



MARCH 2010 - M E N U

Name: _____
 Date Pd: _____
 Amount: _____

SIGNATURE BOX - \$30.00

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

SENIOR/CONVENIENCE BOX - \$28.00

For Seniors or People on the Go!

Ten perfectly seasoned, nutritionally balanced, fully cooked meals: just heat & 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.

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!

- 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 Entree
- 2.5 lb. IQF Split Chicken Breasts
- 1 lb. Lean Ground Beef
- 1 12-inch 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
- 6.5 oz. Stroganoff Skillet Meal
- 1 lb. Rice
- Dozen Eggs Dessert

- 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 & gravy, peas, carrots and cauliflower
- Desserts:**
Assorted Cookies, Mixed Fruit Cup, Applesauce, Grape Juice, Apple Juice

- 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

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

Breaded items are battered with water, white rice, brown rice, modified tapioca starch, flax seed, sugar, salt, spices, dehydrate. Breading is pre-browned in Can

After School Box \$21

Healthy snacks in resealable bags, about 8 servings each

- 14 oz. Bread Sticks Stuffed with Mozzarella
- 1.5 lb. Fully Cooked Chicken Rings
- 1.5 lb. Fully Cooked Chicken-Cheese Nuggets
- 1.5 lb. Fully Cooked Mini Corn Dogs (36 ct)

SEAFOOD BOX \$35.00

Six pounds of the finest quality seafood available!

- 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)

*****Specials can be ordered individually with or without the purchase of a standard box above.*****

MARCH SPECIAL #1 \$23.00

6 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

10 lb. Boneless/Skinless Chicken Breast Box

- 10 lb. IQF Boneless/Skinless Chicken Breasts

ANGEL FOOD CAN BE ORDERED DIRECTLY ONLINE AT:

www.fallbrookpres.org
or at
www.angelfoodministries.com

Debit cards and credit cards are accepted for payment

MARCH SPECIAL #4 \$35.00

4 x 4 Family Meal Kits - 4 meal kits with all you need to feed a family of 4. Sixteen meals at \$2.20 per meal.

Turkey Kit -

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

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 \$22.00

Premium Fresh Fruit and Veggie Box

- 1 Large Golden Ripe Pineapple
- 1 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

Place Orders: Thursday, March 11 & Friday, March 12; noon to 4:30 pm

Orders online may be placed from now until 9:00 p.m. Wednesday, March 17

Distribution Day: Saturday, March 27 year; 10 am to noon

Fallbrook Presbyterian Church, 463 S. Stage Coach Lane, Fallbrook, 760-419-8037

- **ALL ORDERS MUST BE PRE-PAID BY CASH, MONEY ORDER OR EBT FOOD STAMPS**
- Purchase is only for distribution date as shown above. No refunds, no credit for following March(s)
- Food not picked up at the designated times will be donated to others in need.
- **Be Sure To Bring A Large Box For Each Unit Purchased**

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

| | | Item | Quantity | Price | Amount |
|---------|--|-------------------|----------|-------|--------|
| Name | | Signature Box | | \$30 | |
| Address | | Senior Box | | \$28 | |
| City | | Allergen-Free Box | | \$23 | |
| Phone | | Seafood Box | | \$35 | |
| | | After-School Box | | \$21 | |
| | | Special #1 | | \$23 | |
| | | Special #2 | | \$22 | |
| | | Special #3 | | \$20 | |
| | | Special #4 | | \$35 | |
| | | Special #5 | | \$22 | |
| | | Grand Totals | | ----- | |