



Angel Food Order Form
 Z-Place...Zion Family Center, Inc.
 702 Cincinnati, San Antonio, TX 78201
 (210) 732-8105
 www.zplace.org

ORDERS DUE: Tue., Dec. 8, 2009
 Hours: M-F, 8:30am-3pm@upstairs classroom
PICK UP DAY: Sat., Dec. 19, 9:00-10:00 am
 Bring cooler or box to pick up food
 Orders not picked up will be donated.

REGULAR BOX \$30.00

- 2 lb. New York Strip Steaks (4 x 8 oz.)
- 1.5 lb. Boneless Pork Roast
- 1 lb. Chicken Breast Fajita Strips
- 1 lb. Lean Ground Beef
- 1.5 lb. All White Meat Chicken Tenders
- 1 lb. Bake or Fry Fish Sticks (32 count)
- 1 lb. Hickory Smoked Center Cut Ham
- 1 lb. Frozen Baby Lima Beans
- 1 lb. Frozen Green Beans
- 2 lb. French Fries
- 2 lb. bag Fresh Apples
- 10 ct. Flour Tortillas
- 32 oz. 2% Shelf Stable Milk
- 1 Dozen Eggs
- 1 Dessert

SR./CONVENIENCE BOX \$28.00

For Seniors and People on the Go!
Roasted Chicken with red skin potatoes, sugar snap peas & carrots
Swedish Meatballs with pasta, broccoli carrots & red peppers
Meatloaf & Gravy with mashed potatoes, peas, carrots, cauliflower
Sliced Turkey & Dressing with gravy, corn and green bean/cranberry blend
Chicken & Broccoli Alfredo with carrots, zucchini/red peppers
Chili with Beef & Beans, corn/red peppers, peas
Boneless Pork Patty with roasted sweet potatoes, sugar snap peas and broccoli/cauliflower blend
Chicken Parmesan and Pasta with Brussels sprouts and zucchini
Macaroni & Beef with noodles, carrots zucchini/red peppers
Chicken & Noodles with corn, Brussels sprouts
Dessert: Assorted Cookies, Pineapple Fruit Cup, Strawberry Applesauce, Mixed Fruit Cup, Apple Juice, Cranberry Juice

5 LB. ALLERGEN-FREE FOOD BOX \$23.00

- 1 lb. Breaded Chicken Breast Chunks
- 1 lb. Breaded Formed Tenders
- 2 lbs. Breaded Chicken Drumsticks
- 1 lb. Breaded Cube Steak

Battered/Breaded with water, white rice, brown rice, modified tapioca starch, flax seed, sugar, salt, spices, dehydrated garlic, spice extractives/Breaded and oleoresin paprika. Breading is pre-browned in Canola oil.



Purchase of Above Boxes is NOT required to order Specials!

DECEMBER SPECIALS

- ➔#1 **6 lb. Asst'd Meat Grill Box \$22.00**
 1.5 lb. T-Bone Steaks (2 x 12 oz.)
 1.5 lb. Bacon-Wrapped Hamburger Steaks (4 x 6 oz.)
 2 lb. Pork Chops (4 x 8 oz.)
 1 lb. Mild Italian Sausage with Cheese
- ➔#2 **4.5 lb. Steak Combo \$21.00**
 2.5 lb. Ribeye Steaks (4 x 10 oz.)
 2 lb. Sirloin Strip Steaks (4 x 8 oz.)
- ➔#5 **Premium Fresh Fruit and Veggie Box \$22.00**
 3 lb. New Crop North Carolina Sweet Potatoes
 4 Large Russet Baking Potatoes
 3 lb. bag Large-Medium Yellow Onions
 1 head Fresh Green Cabbage
 1 lb. Fresh Cello-Packed Carrots
 1 stalk Fresh Cello-Packed Celery
 4 California Lemons
 6 Large Tree-Ripened Oranges
 4 Large Premium Grapefruit
 1 Large Tree-Ripened Mango
 1 Large Premium Haas Avocado
 1 lb. California Kiwi Fruit
- ➔#3 **10 lb. IQF Unbreaded Poultry Box \$20.00**
 3 lbs. Split IQF Tyson Cornish Hens
 2.5 lb. IQF Split Chicken Breast
 2.5 lb. IQF Chicken Thigh Quarters
 2 lb. IQF Chicken Tenders (Unbreaded)
- ➔#4 **Holiday Meat and Cheese Special \$18.00**
 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)
- ➔#6 **Assorted Holiday Fruit Special \$26.00**
 5 Ruby Red Grapefruit
 12 Tree-Ripened Navel Oranges
 5 Tree-Ripened Tangerines
 5 Extra Fancy Red Rome Apples
 4 Extra Fancy Golden Delicious Apples
 4 Extra Fancy Red Delicious Apples
 4 Extra Fancy Granny Smith Apples
 4 Extra Fancy Gala Apples
 4 Extra Fancy Red Anjou Pears
 6 Sun Kist Fruit Gem Candies

CUSTOMER COPY: Name _____
 # Reg. _____ #Sr. Menus _____ #Allergen _____ #1 _____ #2 _____ #3 _____ #4 _____ #5 _____ #6 _____
 Total Pd. \$ _____ Payment Method: _____ Staff signature _____

Z-PLACE COPY ↓ This bottom portion to be turned in with payment ↓
 Name: _____ Person picking up food: _____
 Contact Phone: _____ Address: _____
 Payment Method (circle one): **Cash** **LoneStar Card** **Check**(# _____) or **Money Order** (payable to Z-Place)
 # Reg. _____ #Sr. Menus _____ #Allergen _____ #1 _____ #2 _____ #3 _____ #4 _____ #5 _____ #6 _____
 Total Due \$ _____ Amount collected \$ _____ Staff Initials _____

Regular Units

For fourteen years, Angel Food has provided balanced nutrition and variety through its regular box, with enough food to feed a family of four for a week.

Senior Units

All ten individual meals are fully-cooked and labeled complete with heating instructions – just heat and serve. Each meal has no added sodium, is low in fat, and is nutritionally balanced for seniors with 3 oz. of protein, two vegetables or fruit, and a starch.

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!

Battered with water, white rice, brown rice, modified tapioca starch, flax seed, sugar, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika.

Breaded with white rice, brown rice, modified tapioca starch, flax seed, sugar, dextrose, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika. Breading is pre-browned in Canola oil.

Seafood Box

Is Seasonal and processed with all natural ingredients.

Angel Food Ministries is a non-profit, non-denominational organization dedicated to providing grocery relief and financial support to communities throughout the United States.

Blessings by the box

Angel Food's groceries are sold in a quantity that can fit into a medium-sized box at \$30 per unit. Each month's menu is different than the previous month and consists of both fresh and frozen items, with an average retail value of approximately \$50. **Beginning SEPTEMBER 2009, the purchase of any Box is not required in order to purchase any Special!**

Generally, one unit of food assists in feeding a family of four for about one week or a single senior citizen for almost a month. The food is all the same high quality one would purchase at a grocery store.

Additionally, there is no limit to the number of units or bonus foods an individual can purchase, and there are no applications to complete or qualifications to which participants must adhere. Angel Food Ministries, like most all other retail grocery stores, also participates in the U.S. Food Stamp program, using the Off-Line Food Stamp Voucher system (Lone Star card).

For more information or the current menu, please contact Becky Padilla at (210) 846-9639, or visit the Angel Food website at www.angelfoodministries.com, or go to www.zplace.org for the current month's menu.