

# Menu: March, 2011

Orders are due by Sunday, March 20<sup>th</sup>

Distribution will be Saturday, March 28<sup>th</sup>, 9:30-10am



## B2 - Bit O' Blessing Box \$21

*Limited Quantities. First Come, First Serve.*

- 2 lb. Chicken Stir Fry
- 2 lb. Chicken Fettuccini Alfredo
- 2 lb. Lasagna
- 1.5 lb. Meatballs
- 1 lb. Ground Beef
- 24 oz. French Fries
- 1 lb. Veggie Blend
- 1 lb. Green Beans
- 1 lb. Frozen Mango

## B1 - Bread of Life Signature Box

### \$31

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

- 3 lb. (avg.) Split Chicken Breast
- 2 lb. IQF Flounder Fillets
- 2 lb. Ham Chowder
- 3 lb. IQF Chicken Drumsticks
- 1.5 lb. Boneless Pork Chops
- 1 lb. 80/20 Lean Ground Beef
- 1 lb. Ground Chicken
- 1 lb. Peas
- 1 lb. Green Beans
- 1 lb. Carrots
- 1 lb. Pasta
- 25 oz. Pasta Sauce
- 8 ct. Flour Tortillas
- 1 pk. Taco Seasoning
- 7 oz. Corn Muffin Mix
- 10 ct. Instant Oatmeal (2 x 5 ct. boxes)
- 32 oz. 2% Shelf-stable Milk
- 1 dz. Eggs
- Dessert

## B3 - Bountiful Blessing Box \$41

- 3 lb. (avg.) Split Chicken Breast
- 2 lb. IQF Flounder Fillets
- 2 lb. Ham Chowder
- 2 lb. Beef Stir Fry Meal
- 3 lb. IQF Chicken Drumsticks
- 2 lb. Lasagna
- 1.5 lb. Hamburger Patties (4 x 6 oz.)
- 1.5 lb. Boneless Pork Chops
- 1 lb. 80/20 Lean Ground Beef
- 1 lb. Ground Chicken
- 2 lb. Tomato Basil Soup
- 1 lb. Peas
- 1 lb. Green Beans
- 1 lb. Carrots
- 1 lb. Pasta
- 25 oz. Pasta Sauce
- 8 ct. Flour Tortillas
- 1 pk. Taco Seasoning
- 7 oz. Corn Muffin Mix
- 6.9 oz. Beef Flavored Rice & Vermicelli
- 7 oz. Raspberry Muffin Mix
- 10 ct. Instant Oatmeal (2 x 5 ct. boxes)
- 32 oz. 2% Shelf-stable Milk
- 1 dz. Eggs
- Dessert

## B4 - Fast and Flavorful Cuisine

### \$28

*Convenience meals great for seniors and people on the go!*

White Chicken Fettuccini ♦ Spaghetti and Meatballs ♦ Fish Sticks ♦ Salisbury Steaks ♦ Chicken Chow Mein ♦ Turkey and Gravy over Bread Dressing ♦ Boneless Pork Patty with Barbecue Sauce ♦ Beef Stew ♦ Meatball Stroganoff ♦ White Chicken and Penne

\*specific meal details can be found at [www.angelfoodministries.com](http://www.angelfoodministries.com)

## GLUTEN FREE!

## B5 - Allergen Free Box \$25

- 1 lb. Breaded Chicken Breast Nuggets
- 1 lb. Breaded Chicken Tenderloins
- 1 lb. Breaded Breast Fillet Patties
- 1 lb. Breaded Boneless Chicken Wings
- 1 lb. Breaded Cubed Steak

## B7-Just 4 Me -

## No Child Goes Without

### \$24

- 10 ct. Instant Oatmeal (2 x 5 ct. Boxes)
- 7.5 oz. Beans & Wieners
- 7.5 oz. Cheezy Mac 'n Cheese
- 7.5 oz. Mini Beef Ravioli
- 7.5 oz. Spaghetti and Mini Meatballs
- 7.5 oz. Noodle Rings & Chicken
- 7.5 oz. Cheezy Mac 'n Franks
- 7 ea. Cereal Bowls (.75 oz. ea.)
- 1 ea. Peanut Butter (12 oz.)
- 1 ea. Pure Honey (12 oz.)
- 1 ea. Chunk Lite Tuna in Water (.5 oz.)
- 1 ea. All White Chicken (.5 oz.)
- 6 pk. Apple Sauce
- 5 ea. Granola Bars (.25 oz. ea.)
- 32 oz. Shelf-Stable 2% Milk

## B6-Just 4 Me-After School Box

### \$24

- 2 lb. Fully Cooked Breaded Chicken Pieces
- 1.5 lb. Corn Dogs
- 10 oz. Mac & Cheese
- 16 oz. String Cheese
- 8 oz. Pocket Sandwich (2 x 4 oz.)
- 4 ea. (2.8 oz.) Peanut Butter and Jelly Jamwich
- 4 ea. (4 oz.) Mini Stuffed Sandwiches
- 6.5 oz. Cheese or Pepperoni Pizza
- 3 oz. Grilled Cheese Sandwich
- 1 ea. (3.4 oz.) Watermelon Italian Ice
- 1 ea. (3.2 oz.) Raspberry Fruit Juice Sherbet

## S1 - MARCH SPECIAL #1 \$25

- 4 lb. Steak Special
- 2 lb. New York Strip Steaks (4 x 8 oz.)
- 2 lb. Ribeye Steaks (4 x 8 oz.)

## S2 - MARCH SPECIAL #2 \$17

- 10 lb. Popcorn Chicken Special
- 10 lbs. Breaded Popcorn Chicken

## S3 - MARCH SPECIAL #3 \$23

### Premium Fresh Fruit and Veggie Box

- 1 head Iceberg Cello Lettuce
- 1 head Green Cabbage
- 1 lb. Cello Carrots
- 4 Large Baking Potatoes
- 3 lb. bag Sweet Potatoes
- 2 lb. bag Yellow Onions
- 1 Golden Ripe Pineapple
- 1 Cantaloupe
- 1 lb. Red Seedless Grapes
- 4 California Lemons
- 16 oz. Salad Dressing
- 1 bag Salad Croutons
- 1 Fruit and Veggie Recipe Sheet

## S5 - SPECIAL #5 \$36

### Pre-Order Easter Holiday Box

- 7.5 lb. (avg.) All Natural Perdue Roasting Hen
- 3 lb. Boneless Netted Pork Roast
- 72 oz. (8 ct.) Premium Twice Baked Potatoes (Idaho Russet Potatoes with Applewood Smoked Bacon, Cheddar Cheese, Sour Cream, Butter & Chives)
- 2 lb. Green Beans
- 12 ct. Mini Corn Cobettes
- 12 oz. Cornbread Stuffing Mix (2 x 6 oz. pkg.)
- 1.7 oz. Brown Gravy Mix (2 x .87 oz. = 2 c. gravy)
- 12 ct. Whole Wheat Dinner Rolls
- 2 lb. 5 oz. Mrs. Smith's Apple Raisin Spice Pie
- 1 Recipe and Cooking Instructions

## B8-Just 4 Me-Fruit and Veggie

### \$16

- 3 ea. Red Apples
- 3 ea. Green Apples
- 3 ea. Pears
- 3 ea. Navel Oranges
- 1 ea. Stalk, Sleeved Celery
- 1 lb. Mini Peeled Carrots
- 3 ct. Fruit Juice (Mixed Flavors)
- 8 oz. Trail Mix
- 3 oz. Dried Cranberries with Honey Roasted Almonds

## B9-Pastor Joe's

## Premium Box

### \$51

- 40 oz. Black Angus Sirloin Steaks (4 x 10 oz.)
- 1.5 lb. Large Breaded Oven Ready Butterfly Shrimp
- 2 lb. Black Angus Steak Burgers (4 x 8 oz.)
- 24 oz. Frozen Steak Fries
- 1 lb. Frozen Green Beans
- 1 (8 ct. pk.) Frozen Corn on the Cobb
- 1 lb. Frozen Broccoli Florets
- 1 lb. Frozen Cauliflower Florets
- 1 lb. Frozen Green Peas

Email: [AngelFood@LiquidChurchFW.org](mailto:AngelFood@LiquidChurchFW.org)

Order Online: [www.LiquidAF.com](http://www.LiquidAF.com)

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