

Quality brand-name foods at a reasonable price for families of all income levels. Visit www.AFMzhills.com for more information or online orders (credit/debit) any time.



MARCH 2010 MENU

B1 Signature Box \$30

Balanced Nutrition and Variety with enough food to feed a family of four for about one week.

- 2 lb. 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 (Resealable 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

B2 Senior & Convenience Meals For Seniors or People on the Go! \$28

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
- Chicken Chow Mein
- Swedish Meatballs
- Fettuccini Alfredo
- Meatloaf Patty
- Turkey and Dressing
- Chicken and Noodles
- Pot Roast
- Country Herb Chicken
- Chicken Broccoli Alfredo

Desserts: Assorted Cookies, Mixed Fruit Cup, Applesauce, Grape Juice, Apple Juice

(For complete list of all side items included with each meal, see menu at www.angelfoodministries.com.)

B3 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).

- 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, dextrose, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika. Breading is pre-browned in Canola oil.

B4 6 lb. Premium Seafood Variety Box \$35

- 27 oz. Breaded Butterfly Shrimp Tail-on (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)

ON-SITE ORDER TIMES:

9:30-11:30 a.m. Monday-Saturday every week (beginning immediately)

4:30-5:30 p.m. every Wednesday

Final Order Date: Wed., March 17

PICK UP DATE:

Saturday, March 27, 9:15-11:00 am

B5 After School Box \$21

An assortment of child-friendly snacks. Great for after school or any time. Chicken items and bread sticks in resealable bags.

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

MARCH SPECIAL #1 \$23

7 lb. Assorted Meat Grill Box

- 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 \$22

4.5 lb. Assorted Meat & Chicken Combo

- 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 \$20

10 lb. Boneless/Skinless Chicken Breast Box

- 10 lb. IQF Boneless/Skinless Chicken Breasts

MARCH SPECIAL #4 \$35

4 x 4 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

• **EVERYONE QUALIFIES, NO MATTER WHAT YOUR INCOME!** This is not a hand out, but a hand up!

• **Payment** due at time of order (cash or FOOD STAMPS (EBT); credit or debit cards add \$2 convenience fee; no checks accepted). Order at ZWC (see times on other side) or online at www.AFMzhills.com (credit or debit card only) any time through midnight on Wednesday, **March 17**.

• Please bring one large **empty box** for each B1 Signature Box ordered.

• Food boxes must be picked up on the distribution date and time. **Food unclaimed at the proper time will be donated to a needy family** (no refund).

~ Angel Food reserves the right to substitute any item due to availability, cost or quality.



Zephyrhills Wesleyan Church

38924 C Ave. ~ Zephyrhills, FL
(Corner of C Ave. & 20th St.)
813-782-7510

ZWC is located on the south side of town at C Avenue and 20th Streets (near Krusen Field and Zephyrhills Bottled Water, east of 301). Ordering: Use church office entrance on the northeast corner of the church building. Pickup is in the fellowship center on the southwest corner of the property (behind main building).

MARCH SPECIAL #5 \$22

Premium Fresh Fruit and Veggie Box

- 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 Fruit and Veggie Recipe Sheet

www.AFMzhills.com
1-877-FOOD-MINISTRY