

Signature Box

Balanced nutrition and variety with enough food to assist in feeding a family of four for a week.

- 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 Dinner Entrée
- 2.5 lb. IQF Split Chicken Breasts (Re-sealable Bag)
- 1 lb. Lean Ground Beef
- 1 12" 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 (Skin-on)
- 6.5 oz. Stroganoff Skillet Meal
- 1 lb. Rice
- Dozen Eggs
- Dessert

\$30.00

Senior & Convenience Meals

For Seniors or People on the Go!

Ten perfectly seasoned, nutritionally balanced, fully cooked meals—just heat and 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.

- 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 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

\$28.00

5 lb. Allergen-Free Food Box

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!

- 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 and oleoresin paprika. Breading is pre-browned in Canola oil.

\$23.00

6 lb. Premium Seafood Variety Box

- 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)

\$35.00

After School Box

- 14 oz. Bread Sticks Stuffed with Mozzarella in Resealable Bag(9 x 1.61 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)

\$21.00

Specials may be purchased with or without the purchase of a Standard Box above

MARCH SPECIAL #1

6 lb. Assorted Meat Grill Box

\$23.00

- 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

4.5 lb. Assorted Meat & Chicken Combo **\$22.00**

- 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

10 lb. Boneless/Skinless Chicken

Breast Box

\$20.00

- 10 lb. IQF Boneless/Skinless Chicken Breasts

MARCH SPECIAL #4

4 x 4 Family Meal Kits

\$35.00

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 (Potatoes, Carrots, Onions and Celery), 1 lb. Green Beans

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

Premium Fresh Fruit and Veggie Box

\$22.00

- 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 March 2010 Fruit and Veggie Recipe Sheet

Orders Due:	Sunday, March 14th
Distribution Day:	Saturday, March 27th

LAST DAY TO PLACE YOUR ORDER IS SUNDAY, MARCH 14TH

Follow these easy steps: (Schedule may change next month)

1. Complete the bottom portion and return it with your payment to Church of the Nazarene, 521 W. N. Service Rd., Wright City, MO 63390 (If your payment is not received by the March 14th deadline, your order will be canceled)
2. You may place an order at the church Monday, March 8th or 15th, or Wednesday, March 10th or 17th from 6:00 p.m. to 7:00 p.m. You may also order on Sunday, March 7th or 14th after the morning service. For more information call the church office at 636-745-3821.
3. **You must pick up your orders on Saturday, March 27th from 10 a.m. until 1:00 pm at the church.**
4. **You need to bring a large container to hold your food items.**

ORDERS AND PAYMENTS MUST BE RECEIVED NO LATER THAN SUNDAY, MARCH 14TH.

ALL FOOD ORDERS ARE TO BE PICKED UP ON THE FOOD DISTRIBUTION DAY AS NOTED ABOVE. ANY FOOD ORDERS NOT PICKED UP WILL GO TO THE LOCAL FOOD PANTRY AT THE END OF THE DAY.

**NO FOOD WILL BE GIVEN AND NO MONEY WILL BE RETURNED.
NO EXCEPTIONS WILL BE MADE.**

ORDER FORM

Date of order _____

Menu Qty: _____ Senior Box Qty: _____ Allergen Free Box Qty: _____
Seafood Pack Qty: _____ After School Box: _____

Special # 1 Qty: _____ Special # 2 Qty: _____ Special # 3 Qty: _____

Special # 4 Qty: _____ Special # 5 Qty: _____

Total Amount Paid: \$ _____ EBT _____ Check _____ Cash _____

PICKUP DATE IS SATURDAY, MARCH 17TH FROM 10 AM – 1 P.M.

(YOUR COPY)

RETURN THIS PORTION WITH YOUR ORDER

NAME _____ PHONE _____

ADDRESS _____ CITY _____ ZIP _____

QTY: _____ Menus @ \$30 each = \$ _____ QTY: _____ Senior Pack @ \$28 each = \$ _____

QTY: _____ Allergen-Free @ \$23 each = \$ _____ QTY: _____ Seafood Pack @ \$35 each = \$ _____

QTY: _____ After School Box @ \$21 each = \$ _____

QTY: _____ Special #1 @ \$23 each = \$ _____ QTY: _____ Special #2 @ \$22 each = \$ _____

QTY: _____ Special #3 @ \$20 each = \$ _____ QTY: _____ Special #4 @ \$35 each = \$ _____

QTY: _____ Special # 5 @ \$22 each = \$ _____

TOTAL PURCHASE PRICE: \$ _____ EBT _____ CHECK _____ CASH _____

Payment is due when you place your order
MAKE CHECKS OUT TO 'CHURCH OF THE NAZARENE'

WANT REMINDED VIA EMAIL? Your email address: _____

March 2010