

# ANGEL FOOD MINISTRIES 2010 MARCH MENU

**If you eat, you qualify!! No income guidelines or residential boundaries!**

- |  |                             |                                 |
|--|-----------------------------|---------------------------------|
| 1 lb. Boneless Center Cut Pork Chops (4 x 4 oz.)                   | 1 12" Supreme Pizza         | 24 oz. Natural Cut French Fries |
| 2.5 lb. IQF Split Chicken Breasts                                  | 1 lb. Frozen Peas & Carrots | 6.5 oz. Stroganoff Skillet Meal |
| 2 lb. Macaroni & Beef Dinner Entrée                                | 1 lb. Lean Ground Beef      | 1 lb. Frozen Whole Kernel Corn  |
| 2 lb. Heat and Serve Broccoli & Cheese Soup                        | 1 lb. Rice                  | 2 lb. Fresh Apples              |
| 2 lbs. Chopped Beef Steaks flavored with Dijon Mustard (4 x 8 oz.) |                             | 1 Dozen Eggs                    |
| 1 lb. Bacon Wrapped Turkey Breast Filet Mignon (4 X 4 oz.)         |                             | Dessert Item                    |

**Get all the above for \$30.00 – No limit on the number of food boxes you can purchase**

## SENIOR/CONVENIENCE BOX - NUTRITIONALLY BALANCED,

**Breaded Baked Fish** over wild rice with green beans, corn and peas

**Pot Roast** with mashed potatoes, corn and green beans

**Swedish Meatballs** over pasta in sauce, broccoli, carrot blend

**Fettuccini Alfredo** with carrots and broccoli, zucchini and Brussels sprouts

**Meatloaf Patty** with mashed potatoes and gravy, peas and carrots and cauliflower

**Turkey and Dressing** with gravy, green bean blend and corn

## FULLY COOKED MEALS, JUST HEAT AND SERVE: \$28.00

**Chicken and Noodles** with carrots and peas, corn and Brussels sprouts

**Chicken Chow Mein** over lo mein noodles, mixed vegetables and sauce, sugar snap peas and cauliflower

**Country Herb Chicken** with mashed potatoes and sauce, broccoli and green bean blend

**Chicken Broccoli Alfredo** with carrots and zucchini blend

**Desserts:** Assorted Cookies, Mixed Fruit Cup, Applesauce, Grape Juice, Apple Juice

## ALLERGEN-FREE FOOD BOX –

\$23.00

Processed to eliminate the 8 top serious allergens: Peanuts, Soybeans, Milk, Eggs, Fish, Crustacea, Tree Nuts and Gluten (wheat, rye and barley).

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

## 6 LB. PREMIUM SEAFOOD VARIETY BOX-

\$35.00

27 oz. Breaded Butterfly Shrimp (oven ready)

10 oz. Cod Fillets

17 oz. Crab Cakes (oven ready)

16 oz. White Fish Fillets

16 oz. Tilapia Fillets

10 oz. Breaded Clam Strips (oven ready)

## NEW!! AFTER SCHOOL BOX-

\$21.00

14 oz. Bread Sticks Stuffed with Mozzarella in Resealable Bag 1.5 lb. Fully Cooked Chicken Rings in Resealable Bag (Approx. 8 servings)

1.5 lb. Fully Cooked Mini Corn Dogs (36 count) 1.5 lb. Fully Cooked Chicken & Cheese Nuggets in Resealable Bag (Approx. 8 servings)

**These specials are available WITHOUT the purchase of any of the food boxes listed above**

### Special "A"

\$23.00

7 lb. Assorted Meat Grill Box

1.5 lb. Ribeye Steaks (2 x 12 oz.)

1 lb. Chopped Beef Steak Flavored with Real Mozzarella Cheese (2 x 8 oz.)

1 lb. Chopped Beef Steak Flavored with Real Mild Cheddar Cheese (2 x 8 oz.)

1.5 lb. Italian Sausage with Cheese

1 lb. Bacon Wrapped Turkey Breast Filet Mignon (4 x 4 oz.)

### Special "B"

\$22.00

4.5 lb. Assorted Meat & Chicken Combo

1.5 lb. New York Strip Steaks (2 x 12 oz.)

1.5 lb. Bacon Wrapped Filet (4 x 6 oz.)

1.5 lb. Bacon Wrapped Chicken Breast (4 x 6 oz.)

### Special "C"

\$20.00

10 lb. Boneless/Skinless Chicken Breast Box

10 lb. IQF Boneless/Skinless Chicken Breasts

### Special "D"

\$35.00

4 x 4 Family Meal Kits

**Turkey Kit** - 1.5 lb. Boneless Turkey Breast, 1.5 lb. Potato Medley (Potatoes, Carrots, Onions and Celery), 1 lb. Green Beans

**Split Whole Chicken Kit** - 3 lb. (avg) Whole Split Chicken (2 individually wrapped halves), 1.5 lb. Potato Medley, 1 lb. Green Beans

**Beef Tips & Gravy Kit** - 1.5 lb. Choice Beef Tips in Gravy, 1.5 lb. Rice Medley (Rice with Red & Green Peppers)

**Pork Roast Kit** - 1.5 lb. Boneless Pork Roast, 1.5 lb. Potato Medley, 1 lb. Corn

### Special "E"

\$22.00

**Premium Fresh Fruit and Veggie Box**

1 Pineapple, 1 Cantaloupe, 1 lb. White Seedless Grapes,

1 Mango, 1 Haas Avocado, 1 head Green Cabbage,

3 lb. bag Sweet Potatoes, 2 lb. bag Yellow Onions,

3 lb. bag Idaho Baking Potatoes, 1 lb. Carrots,

3 Variety Colored Bell Peppers, 2 ct. Jumbo Garlic,

AFM March 2010 Fruit and Veggie Recipe Sheet

**Note: Angel Food Ministries Reserves the Right to Substitute Any Items Due to Availability, Cost, or Quality**

**At sites - Cash, Money Order, or EBT Card Only. Sorry, No Personal Checks, Debit or Credit Cards.**

**However, you can order online using a credit or debit card...go to [www.angelfoodministries.com](http://www.angelfoodministries.com)**

**SITES NOW OPERATING IN YORK COUNTY - SAME MENU & SAME DISTRIBUTION DAY – SATURDAY, MARCH 20**

St. Paul United Methodist Church, Manchester, 586-3761 or 266-5960

Friendship Community Church, 3380 Fox Run Rd., Dover, 779-0400

Fourth United Methodist Church, 1067 E. Market St. (side entrance) York 717 854-6731

Otterbein United Methodist Church, Spry 717 741-1429

Pine Grove Presbyterian Church, Airville 717 862-3579

Shrewsbury Southern Community Services 717 227-0048

Kreutz Creek Presbyterian Church, Hellam, PA, 840-0955 or 755-0223

Christ Lutheran Church, Dallastown, Karen Cunnings, 244-2605