

# OCTOBER MENU

Waukee Area Christian Food Pantry

# angelfood

MINISTRIES

## Signature Box -- \$30

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

- 1.5 lb. New York Strip Steaks (3 x 8 oz.)
- 1 lb. Steak Fajita Strips
- 2 lb. Chicken Stir Fry Skillet Meal
- 1 lb. Lean Ground Beef
- 1.5 lb. Breaded White Meat Chicken Tenders
- 1 lb. avg. Center Cut Ham Steaks (Hickory Smoked)
- 1 lb. Bake or Fry Fish Sticks (32 sticks)
- 1 lb. Pasta
- 25 oz. Marinara Sauce
- 1 lb. Frozen Baby Lima Beans
- 1 lb. Frozen Mixed Vegetables
- 2 lb. bag Fresh Apples (approx. 8-10 ct.)
- 10 ct. Flour Tortilla Wraps
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs
- Dessert

## Senior & Convenience Meals

*For Seniors or People on the Go!*

**\$28**

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

- Roasted Chicken
- Meat Lasagna
- Salisbury Steak and Gravy
- Meatloaf and Gravy
- Chicken Chow Mein
- Cheese Manicotti
- Chili with Beef and Beans
- Boneless Pork Patty
- Fettuccini Alfredo
- Lemon Pepper Baked Fish
- Assorted Cookies, Sugar-Free Applesauce,
- Vanilla Pudding Cup, Apple Juice, Orange Juice and Diced Pineapple

## 5 lb. Allergen-Free Food

**Box -- \$25**

*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 Fillets
- 1 lb. Breaded Chicken Breast Nuggets
- 1 lb. Breaded Cubed Steak
- 1 lb. Breaded Wings
- 1 lb. Breaded Chicken Tenders
- 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.

## Available for Pre-Order September 1st-October 28th!!! Thanksgiving Holiday Box **\$36**

*This is a special order in addition to your regular order, and no Holiday Box orders will be accepted after the October 28th deadline. This Holiday Box will **ONLY** be shipped During the November distribution period, and not beforehand. SNAP benefits cannot be accepted with this order until 35 days prior to the delivery date, and cannot be accepted online.*

- |   |  |                               |
|---|--|-------------------------------|
| 7 lb. (avg.) Perdue Roasting Hen        | 2 lb. Frozen Green Beans                 | 4.5 oz. Brown Gravy Mix       |
| 2.5 lb. Boneless Netted Ham             | 1 lb. Frozen Cranberries                 | 1 Dessert Item (Pie or Cake)  |
| 2 lb. Frozen Diced Sweet Potatoes       | 17 oz. Ready to Cook Corn Bread Dressing | 1 Recipe Sheet with Scripture |
| 3.5 lb. (avg.) Frozen Corn Cobetts (12) | 8 ct. Heat and Serve Large Dinner Roll   |                               |

*\*\*\*Specials are now available with or without the purchase of a standard box listed above\*\*\**

### **OCTOBER SPECIAL #1** **\$23**

#### **7 lb. Assorted Meat Grill Box**

- 1.5 lb. Ribeye Steaks (3 x 8 oz.)
- 2 lb. Pork Chops (4 x 8 oz.)
- 2 lb. Lean Hamburger Steaks (4 x 8 oz.)
- 1.5 lb. Bratwurst Sausage with Cheese

### **OCTOBER SPECIAL #2** **\$22**

#### **4.5 lb. Assorted Steak Combo**

- 1.5 lb. Bone In Ribeye Steaks (2 x 12 oz.)
- 1.5 lb. Kansas City Strip Steaks (2 x 12 oz.)
- 1.5 lb. T-Bone Steaks (2 x 12 oz.)

### **OCTOBER SPECIAL #3** **\$20**

#### **10 lb. Breaded Chicken Combo Box**

- 4 lb. Breaded Chicken Pieces
- 2 lb. Breaded Chicken Tenders
- 2 lb. Breaded Chicken Breast Fillet
- 2 lb. Breaded White Meat Chicken Nuggets

### **OCTOBER SPECIAL #4** **\$22**

#### **Premium Fresh Fruit and Veggie Box**

- 1 Sweet Golden Ripe Pineapple
- 3 lb. bag New Crop Florida Tangerines
- 1 Vine Ripened Cantaloupe
- 4 Washington State Bosc Pears
- 4 ct. Juicy Limes
- 3 lb. bag New Crop Large Red Potatoes
- 2 lb. bag New Crop Yellow Onions
- 1 head Green Cabbage
- 2 bulbs Jumbo Garlic
- 2 ct. Large Green Bell Pepper
- 3 lb. bag Idaho Potatoes
- 1 lb. bag California Whole Peeled Baby Carrots
- AFM October 2009 Fruit and Veggie Recipe Sheet

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[www.waukeefoodpantry.org](http://www.waukeefoodpantry.org)