

angelfood

MINISTRIES

Richlands First Christian Church, 124 Trott Rd., Richlands, NC ~ Phone: 910-546-4441

www.fccrichlands.org www.angelfoodministries.com

MARCH 2010 MENU

<p>REGULAR BOX \$30.00</p> <ul style="list-style-type: none"> 2 lbs. Chopped Beef Steaks flavored with Dijon Mustard (4 x 8 oz.) 1 lb. Bacon Wrapped Turkey Breast Filet Mignon (4 X 4 oz.) 1 lb. Boneless Center Cut Pork Chops (4 x 4 oz.) 2 lb. Macaroni & Beef Dinner Entrée 2.5 lb. IQF Split Chicken Breasts 1 lb. Lean Ground Beef 1 12" Supreme Pizza 1 lb. Frozen Peas & Carrots 1 lb. Frozen Whole Kernel Corn 2 lb. Fresh Apples 2 lb. Heat and Serve Broccoli & Cheese Soup 24 oz. Natural Cut French Fries (Skin-on) 6.5 oz. Stroganoff Skillet Meal 1 lb. Rice Dozen Eggs Desserts 	<p>SENIOR BOX -- \$28.00</p> <p>All ten individual meals are fully-cooked and labeled. 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.</p> <table border="1"> <tr> <td data-bbox="435 436 743 915"> <p>Breaded Baked Fish over wild rice with green beans, corn and peas</p> <p>Chicken Chow Mein over lo mein noodles, mixed vegetables and sauce, sugar snap peas and cauliflower</p> <p>Swedish Meatballs over pasta in sauce, broccoli, carrot blend</p> <p>Fettuccini Alfredo with carrots and broccoli, zucchini and Brussels sprouts</p> <p>Meatloaf Patty with mashed potatoes and gravy, peas and carrots and cauliflower</p> <p>Turkey and Dressing with gravy, green bean blend and corn</p> </td> <td data-bbox="743 436 1040 915"> <p>Chicken and Noodles with carrots and peas, corn and Brussels sprouts</p> <p>Pot Roast with mashed potatoes, corn and green beans</p> <p>Country Herb Chicken with mashed potatoes and sauce, broccoli and green bean blend</p> <p>Chicken Broccoli Alfredo with carrots and zucchini blend</p> <p>Desserts: Assorted Cookies, Mixed Fruit Cup, Applesauce, Grape Juice, Apple Juice</p> </td> </tr> </table>	<p>Breaded Baked Fish over wild rice with green beans, corn and peas</p> <p>Chicken Chow Mein over lo mein noodles, mixed vegetables and sauce, sugar snap peas and cauliflower</p> <p>Swedish Meatballs over pasta in sauce, broccoli, carrot blend</p> <p>Fettuccini Alfredo with carrots and broccoli, zucchini and Brussels sprouts</p> <p>Meatloaf Patty with mashed potatoes and gravy, peas and carrots and cauliflower</p> <p>Turkey and Dressing with gravy, green bean blend and corn</p>	<p>Chicken and Noodles with carrots and peas, corn and Brussels sprouts</p> <p>Pot Roast with mashed potatoes, corn and green beans</p> <p>Country Herb Chicken with mashed potatoes and sauce, broccoli and green bean blend</p> <p>Chicken Broccoli Alfredo with carrots and zucchini blend</p> <p>Desserts: Assorted Cookies, Mixed Fruit Cup, Applesauce, Grape Juice, Apple Juice</p>	<p>ALLERGEN-FREE BOX \$23.00</p> <p><i>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!</i></p> <ul style="list-style-type: none"> 1 lb. Breaded Chicken Breast Chunks 1 lb. Breaded Formed Tenders 2 lbs. Breaded Chicken Drumsticks 1 lb. Breaded Cube Steak <hr/> <p>6 lb. Premium Seafood Variety Box \$35.00</p> <ul style="list-style-type: none"> 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) <hr/> <p>After School Box \$ 21.00</p> <ul style="list-style-type: none"> 14 oz. Bread Sticks Stuffed with Mozzarella in Resealable Bag (9 x 1.61 oz.) 1.5 lb. Fully-Cooked Chicken Rings in Resealable Bag (Approx. 8 servings) 1.5 lb. Fully Cooked Chicken & Cheese Nuggets in Resealable Bag (Approximately 8 servings) 1.5 lb. Fully Cooked Mini Corn Dogs (36 count)
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ALL ITEMS MAY BE PURCHASED SEPARATELY.

MARCH SPECIAL #1 ~ \$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.)

MARCH SPECIAL #2 ~ \$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.)

MARCH SPECIAL #3 ~ \$20.00

10 lb. Boneless/Skinless Chicken Breast Box

- 10 lb. IQF Boneless/Skinless Chicken Breasts

MARCH SPECIAL #4 ~ \$35.00

4 x 4 Family Meal Kits (4 meal kits with all you need to feed a family of 4. 16 meals at 2.20 per meal.)

- Turkey Kit** - 1.5 lb. Boneless Turkey Breast, 1.5 lb. Potato Medley (Potatoes, Carrots, Onions & Celery), 1 lb. Green Beans.
- Split Whole Chicken Kit** - 3 lb. (avg.) Whole Split Chicken (2 individually wrapped halves), 1.5lb. 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, 1.5lb. Potato Medley, 1 lb. Corn.

MARCH SPECIAL #5 ~ \$22.00

Premium Fresh Fruit & Veggie Box

- 1 Large Golden Ripe Pineapple
- 1 Large Vine Ripened Cantaloupe
- 1 lb. New Crop Chilean White Seedless Grapes
- 1 Large Tree-Ripened Mango
- 1 Large Haas Avocado
- 1 Head Leafy Green Cabbage
- 3 lb. bag Sweet Potatoes (baking size)
- 2 lb. bag New Crop Yellow Onions
- 3 lb. bag Idaho Baking Potatoes
- 1 lb. Fresh California Carrots
- 3 Variety Colored Bell Peppers
- 2 ct. Jumbo Garlic

AFM March 2010 Fruit & Veggie Recipe Sheet

EVERYONE IS ELIGIBLE!

To order Angel Food ONLINE simply go to www.angelfood.us Click on "**Find A Host Site**" type in church's name or zip code to find First Christian Church, Richlands. Click on **MORE** tab, then click the **RED** box to ORDER ONLINE.

Angel Food Ministries Reserves the Right to Substitute Any of the Above Items Due to Availability, Cost and Quality.

We Only Accept Cash, Money Orders (*made payable to Angel Food Ministries*) and Food Stamps. We do NOT ACCEPT Checks, Credit or Debit Cards. EBT funds must be available by March 15th, 2010.

Food Order Dates and Times

Feb. 20 th	Saturday	8:30am - 10:00am
Mar. 12 th	Friday	10:00am - 1:00pm & 5:00pm - 7:00pm
Mar. 13 th	Saturday	10:00am - 1:00pm
Mar. 15 th	Monday	10:00am - 1:00pm & 5:00pm - 7:00pm

ORDERS WILL BE ACCEPTED IN THE FELLOWSHIP HALL OF FIRST CHRISTIAN CHURCH AT THE TIME AND DATES LISTED.

**DISTRIBUTION DAY:
SATURDAY, MARCH 20th
8:30 AM - 10:00 AM**

You Need to Bring A Container/Box To Pick Up Your Food.