

July Menu 2010

Signature Box - **\$30.00**

4.5 lb Perdue Whole Chicken
 28 oz Fully Cooked Sliced Meatloaf
 with Home-style Tomato Sauce
 2 lb Lasagna with Meat Sauce
 1 lb Lean Ground Beef
 1.5 lb Hamburger Patties with
 Cheese in center (4 x 6 oz)
 12 in Supreme Pizza
 1 lb All Meat Hot Dogs
 2 lb Frozen Vegetables (Green Beans,
 Mashed Potatoes, Corn or Peas with
 Carrots)
 1 lb Baby Carrots
 15 oz Baked Beans
 6.5 oz Skillet Meal Helper
 1 head Cabbage
 11 oz Breakfast Cereal
 32 oz 2% Shelf Stable Milk
 Dozen Eggs & Dessert

Convenience Meals - **\$28.00**

Fish Sticks with a Rice/Bean Blend, Broccoli and
 Carrots
 Boneless Pork Patty with BBQ Sauce, Sweet Potatoes
 and Peas with Carrots
 Red Beans and Rice with Smoked Sausage (made with
 Pork), Carrots and Brussels Sprouts
 Meat Lasagna with Carrots and Green Beans
 Chicken Parmesan with Spaghetti, Corn/Red Pepper
 Blend and Zucchini
 Roasted Chicken with Red Wedge Potatoes, Lima Beans
 and a Carrot/Celery Blend
 Country Fried Steak with Gravy and Red Wedge
 Potatoes, Corn and Green Beans
 Salisbury Steak & Gravy with Red Wedge Potatoes, a
 Green Pea/Carrot Blend and Brussels Sprouts
 Swedish Meatballs with Noodles, Yellow Squash with
 Onions and Brussels Sprouts
 Country Herb Chicken with Mashed Potatoes, Green
 Peas and a Lima Bean/Red Pepper Blend

All ten individual meals are fully-cooked and labeled complete with heating instructions – 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.

Angel Food Ministries Reserves The Right To Substitute Any Of The Above Menu Items &/or Specials Due To Availability, Cost And Quality

Order Online

www.myfriendshipchurch.com

**Order by Midnight on Monday
 July 19th**

Order In Person

Sat., July 17th : 11 am - Noon
 Pay with cash, check or EBT
 @ Friendship Church

For more info call 691-4084 or visit myfriendshipchurch.com

FOOD PICK UP DAY IS Saturday, July 24th, 2010

New Pick-up Time Beginning in January 2010:

9:30 a.m. to 10:30 a.m.

Food must be picked up on the distribution day unless other arrangements are made previously. Unclaimed boxes will be redistributed without refund due to a lack of refrigeration at Friendship Church.

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JULY SPECIAL #1 - \$23

Steak Grill Box

- 2.5 lb. Ribeye Steaks (4 x 10 oz.)
- 2 lb. Sirloin Strip Steaks (4 x 8 oz.)

JULY SPECIAL #2 - \$22

Assorted Grill Box (6.5 lb)

- 1.5 lb. New York Strip Steaks (2 x 12 oz.)
- 2 lb. Chopped Beef Steaks (4 x 8 oz.)
- 2 lb. Boneless Pork Steaks (4 x 8 oz.)
- 1 lb. Chicken Sausage

JULY SPECIAL #3 - \$21

IQF Chicken Breast Box (10 lbs.)

- 10 lbs. IQF Chicken Breasts

JULY SPECIAL #4 - \$21

Premium Fresh Fruit & Veggie Box

- 3 lb. Bag Idaho Potatoes
- 1 head California Cello Lettuce
- 1 lb. Plums
- 1 (16 oz.) Salad Dressing
- 1 (5 oz.) Salad Croutons
- 4 ears Fresh Yellow Corn
- 2 lb. Bag Yellow Onions
- 1 Large Cantaloupe
- 1 Large Honey Dew Melon
- 1 lb. California Cello Carrots
- 4 Lemons
- 1 Golden Ripe Pineapple

JULY SPECIAL #5 - \$21

Bit O Blessing Box

- 3 lb. Split Cornish Hens
- 2.5 lb. IQF Split Chicken Breasts
- 1 lb. Smoked Sausage
- 1.5 lb. Country Fried Steak
- 1 lb. Broccoli Florets
- 1.3 lb. Frozen Fruit Medley Dessert

5 lb ALLERGEN-FREE BOX - \$23

Allergen Free Frozen Food Products

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

Battered/Breaded with water, white rice, brown rice, modified tapioca starch, flax seed, sugar, salt, spices, dehydrated garlic, spice extractives/Breaded and oleoresin paprika. Breading is pre-browned in Canola oil.

JUST 4 ME

AFTER SCHOOL BOX - \$24

- 1.5 lb. Fish Sticks
- 1.5 lb. Mini Corn Dogs
- 1 lb. Popcorn Chicken
- (2) 6.5 oz. Pepperoni Pizza
- (2) 2.8 oz. Peanut Butter and Jelly Jamwiches
- 14 oz. Stuffed Breadsticks
- 7.2 oz. Mini Moon Pies (6 ct.)
- (2) 3.7 oz. Twin Charbroil Hamburgers with Cheese
- (2) 2.2 oz. PBJ on Graham Wafer

JUST 4 ME

AFTER SCHOOL FRUIT BOX - \$16

- 3 Red Delicious Apples
- 3 Granny Smith Apples
- 1 (6 ct.) Caramel Apple Dip
- 3 Pears
- 3 Navel Oranges
- 1 (6 ct.) Raisins
- 1 (8 oz.) Trail Mix
- 1 (1 lb.) Mini Carrots
- 4 Chewy Granola Bars

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