

March Menu 2010

Signature Box - **\$30.00**

2 lb. Chopped Beef Steaks
flavored w/Dijon Mustard (4x8 oz.)
1 lb. Bacon Wrapped Turkey
Breast Filet Mignon (4x4 oz.)
1 lb Boneless Center Cut Pork
Chops (4x4 oz.)
2 lb Macaroni & Beef Dinner Entrée
2.5 lb *IQF Split Chicken Breasts
1 12" Supreme Pizza
1 lb Frozen Peas & Carrots
1 lb Frozen Whole Kernel Corn
2 lb Fresh Apples
2 lb Broccoli & Cheese Soup
24 oz French Fries
6.5 oz Stroganoff Skillet Meal
1 lb Rice
Dozen Eggs
Dessert

*IQF = Individually Quick Frozen

Convenience Meals - **\$28.00**

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
Dessert: Assorted Cookies, Strawberry Frozen Yogurt Cup, Pineapple Fruit Cup, Peach Fruit Cup, Orange Juice, Fruit Punch
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

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 Noon on Monday
March 15**

Order In Person

Sat., March 13: 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, March 20th, 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.

Friendship Church • 8307 Ball Camp Pike • Knoxville, TN

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5 lb ALLERGEN-FREE BOX - \$23
Allergen Free Frozen Food Products

- 1 lb. Breaded Chicken Fillet Patties
- 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/Breaded and oleoresin paprika. Breading is pre-browned in Canola oil.

MARCH SPECIAL #1 - \$23
6 lb Assorted Meat Grill Box

- 1.5 lb. Ribeye Steaks (2x12 oz.)
- 1 lb. Chopped Beef Steak Flavored with Real Mozzarella Cheese (2x8 oz.)
- 1 lb. Chopped Beef Steak Flavored with Real Mild Cheddar Cheese (2x8 oz.)
- 1.5 lb. Italian Sausage with Cheese
- 1 lb. Bacon Wrapped Turkey Breast Filet Mignon (4x4 oz.)

MARCH SPECIAL #2 - \$22
4.5 lb Assorted Meat & Chicken Combo

- 1.5 lb. New York Strip Steak (2x12 oz.)
- 1.5 lb. Bacon Wrapped Filet Steak (4x6 oz.)
- 2 lb. Bacon Wrapped Chicken Breast (4x6 oz.)

MARCH SPECIAL #3 - \$20
10 lb Boneless/Skinless Chicken

- 10 lb *IQF Boneless/Skinless Chicken Breasts

MARCH SPECIAL #4 - \$35
4X4 Family Meal Kits

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, 1 lb. Green Beans, Split Whole Chicken Kit - 3 lb. (avg) Whole Split Chicken, 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, Pork Roast Kit - 1.5 lb. Boneless Pork Roast, 1.5 lb. Potato Medley, 1 lb. Corn

MARCH SPECIAL #5 - \$22
Fresh Fruit & Veggie Box

- 1 Large Golden-Ripe Pineapple
- 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 February 2010 Fruit and Veggie Recipe Sheet

6 lb PREMIUM SEAFOOD VARIETY BOX - \$35

- 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

- 14 oz. Bread Sticks Stuffed with Mozzarella in Resealable Bag (9x1.61 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)

5 lb ALLERGEN-FREE BOX - \$23
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