



MARCH 2010 MENU

SIGNATURE BOX \$30.00

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

- 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 (Re-sealable Bag)
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
Dessert

SENIOR/CONVENIENCE BOX \$28.00

For Seniors or People on the Go!

Ten perfectly seasoned, nutritionally balanced, fully cooked meals—just heat and serve. Each meal has been developed with the dietary needs of senior citizens in mind, and contains 3 oz. of protein, a starch & two vegetables or fruit.

- Breaded Baked Fish over wild rice with green beans, corn and peas
Chicken Chow Mein over lo mein noodles, mixed vegetables and sauce, sugar snap peas and cauliflower
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
Chicken and Noodles with carrots and peas, corn and Brussels sprouts
Pot Roast with mashed potatoes, corn and green beans
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 BOX \$23.00

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!

- 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 and oleoresin paprika. Breading is pre-browned in Canola oil.

\$23.00

6 lb. Premium Seafood Variety Box

- 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)

\$35.00

After School Box

- 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)

\$21.00

SPECIAL #1 -6 lb. Assorted Meat Box \$23.00

- 1.5 lb. Ribeye Steaks (2 x 12 oz.)
1 lb. Chopped Beef Steak Flavored w/Real Mozzarella Cheese (2 x 8 oz.)
1 lb. Chopped Beef Steak Flavored w/Real Mild Cheddar Cheese (2 x 6 oz.)
1.5 lb. Italian Sausage with Cheese
1 lb. Bacon Wrapped Turkey Breast Filet Mignon (4 x 4 oz.)

SPECIAL #2 -4.5lb Assrtd Meat & Chickn Combo \$22.00

- 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 Filet (4 x 6 oz.)

SPECIAL #3 - 10 lb. Bonless/Skinless Chicken Breast Box \$20.00

- 10 lb. IQF Boneless/Skinless Chicken Breasts

SPECIAL #4 - 4 x 4 Family Meal Kits \$35.00

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 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 #5 -Premium Fresh Fruit/Veggie \$22.00

- 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 and Veggie Recipe Sheet

LAST DAY TO PLACE & PAY FOR YOUR ORDER IS Noon on Friday, March 12, 2010

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

Signature Box: _____ x \$30.00 = _____

Senior Box: _____ x \$28.00 = _____

Allergen Free Box: _____ x \$23.00 = _____

Seafood Box: _____ x \$35.00 = _____

After School Box: _____ x \$21.00 = _____

Spcl # 1: Assrtd Meat Box _____ x \$23.00 = _____

Spcl # 2: Assrtd. Meat/Chckn Combo _____ x \$22.00 = _____

Spcl # 3: Bnls/Sknls Chicken _____ x \$20.00 = _____

Spcl #4: Family Meal Kits _____ x \$35.00 = _____

Spcl #5: Prm.Fruit/Veggie Box _____ x \$22.00 = _____

Total March Order: _____ = _____

Distribution Date / Time: Saturday, March 20, 2010 / 7:30 am – 9:00 am

Distribution Location: First Baptist Church of Elon – Fellowship Hall Parking Lot

RETAIN THIS PORTION AS YOUR RECEIPT.

Payment may be made in cash, check, money order or food stamps (EBT). Checks & money orders should be made to First Baptist Church of Elon.

Visit http://www.angelfoodministries.com/host.asp?id=8763 to order online using a credit or debit card or visit the church website at www.fbc-elon.org.

Any order not picked up at the designated time and place will be donated.

FBCE Contact:

Amy Mofield 336-449-7691 or amy.mofield@richmond.edu

Name: _____ Phone Number: _____ EBT #/Ck # /Cash: _____
 Address: _____
 Email address: _____ (For receipt)

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**DETACH AND MAIL OR DROP OFF
 THIS PORTION WITH PAYMENT TO:**
*First Baptist Church of Elon
 P.O. Box 778 / 621 E. Haggard Ave.
 Elon, NC 27244*

All cash orders must have the correct change!!