

## SEPTEMBER 2010 MENU

### Food Order Dates and Times

Friday, September 10<sup>th</sup> 10:00AM-1:00 PM & 5:00-7:00 PM  
 Saturday, September 11<sup>th</sup> 10:00 AM - 1:00 PM  
 Monday, September 13<sup>th</sup> 10:00AM - 1:00 PM & 5:00-7:00 PM

### Bountiful Blessing Box - \$41



- 28 oz. Fully Cooked Pot Roast  
 (Pot Roast in Gravy with Red Wedge Potatoes, Carrots, Sliced Celery and Pearl Onions)
- 3 lb. (avg.) Family Tray Pack All Natural Split Chicken Breast
- 28 oz. Fully Cooked Broccoli, Rice and Chicken w/Cheese Dinner Entrée
- 8 ct. Bean and Cheese Burritos
- 1.5 lb. Hamburger Patties (4 x 6 oz.)
- 1.5 lb. Center Cut Boneless Pork Chops (6 x 4 oz.)
- 1.5 lb. Breaded Chicken Breast Nuggets
- 1 lb. Lean Ground Beef
- 1 lb. All Beef Sausage
- 1 lb. Crunchy Breaded Fish Wedges
- 1 lb. French Cut Green Beans
- 1 lb. Garden Peas
- 1 lb. Sliced Carrots
- 1 lb. Whole Kernel Corn
- 1 lb. Broccoli Florets
- 1 lb. Cauliflower Florets
- 24 oz. Natural Cut French Fries
- 1 lb. Pasta
- 25 oz. Pasta Sauce
- 6 oz. Corn Bread Stuffing Mix
- 5.5oz. Pancake Mix
- 32 oz. 2% Shelf Stable Milk
- 1 Dozen Eggs
- 6 ct. Fried Apple Pie Sticks (2.75 oz. each)

### Bread of Life Signature Box - \$31

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

- 3 lb. (avg.) Family Tray Pack All Natural Split Chicken Breast
- 8 ct. Bean and Cheese Burritos
- 1.5 lb. Hamburger Patties (4 x 6 oz.)
- 1.5 lb. Center Cut Boneless Pork Chops (6 x 4 oz.)
- 1.5 lb. Breaded Chicken Breast Nuggets
- 1 lb. Lean Ground Beef
- 1 lb. All Beef Sausage
- 1 lb. French Cut Green Beans
- 1 lb. Garden Peas
- 1 lb. Whole Kernel Corn
- 24 oz. Natural Cut French Fries
- 1 lb. Kidney Beans
- 1 lb. Rice
- 6 oz. Corn Bread Stuffing Mix
- 5.5oz. Pancake Mix
- 32 oz. 2% Shelf Stable Milk
- 1 Dozen Eggs
- 6 ct. Fried Apple Pie Sticks (2.75 oz. ea.)

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

- 2.5 lb. IQF Chicken Breast or 4.5 lb. Perdue Whole Chicken
- 28 oz. Fully Cooked Meat Loaf
- 12 in. Supreme Pizza
- 1 lb. Lean Ground Beef
- 2 lb. Fully Cooked Mashed Potatoes
- 6.5 oz. Skillet Meal
- 1 lb. Rice
- Dessert

### Fast & Flavorful Cuisine - \$28

*Ten perfectly seasoned, nutritionally balanced, fully-cooked meals – just heat & serve. Each meal has been developed with dietary needs of senior citizens and people living with diabetes in mind.*

**Roasted Chicken** with Red Wedge Potatoes, Lima Beans and a Carrot/Celery Blend

**Chicken Alfredo** with Fettuccini Noodles, Carrots and Broccoli

**Chicken Chow Mein** with Noodles, Green Beans and Cauliflower

**Chicken Teriyaki** with a Rice Blend, Carrots and Zucchini with Onions

**Sweet and Sour Chicken** with Rice, Okra with Onions and Carrots

**Salisbury Steak and Gravy** with Red Wedge Potatoes, a Green Pea/Carrot Blend, Green Beans

**Home style Chili** with Beef and Beans with a Yellow Squash/Red Pepper Blend, and Green Beans

**Beef Stew** with Diced Potatoes, Broccoli and a Zucchini/Red Pepper Blend

**Chicken Mexicana** with Bell Peppers & Onions in a Chili Sauce over Rice, Corn & Brussels Sprouts

**Macaroni and Beef** with Okra, Onions and Carrots

### SEPTEMBER SPECIAL #1-\$25.00

- Steak Combo Box** (5 lbs.)  
 3 lb. T-Bone Steaks (4 x 12 oz.)  
 2 lb. New York Strip Steaks (4 x 8 oz.)

### SEPTEMBER SPECIAL #2-\$22.00

- Breaded Chicken Breast Nuggets**  
 10 lb. Breaded Chicken Breast Nuggets

### SEPTEMBER SPECIAL #3-\$23.00

#### Premium Fresh Fruit and Veggie Box

- 3 lb. Idaho Potatoes
- 3 lb. Sweet Potatoes
- 3 lb. JonaMac Apples
- 2 lb. Yellow Onions
- 1 lb. Cello Carrots
- 1 Head Cello Lettuce
- 1 Head Green Cabbage
- 1 Avocado
- 1 Large Cantaloupe
- 1 Golden Ripe Pineapple
- 1 lb. Bag Kiwi
- 4 Lemons
- 4 Navel Oranges
- 4 Pears
- AFM Fruit and Veggie Recipe Sheet

### Distribution Day

Sat., September 18<sup>th</sup>  
 8:00 - 10:00 AM

### Just 4 Me - \$24 After School Box

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

- 2 lb. Chicken Fingers/Popcorn Chicken
- 1.5 lb. Mini Corn Dogs
- 16 oz. String Cheese
- 2(3oz.) Hot Dogs in Bun (individually wrapped)
- 2(4.5oz) Mini Cheese Burgers (2 twin pks)
- 4(4 oz.) Hot Pockets
- 2(6.5oz) Pizza's
- 2(1.58oz) White Castle Hamburgers (2 twin packs)
- 2(2.8oz.) Peanut Butter & Jelly Jamwich

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

**\*\*We Accept Food Stamps (EBT).**

**\*\*ON-LINE ORDERING AVAILABLE**  
 (Last day to order is Sept. 14th)