



**CENTRAL UNITED
METHODIST CHURCH
JULY 2010 MENU**

SIGNATURE BOX

\$30.00

- | | |
|--|--|
| 4.5 lb. (avg.) Perdue Whole Chicken | 2 lb. Frozen Vegetables
(Green Beans, Mashed Potatoes, Corn or Peas with Carrots) |
| 28 oz. Fully Cooked Sliced Meatloaf with Home-style Tomato Sauce | 15 oz. Baked Beans |
| 2 lb. Lasagna with Meat Sauce | 6.5 oz. Skillet Meal Helper |
| 1 lb. Lean Ground Beef | 1 head Cabbage |
| 1.5 lb. Hamburger Patties with Cheese in center (4 x 6 oz.) | 11 oz. (min. wt.) Breakfast Cereal |
| 12 in. Supreme Pizza | 32 oz. 2% Shelf Stable Milk |
| 1 lb. All Meat Hot Dogs | Dozen Eggs |
| 1 lb. Baby Carrots | Dessert |

New & Improved!

FAST & FLAVORFUL CUISINE \$28

Convenience meals great for seniors and people living with diabetes!

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|-----------------------|-----------------------------|---------------------------------|
| • Fish Sticks | • Chicken Parmesan | • Swedish Meatballs |
| • Boneless Pork Patty | • Roasted chicken | • Country Herb Chicken |
| • Red Beans and Rice | • Country Fried Steak | |
| • Meat Lasagna | • Salisbury Steak and Gravy | More Food! Better Value! |

ALLERGEN-FREE BOX

\$23

Processed to eliminate the eight top allergens: Peanuts, Soybeans, Milk, Eggs, Fish, Crustacea, Tree Nuts and Gluten.

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

JUST 4 ME - AFTER SCHOOL BOX

\$24

- | | |
|---|---|
| 1.5 lb. Fish Sticks | 14 oz. Stuffed Breadsticks |
| 1.5 lb. Mini Corn Dogs | 7.2 oz. Mini Moon Pies (6 ct.) |
| 1 lb. Popcorn Chicken | 2 (3.7 oz.) Twin Charbroil Hamburgers with Cheese |
| 2 (6.5 oz.) Pepperoni Pizza | 2 (2.2 oz.) PBJ on Graham Wafer |
| 2 (2.8 oz.) Peanut Butter and Jelly Jamwiches | |

JUST 4 ME - AFTER SCHOOL FRUIT AND VEGGIE BOX

\$16

- | | | |
|---------------------------|-----------------|----------------------|
| 3 Red Delicious Apples | 3 Pears | 1 8 oz. Trail Mix |
| 3 Granny Smith Apples | 3 Navel Oranges | 1 1 lb. Mini Carrots |
| 1 6 ct. Caramel Apple Dip | 1 6 ct. Raisins | 4 Chewy Granola Bars |

JULY SPECIAL #1

Steak Grill Box (4.5 lb.) \$23

- 2.5 lb. Ribeye Steaks (4 x 10 oz.)
2 lb. Sirloin Strip Steaks (4 x 8 oz.)

JULY SPECIAL #2

Assorted Grill Box (6.5 lb.) \$22

- 1.5 lb. New York Strip Steaks (2 x 12 oz.)
2 lb. Chopped Beef Steaks (4 x 8 oz.)
2 lb. Boneless Pork Steaks (4 x 8 oz.)
1 lb. Chicken Sausage

JULY SPECIAL #3

IQF Chicken Breast Box (10 lbs.) \$21

- 10 lbs. IQF Chicken Breasts

JULY SPECIAL #4

Premium Fresh Fruit and Veggie Box \$21

- 3 lb. bag Idaho Potatoes
1 head California Cello Lettuce
1 lb. Plums
1 (16 oz.) Salad Dressing
15 oz. Salad Croutons
4 ears Fresh Yellow Corn
2 lb. bag Yellow Onions
1 Large Cantaloupe
1 Large Honey Dew Melon
1 lb. California Cello Carrots
4 Lemons
1 Golden Ripe Pineapple
AFM July 2010 Fruit and Veggie Recipe Sheet

Special Price!

JULY SPECIAL #5

Bit O' Blessing Box \$21

- 3 lb. Split Cornish Hens
2.5 lb. IQF Split Chicken Breasts
1 lb. Smoked Sausage
1.5 lb. Country Fried Steak
1 lb. Broccoli Florets
1.3 lb. Frozen Fruit Medley
Dessert

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

On site Order Deadline: Monday, July 19 6 PM

Online Order Deadline: Tuesday, July 20 11 PM

Distribution Day: Saturday, July 24 9-10 AM

	<i>Number of Boxes</i>	<i>Total Amount</i>
July Signature Box	\$30 X _____	= _____
Fast & Flavorful Cuisine	\$28 X _____	= _____
Allergen-Free Food Box	\$23 X _____	= _____
Just 4 Me - After School Box	\$24 X _____	= _____
After School Fruit & Veggie Box	\$16 X _____	= _____
July Special #1	\$23 X _____	= _____
July Special #2	\$22 X _____	= _____
July Special #3	\$21 X _____	= _____
July Special #4	\$21 X _____	= _____
July Special #5	\$21 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 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

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Angel Food Ministries is an equal opportunity provider and employer. Complaints of discrimination should be sent to USDA, Director, Office of Civil Rights

Angel Food Ministries Reserves the Right to Substitute Any of the Above Items Due to Availability, Cost and Quality.