



# DECEMBER 2010 MENU

St. Luke's Episcopal Church  
 3424 Forest Ave., Des Moines, IA  
 Christmas Boxes Available for Delivery during December Distribution!  
 Bless family members, neighbors and your community with the gift of an Angel Food Christmas Meal.  
 (AFM CHRISTMAS BOX ORDER CUT-OFF DATE: Christmas boxes may be ordered until  
 Wednesday, December 8<sup>th</sup>, 11:59 PM EST)

## B2 - Bit O' Blessing Box

Quantities are Limited. Orders filled on a first come, first serve basis.

- 2 lb. Oven-Ready Meal
- 28 oz. Pot Roast or Meatloaf
- 20 oz. Supreme Pizza
- 1 lb. Hot Dogs
- 7 oz. Fully Cooked Breakfast Link Sausage
- 1 lb. Carrots
- 1 lb. Corn
- 1 lb. Sweet Peas
- Dessert

**\$21.00**

(plus sales tax where applicable)

## B4 - Fast & Flavorful Cuisine

Convenience meals great for seniors and people on the go!

- Spaghetti and Meatballs
- Salisbury Steaks
- Fish Sticks
- Country Herb White Chicken
- Turkey and Gravy over Bread Dressing
- White Chicken Cacciatore
- Boneless Pork Patty
- Fettuccini Alfredo
- Beef Stew
- White Chicken Tetraxini

\*specific meal details can be found at [www.angelfoodministries.com](http://www.angelfoodministries.com)

**\$28.00**

(plus sales tax where applicable)

## S1 - DECEMBER SPECIAL #1 \$25.00\*

### Ribeye Steak Special (4 lb.)

- 4 lb. Ribeye Steaks (8 x 8 oz.)

## S3 - DECEMBER SPECIAL #3 \$23.00\*

### Premium Fresh Fruit and Veggie Box

- 3 lb. Sweet Potatoes
- 3 lb. Idaho Potatoes
- 2 lb. Yellow Onion
- 1 ea. Stalk, Sleeved Celery
- 1 ea. Butternut Squash
- 1 lb. Cello Carrots
- 1 ea. Golden Ripe Pineapple
- 3 lb. Oranges
- 2 lb. Rome Apples
- 4 ea. Navel Oranges
- 2 ea. Pink Grapefruit
- 6 ea. Lemons
- 8 oz. Bag of Shredded Coconut

AFM Fruit and Veggie Recipe Sheet

## S4 - DECEMBER SPECIAL #4 \$36.00\*

### Christmas Box - for delivery in December

- 7.5 lb. (avg.) All Natural Perdue Roasting Hen
- 3 lb. Boneless Netted Ham Roast
- 12 oz. Corn Bread Stuffing Mix (2 packages x 6 oz. = 12 servings)
- 1 lb. Frozen Cranberries
- 12 ct. Mini Corn Cobbettes
- 2 lb. Green Beans
- 2 lb. Diced Sweet Potatoes
- 12 ct. Whole Wheat Dinner Rolls
- 1.7 oz. Brown Gravy Mix (2 packages x .87 oz. = 2 cups gravy)
- Dessert
- Recipes and Cooking Instructions

## B1 - Bread of Life Signature Box

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

- 1.5 lb. Lean Hamburger Steaks (4 x 6 oz.)
- 1.94 lb. Tray Pack Chicken Breast Fillets
- 2 lb. Breaded Chicken Breast Bites
- 2 lb. Mac & Beef Entrée
- 1.5 lb. Sausage, Egg & Cheese Breakfast Wraps (8 ct.)
- 1 lb. Lean Ground Beef
- 1 lb. Smoked Beef Sausage
- 5 lbs. Waffle Fries
- 40 oz. Mac & Cheese (4 x 10 oz. Boil-in-Bag Pouches)

- 1 lb. California Lima Beans
- 1 lb. Sliced Carrots
- 1 lb. Frozen Mixed Vegetables
- 1 lb. Blackeyed Peas (Dry)
- 6.5 oz. Chicken-Flavored Rice
- 5.5 oz. Pancake Mix
- 32 oz. Shelf Stable Milk
- Dozen Eggs
- Dessert

**\$31.00**

(plus sales tax where applicable)

## B5 - Just 4 Me After School Box

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

- 2 lbs. Breaded Chicken Fingers
- 1.75 lb. Fully Cooked Breaded Party Wings
- 1.5 lbs. Corn Dogs
- 14 oz. Stuffed Pizza Breadsticks
- 4 ea. (2.8 oz.) Peanut Butter & Jelly Jamwich
- 2 ea. Charbroiled Cheeseburgers (Twin Packs)
- 2 ea. (2.2 oz.) PBJ on Graham Wafers

**\$24.00**

(plus sales tax where applicable)

## S5 - DECEMBER SPECIAL #5 \$18.00\*

### Christmas Meat and Cheese Box

Limited Quantities. Order while supplies last.

- 3 9 oz. Sausage Variety (1 beef summer sausage, 1 beef salami, 1 summer sausage)
- 3 7 oz. Wisconsin Cheese Bars (1 cheddar, 1 swiss and 1 smokey)
- Recipes and Cooking Instructions

Angel Food Ministries Reserves the Right to Substitute Any 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

**Dec. Orders Due: December 12, 2010**

**Christmas Box orders due December 8, 2010**

**Distribution Day: December 18, 2010 11am-12pm**

[www.stlukes-dsm.org](http://www.stlukes-dsm.org)

## B3 - Bountiful Blessing Box

- 2 lb. Choice Beef Roast
- 1.94 lb. Tray Pack Chicken Breast Fillets
- 1.5 lb. Lean Hamburger Steaks (4 x 6 oz.)
- 2 lb. Frozen Fully Cooked Rice and Chicken Soup
- 2 lb. Breaded Chicken Breast Bites
- 2 lb. Mac & Beef Entrée
- 1.5 lb. Egg, Cheese & Sausage, Breakfast Wraps (8 ct.)

- 1 lb. Lean Ground Beef
- 1 lb. Smoked Beef Sausage
- 14 oz. (avg.) Ham Steak
- 5 lb. Waffle Fries
- 40 oz. Mac & Cheese (4 x 10 oz. Boil-in-Bag Pouches)
- 1 lb. California Lima Beans
- 1 lb. Sliced Carrots
- 1 lb. Green Beans
- 1 lb. Frozen Mixed Vegetables

- 1 lb. Blackeyed Peas (Dry)
- 7.5 oz. Corn Muffin Mix
- 6.5 oz. Chicken-Flavored Rice
- 5.5 oz. Pancake Mix
- 15 oz. Baked Beans
- 32 oz. Shelf Stable Milk
- Dozen Eggs
- Dessert

**\$41.00**

(plus sales tax where applicable)

## GLUTEN FREE!\*

### B6 - Allergen Free Food Box

- 1 lb. Breaded Chicken Breast Nuggets
- 1 lb. Breaded Chicken Tenderloins
- 1 lb. Breaded Breast Fillet Patties
- 1 lb. Breaded Boneless Chicken Wings
- 1 lb. Breaded Cubed Steak

**\$25.00**

\*Please see our website for other allergen facts. (plus sales tax where applicable)

## S6 - DECEMBER SPECIAL #6 \$26.00\*

### Assorted Christmas Fruit Special

- 4 Extra Fancy Washington State Red Apples
- 4 Extra Fancy Washington State Golden Apples
- 4 Extra Fancy/Extra Large Rome Apples
- 4 Washington State Granny Smith Apples
- 5 Fancy Washington State Red Pears
- 6 Tree-Ripened Navel Oranges
- 4 Tree-Ripened Tangerines
- 4 Super Sweet Tangelos
- 6 Super Sweet Juice Oranges
- 5 Ruby Red Grapefruit

\*all prices are plus sales tax where applicable

**YOU MAY PLACE YOUR ORDER 3 WAYS**

**ON LINE:** [www.angelfoodministries.com](http://www.angelfoodministries.com) search by state or zip code for St. Luke's and order on-line using credit or debit card. Order cut-off for online is Sunday, Dec. 12, 2010 at 12:59pm.

**BY MAIL:**

St. Luke's Episcopal Church  
Attn: Angel Food  
3424 Forest Avenue  
Des Moines, IA 50311

**Mailed orders MUST include a self addressed stamped envelope so that we may confirm your order and send your receipt required for pick-up!**

**Personal check, cashier's check or money order made out to:**

**St Luke's Episcopal Church**

**NO CASH OR FOOD STAMPS SENT IN MAIL**

**IN PERSON:**

St. Luke's Episcopal Church  
3424 Forest Avenue  
Des Moines, IA 50311  
Corner of Forest and Beaver near Drake University. 31st Street exit off of I-235.

**ANGEL FOOD OFFICE HOURS**

The Angel Food office will be open for **ONLY** the hours listed below:

**Saturday 12/11: 10am-1pm**

**In person orders are accepted ONLY during these hours.**

Email: [stlukes\\_afm@yahoo.com](mailto:stlukes_afm@yahoo.com)

Websites [www.stlukes-dsm.org](http://www.stlukes-dsm.org) or [www.angelfoodministries.com](http://www.angelfoodministries.com)

**ORDER FORM (PLEASE PRINT)**

(We accept personal checks, cashier's checks or money orders, please **DO NOT** send cash or Food Stamps by mail)  
(Please make checks or money orders out to St. Luke's Episcopal Church)

**NAME** \_\_\_\_\_ **PHONE #** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

# OF BREAD OF LIFE SIGNATURE DEC UNITS (No Limit)----- x \$31.00 per unit = \_\_\_\_\_  
# OF BIT 'O BLESSINGS DEC UNITS (No Limit) ----- x \$21.00 per unit = \_\_\_\_\_  
# OF BOUNTIFUL BLESSINGS DEC UNITS (No Limit) ----- x \$41.00 per unit = \_\_\_\_\_  
# OF JUST 4 ME/AFTER SCHOOL UNITS (No Limit) ----- x \$24.00 per unit = \_\_\_\_\_  
# OF FAST AND FLAVORFUL CUISINES UNITS (No Limit) ----- x \$28.00 per unit = \_\_\_\_\_  
# OF ALLERGEN FREE UNITS (No Limit) ----- x \$25.00 per unit = \_\_\_\_\_

SPECIAL #1 ----- x \$25.00 per special = \_\_\_\_\_  
SPECIAL #3 ----- x \$23.00 per special = \_\_\_\_\_  
SPECIAL #5 ----- x \$18.00 per special = \_\_\_\_\_  
SPECIAL #6 ----- x \$26.00 per special = \_\_\_\_\_

Christmas Holiday Box (Special #4)----Delivered in Dec----- x \$36.00 per special = \_\_\_\_\_  
(Orders for Holiday Box are due by Dec. 8, 2010)

**TOTAL** \_\_\_\_\_

Check \_\_\_\_\_ Cashier's Check \_\_\_\_\_ Money Order \_\_\_\_\_

\*\*\*\*Check here, if you have ordered with us before \_\_\_\_\_\*\*\*\*