SPECIAL #3

#### 12 ct. Gourmet Flavored Chicken Breast Box (4.5 lbs.) \$22

- 4 Italian Chicken Breast (6 oz. ea.)
- 4 Teriyaki Chicken Breast (6 oz. ea.)
- 4 Lemon Herb Chicken Breast (6 oz. ea.)

### AUGUST SPECIAL #4

#### Oven Ready Entrées \$24

- 4 (2 lb.) Fully cooked Meals - Just Heat and Serve
- 2 lb. Seafood Lasagna
- 2 lb. Lasagna with Meat Sauce
- 2 lb. Country Fried Steak with Gravy
- 2 lb. Chicken Noodle Casserole

### AUGUST SPECIAL #5

#### Premium Fresh Fruit and Veggie Box \$21

- 1 Large Cantaloupe
- 4 Peaches
- 4 Navel Oranges
- 1 Mango
- 1 Head Cello Lettuce
- 1 lb. Cello Carrots
- 2 lb. Yellow Onions
- 3 lb. Idaho Potato
- 20 oz. bag Fresh Green Beans
- 1 Head Cabbage
- AFM Fruit and Veggie Recipe Sheet

NEW LOWER PRICE!

### AUGUST SPECIAL #6

#### Bit O' Blessing Box \$21

Quantities are limited. So order yours Today!!!!

- 16 oz. Stuffed Sandwiches (Assorted Flavors - 4 x 4 oz.)
- 12 oz. Steaks (2 x 6 oz.) or 1.5 lb. Beef Roast or 2 lb. Mac & Beef Entrée
- 1.5 lb. Country Fried Steak Patties
- 1 lb. Ground Beef
- 1 lb. Crunchy Fish Bites
- 1 lb. Frozen Fruit or Green Beans
- 1 lb. Rice

Orders Due: Contact Your Local Host Site  
Distribution Day: Contact Your Local Host Site

Bring your own large box or cooler to collect your food. Food not picked up by 11:00 am cannot be held, and will be donated. There can be no refunds. This is a condition of sale.

Order Deadline: Sun., Aug. 22, 2010, 5:00 pm Distribution: Sat., August 28, 2010, 9:00 - 11:00 am

Please mail your completed order form with your check or money order to St. Paul's/Angel Food, 1221 Wass St., Tustin, CA 92780. Volunteers will be in our office to receive cash or EBT payments 9:00 am - 12:00 noon, Sat., July 21; 9:00 am - 4:00 pm, Tue., Aug. 24; and 9:00 am - 3:00 pm, Thurs., Aug. 26).

We cannot take phone orders. To order online with credit or debit: go to our website, www.stpauls.org.

# ORDER FORM

**NAME:** \_\_\_\_\_ **Check #** \_\_\_\_\_ **Amount:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_ **EMAIL:** \_\_\_\_\_

ITEM	DESCRIPTION	PRICE	Quant.	Subtotal	Site Use Only
Signature Box	Basic Unit: Frozen and Shelf-Stable	\$29.00			
Senior Box	Frozen Senior/Convenience Meals	\$28.00			
After School Box	Chicken Sandwiches, Hot Pockets, Snacks, etc.	\$24.00			
Special #1	4.5 lb. Assorted Grill Box	\$24.00			
Special #2	4 lb. Steak & Chicken Box	\$23.00			
Special #3	Flavored Chicken Breast (12 ) Box	\$22.00			
Special #4	4x4 Fully Cooked Meals	\$24.00			
Special #5	Premium Fresh Fruit and Veggie Box	\$21.00			
Special #6	Bit O' Blessing Box	\$21.00			
<b>GRAND TOTAL:</b>					

I acknowledge I must pick up my order between 9:00 am and 11:00 am and that food not picked-up will be donated and there are no refunds. I understand that this is a condition of sale.

Signed: \_\_\_\_\_ Dated: \_\_\_\_\_

## St. Paul's Episcopal Church – Angel Food Distribution Site

1221 Wass St., Tustin CA 92780

*Angel Food Ministries* is a non-profit, non-denominational organization dedicated to providing grocery relief to families in over 500,000 households each month in 38 states throughout the nation. Angel Food crosses all denominational lines and serves communities through a network of local churches serving as host sites. There are six sites in Orange County.

*Angel Food's groceries* are pre-sold prior to the deadline each month. The basic signature unit is \$30, and consists of both fresh and frozen items with an average retail value of approximately \$70. The contents in the box change slightly from month to month. One signature box assists in feeding a family of four for about a week, or a single person for almost a month. The food is all the same high quality one would purchase at a grocery store – not damaged or outdated goods. There is no limit to the number of regular boxes or special monthly boxes an individual can purchase and there are **no applications or qualifications**. Angel Food Ministries also participates in the U.S. Food Stamp (EBT) program.

*St. Paul's Episcopal Church* is an official Angel Food Host site and collects orders and payments for the boxes. Food boxes are distributed in our parking lot, usually on the fourth Saturday of each month.

*Volunteers* work together to serve our community and feed people that we believe God cares about. The food is delivered directly to our parking lot by refrigerated truck on the morning of distribution day. Our desire is to make "Distribution Day" as easy and relaxing as possible through our volunteer network. We seek to be a service to people in our community by helping them stretch their food dollars. If you are interested in becoming a volunteer, please contact the Angel Food Office at (714) 656-8761.

*To learn more* about Angel Food Ministries, you may visit their web site: [www.angelfoodministries.com](http://www.angelfoodministries.com). You can find other local sites there as well. Details about Angel Food and monthly schedules are at St. Paul's site [www.stpauls.org](http://www.stpauls.org).

*To order online*, through St. Paul's, go to <https://www.angelfoodministries.com/order/default.asp?id=8657&pid=84>.

### Directions:

**From North and West:** Take I-5 or CA 55 south to Fourth Street or Irvine Blvd. Exit and turn left. Proceed East until you cross Newport Ave. At the second traffic light after Newport, turn Left on Charloma. Go one block; at Wass, turn Left.

**From South:** Take I-5 North to Red Hill Ave. Exit and turn Right. Proceed to Irvine Blvd. Turn Left. (Or take Irvine Blvd. from South and East.) At the first traffic light after Red Hill Ave., turn Right on Charloma. Turn Left on Wass.