

March 2010 Menu – Angel Food Ministry - FSBC
Orders are due by 3:00p.m. on Friday March 12th

Food Pick-up will be on Saturday March 20th, 8:30-11 a.m.

Regular Box (Signature Box) Cost = \$30.00

- 2 lb. Chopped Beef Steaks, flavored w/Dijon Mustard
- 1 lb. Bacon-wrapped Turkey Breast Filet Mignon(4-4 oz.) with instructions – Just Heat & Serve
- 1 lb. Boneless Center Cut Pork Chops (4-4 oz.)
- 2 lb. Macaroni & Beef Dinner Entree
- 2.5lb. IQF Split Chicken Breast, re-sealable bag
- 1 lb. Lean Ground Beef
- 1 12" Frozen Supreme Pizza
- 1 lb. Frozen Carrots & Peas
- 1 lb. Frozen Whole Kernel Corn
- 2 lb. Fresh Apples
- 2 lb. Heat & Serve Broccoli & Cheese Soup
- 24 oz. Natural Cut French Fries (Skin-on)
- 1 lb. Rice
- 6.5 oz. Stroganoff Skillet Meal
- 32 oz. Shelf-Stable Milk 2%
- 1 Dozen Eggs
- 1 Dessert Item

Senior or Convenience Meals Box Cost = \$28.00

- All individual meals, they are fully-cooked and labeled
1. Breaded Baked Fish, Wild Rice, Green Beans, Corn & Peas
 2. Chicken Chow Mein, Lo Mein Noodles, Mixed Veggies, Sugar Snap Peas, Cauliflower
 3. Swedish Meat Balls over Pasta & Sauce, Broccoli & Carrots
 4. Fettuccini Alfredo, Carrots & Broccoli, Zucchini, Brussel Sprouts
 5. Meatloaf Patty, Mashed Potatoes & Gravy, Peas, Carrots, Cauliflower
 6. Turkey & Dressing with Gravy, Green Beans, Corn
 7. Chicken & Noodles, Carrots & Peas, Brussel Sprouts, Corn
 8. Pot Roast, Mashed Potatoes, Corn, Green Beans
 9. Country Herb Chicken, Mashed Potatoes & Sauce, Broccoli, Green Bean Blend
 10. Chicken Broccoli Alfredo, Carrots, Zucchini Blend
- Assorted Cookies, Mixed Fruit Cup, Applesauce, Grape Juice, & Apple Juice
- COST - \$28.00**

5 lb. Allergen – Free Box Cost = \$23.00

Processed to eliminate the eight top allergens:

Peanuts, Soybeans, milk, eggs, fish, shellfish (crustacean), tree nuts, and gluten (wheat, rye, & barley)
 Battered/ Breaded with water, white rice, brown rice, modified tapioca starch, flax seed, sugar, salt, spices, dehydrated garlic, spice extracts, paprika. Breading is pre-browned in Canola oil

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

6 lb. Seafood Variety Box Cost = \$35.00

- 27 oz. Breaded Butterfly Shrimp (oven ready)
- 10 oz. Cod Filets
- 17 oz. Crab Cakes (oven ready)
- 16 oz. White Fish Filets
- 16 oz. Tilapia Filets
- 10 oz. Breaded Clam Strips (oven ready)

*You can now order any of the above boxes or any of the special boxes on the back page!
 There are no quantity limits, age restrictions, or income requirements to place an order!*

Name: _____ Phone #: _____ E-mail: _____

- # Of Regular Boxes _____ x \$30.00/box = _____ (includes Tax)
- # Of Senior Boxes _____ x \$28.00/box = _____ (includes Tax)
- # Of Allergen-Free _____ x \$23.00/box= _____ (includes Tax)
- # Of Seafood Boxes _____ x \$35.00/box= _____ (includes Tax)
- # Of After School Boxes ___ x\$21.00/box= _____ (includes Tax) **NEW!!**
- # Of Special #1 _____ x \$23.00= _____ (includes Tax)
- # Of Special #2 _____ x \$22.00= _____ (includes Tax)
- # Of Special #3 _____ x \$20.00= _____ (includes Tax)
- # Of Special #4 _____ x \$35.00= _____ (includes Tax)
- # Of Special #5 _____ x \$22.00= _____ (includes Tax)

ORDER TOTAL\$ _____

Check # _____ Food Stamps _____ Cash _____ Money Order _____ **March 2010**

Bring a large box to pick up your order!

We accept EBT (food stamps) Please contact Stephanie Wagner @ 847-5211/ 590-1390 for more information. To locate a host site closest to you, please visit www.angelfoodministries.org. Angel Food Ministries is a 501(c)3 nonprofit, nondenominational organization.

You can now order ON-LINE @www.angelfoodministries.com, using your debit or credit card!!! Or follow the link on our website @ www.1stsouthern.org

To order from the Church (Host site) manually

Please place your order & payment in the Angel Food box at the church office between 8:30 a.m. and 3:00 p.m. Monday – Friday, or mail it to: First Southern Baptist Church c/o Angel Food Ministry, 604 S. Reynolds Rd., Bryant, AR 72022 (501) 847-3014, @ www.1stsouthern.org

Make Check Payable to F.S.B.C. (First Southern Baptist Church)

PLEASE NOTE: Angel Food reserves the right to substitute for food of equal value/quality. All food that is not picked up on day of distribution is forfeited and will be given to a needy family or individual at the discretion of the Host Site.

New !! After School Box – Cost = \$21.00

14 oz. Breadsticks stuffed with Mozzarella in re-sealable bag

1.5 lb. Fully Cooked Chicken Rings in re-sealable bag

1.5 lb. Fully Cooked Chicken & Cheese Nuggets in re-sealable bag

1.5 lb. Fully Cooked Mini Corn Dogs

MARCH 2010 Angel food Specials

Special # 1 – 6 lb. Assorted Meat Grill Box - \$23.00

1.5lb Rib-Eye Steaks, 2-12 oz.

1 lb Chopped Beef Steaks, flavored with Mozzarella Cheese, 2-8 Oz.

1 lb Chopped Beef Steaks, flavored with mild Cheddar Cheese 2-8 oz.

1.5 lb Italian Sausage Links with Cheese

1 lb Bacon-Wrapped Turkey Breast Filet Mignon, 4-4 oz.

Special # 2 – 5 lb. Assorted Meat & Chicken Combo - \$22.00

1.5 lb NY Strip Steak, 2-12 oz

1.5 lb Bacon-Wrapped Filet, 4-6 oz

1.5 lb Bacon-Wrapped Chicken Breast, 4-6 oz.)

Special # 3 – 10 lb. Boneless/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 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 (ave.) Chicken, halved, 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

Special # 5 – Fresh Fruit & Veggie Box - \$22.00

1 Large Golden Ripe Pineapple, 1 Large Vine Ripened Cantaloupe, 1 lb Chilean White Seedless

Grapes, 1 Large Tree Ripened Mango, 1 Large Haas Avocado, 1 head Green Cabbage,

3 lb bag Sweet Potatoes, 1 lb California Carrots, 3 Variety of Colored Bell Peppers,

2 count Jumbo Garlic

March 2010 Fresh Fruit & Veggie Recipe Sheet

March 2010