



**CENTRAL UNITED
METHODIST CHURCH
MARCH 2010 MENU**

SIGNATURE BOX

\$30.00

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|--|---|
| 2 lbs. Chopped Beef Steaks flavored with Dijon Mustard (4 x 8 oz.) | 1 lb. Frozen Peas & Carrots |
| 1 lb. Bacon Wrapped Turkey Breast Filet Mignon (4 x 4 oz.) | 1 lb. Frozen Whole Kernel Corn |
| 1 lb. Boneless Center Cut Pork Chops (4 x 4 oz.) | 2 lb. Fresh Apples |
| 2 lb. Macaroni & Beef Dinner Entrée | 2 lb. Heat and Serve Broccoli & Cheese Soup |
| 2.5 lb. IQF Split Chicken Breasts (Re-sealable Bag) | 24 oz. Natural Cut French Fries (Skin-on) |
| 1 lb. Lean Ground Beef | 6.5 oz. Stroganoff Skillet Meal |
| 1 12" Supreme Pizza | 1 lb. Rice |
| | Dozen Eggs |
| | Dessert |

SENIOR/CONVENIENCE BOX (For Seniors or People on the Go!) \$28

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|-----------------------|--|
| • Breaded Baked Fish | • Chicken and Noodles |
| • Chicken Chow Mein | • Pot Roast |
| • Swedish Meatballs | • Country Herb Chicken |
| • Fettuccini Alfredo | • Chicken Broccoli Alfredo |
| • Meatloaf Patty | • Desserts: Assorted Cookies, Mixed Fruit Cup, Applesauce, |
| • Turkey and Dressing | • Grape Juice, Apple Juice |

ALLERGEN-FREE BOX \$23

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!

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

6 LB. PREMIUM SEAFOOD VARIETY BOX \$35

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

AFTER SCHOOL BOX \$21

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|---|--|
| 14 oz. Bread Sticks Stuffed with Mozzarella (9 x 1.61 oz.) | 1.5 lb. Fully Cooked Chicken & Cheese Nuggets (Approximately 8 servings) |
| 1.5 lb. Fully Cooked Chicken Rings (Approximately 8 servings) | 1.5 lb. Fully Cooked Mini Corn Dogs (36 count) |

*** Specials Available With or Without the Purchase of Any of the Boxes Listed Above***

MARCH SPECIAL #1

- 7 lb. Assorted Meat Grill Box \$23**
- 1.5 lb. Ribeye Steaks (2 x 12 oz.)
 - 1 lb. Mozzarella Flavored Chopped Beef Steak (2 x 8 oz.)
 - 1 lb. Mild Cheddar Flavored Chopped Beef Steak (2 x 8 oz.)
 - 1.5 lb. Mild 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**
- 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. Chicken Breast Box \$20**
- 10 lb. IQF Boneless/Skinless Chicken Breasts

MARCH SPECIAL #4

- 4 x 4 Family Meal Kits \$35**
- 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 (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**
- 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

This is an opportunity to help everyone stretch their grocery dollars and support the ministries of Central UMC.

Anyone can order, there are no qualifications or applications

Name: _____

Phone #: _____

Email: _____

PLACE ORDERS AND PAYMENT IN THE LOCKBOX AT THE DESK OUTSIDE OF THE CHURCH OFFICE

Order Deadline: Monday, March 15 8PM
Distribution Day: Saturday, March 20 9-10AM

| | Number of Boxes | Total Amount |
|----------------------------|-----------------|--------------|
| March Signature Box | \$30 X _____ | = _____ |
| Senior & Convenience Meals | \$28 X _____ | = _____ |
| Allergen-Free Food Box | \$23 X _____ | = _____ |
| 6 lb. Seafood Variety Pack | \$35 X _____ | = _____ |
| After School Box | \$21 X _____ | = _____ |
| March Special #1 | \$23 X _____ | = _____ |
| March Special #2 | \$22 X _____ | = _____ |
| March Special #3 | \$20 X _____ | = _____ |
| March Special #4 | \$35 X _____ | = _____ |
| March Special #5 | \$22 X _____ | = _____ |

Donation to help other families'

Total Amount Due: _____

We Accept Cash, Checks & Food Stamps (EBT) onsite at the church. Makes checks payable to CUMC. EBT forms are located at the drop box (fill in card #, name and signature). To place an order online by credit card or debit card only go to WWW.CENTRALUMCMONROE.ORG and click on the Angel Food link.

Central United Methodist Church

Contact Don Hinkle with any questions 704-904-7467 or 704-821-6833 or email: CUMCAngelFood@carolina.rr.com

Angel Food Ministries Reserves the Right to Substitute Any of the Above Items Due to Availability, Cost and Quality. Angel Food Ministries is an equal opportunity provider and employer. Complaints of discrimination should be sent to USDA, Director, Office of Civil Rights, Washington, DC 20250-940

Order Deadline:
Monday, March 15 5PM
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Saturday, March 20 9-10AM

We Accept Food Stamps (EBT), Cash, & Checks at the church and credit card and debit cards online.