

## March 2010 MENU

### Signature Box \$30.00

Balanced nutrition and variety with enough food to assist in feeding 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 Meals For Seniors or People on the Go! \$28.00

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

### Order Deadline

Friday, March 12

Distribution Day

Saturday, March 20

**\*\*9:15am -10:30am\*\***

### 5 lb. Allergen-Free Food 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).

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

### 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)

### After School Box \$21.00

- 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)

\*\*\*Specials may be purchased with or without the purchase of a Standard Box above\*\*\*

### MARCH SPECIAL #1

#### 6 lb. Assorted Meat Grill Box

**\$23.00**

- 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

#### 4.5 lb. Assorted Meat & Chicken 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 (4 x 6 oz.)

### MARCH SPECIAL #3

#### 10 lb. Boneless/Skinless Chicken Breast Box

**\$20.00**

- 10 lb. IQF Boneless/Skinless Chicken Breasts

### MARCH 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

### MARCH SPECIAL #5

#### Premium Fresh Fruit and Veggie Box

**\$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

Angel Food Ministries Reserves the Right to Substitute Any of the Above Items Due to Availability, Cost and Quality. We Accept Food Stamps (EBT).  
Angel Food Ministries is an equal opportunity provider and employer. Complaints of discrimination should be sent to USDA, Director, Office of Civil Rights, Washington, DC 20250-9410

# Angel Food Ministry Information

- No limit for units or specials.
- May order specials without or without purchase of standard box.
- Payment must be made at time of order: Cash, Check, Money Order, Debit, Credit, Food Stamps accepted.
- Make checks payable to Christ Wesleyan Church.
- No checks over \$100 accepted.
- Food delivered to CWC on a scheduled Saturday each month.
- Must pick up food during scheduled hours.  
Food not picked up by 10:30am will be donated to charity.
- Bring large box or cooler for each unit ordered, to pick up food.

**Order Deadline**  
**Friday, March 12**  
**Distribution Day**  
**Saturday, March 20**  
**\*\*9:15am -10:30am\*\***

TO PLACE AN ORDER: Cash, Check, Debit or Credit Card, Money Order, Food Stamps accepted. **Make Checks Payable to Christ Wesleyan Church** (not over \$100)

**Mail your order & PAYMENT to Christ Wesleyan Church or come by the church office.**

You may order online at: [www.christwesleyan.org](http://www.christwesleyan.org)

*If you would like a receipt, enclose a self-addressed/stamped envelope.*

**EBT card holders must come to the church office.** Please call before you come.

If you have questions email [cwcoffice@triadbiz.rr.com](mailto:cwcoffice@triadbiz.rr.com) or call 336- 788-8813



## ANGEL FOOD ORDER FORM

**Order Deadline - Friday, March 12**

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Email \_\_\_\_\_

**EBT Card Holders**  
 You need to come to the church office to place your order. Your signature is required on the Food Stamp Voucher. Please call before you come.

**Distribution Day**  
**Saturday, March 20**  
**\*\*9:15am - 10:30am\*\***

You may order online at [www.ChristWesleyan.org](http://www.ChristWesleyan.org)

Order Month <u>March</u>	
_____ Reg. Unit	x <u>\$30</u> = _____
_____ Sr. Unit	x <u>\$28</u> = _____
_____ Allergen-Free	x <u>\$23</u> = _____
_____ Sea Food Pack	x <u>\$35</u> = _____
_____ After School Box	x <u>\$21</u> = _____
_____ # 1 Special	x <u>\$23</u> = _____
_____ # 2 Special	x <u>\$22</u> = _____
_____ # 3 Special	x <u>\$20</u> = _____
_____ # 4 Special	x <u>\$35</u> = _____
_____ # 5 Special	x <u>\$22</u> = _____

TOTAL \$ \_\_\_\_\_

**Method of Payment**

- |  |                                      |
|--|--------------------------------------|
| <input type="checkbox"/> Cash                | <input type="checkbox"/> Food Stamps |
| <input type="checkbox"/> Check (Under \$100) | <input type="checkbox"/> Debit Card  |
| <input type="checkbox"/> Money Order         | <input type="checkbox"/> Credit Card |

**Order Deadline**