



1892 E. Auburn Rd. Rochester Hills, MI 48307
248-852-5510 Website: www.GLCRH.org

♥ *A Food Ministry With A Servant's Heart!* ♥

SEPTEMBER 2010 MENU

"Bread Of Life" SIGNATURE BOX Cost: \$31.00

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

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| 3 lb. (avg.) Family Tray Pack All Natural Split Chicken Breast | 1 lb. Whole Kernel Corn |
| 8 ct. Bean and Cheese Burritos | 24 oz. Natural Cut French Fries |
| 1.5 lb. Hamburger Patties (4 x 6 oz.) | 1 lb. Kidney Beans |
| 1.5 lb. Center Cut Boneless Pork Chops (6 x 4 oz.) | 1 lb. Rice |
| 1.5 lb. Brd. Chicken Breast Nuggets | 6 oz. Corn Bread Stuffing Mix |
| 1 lb. Lean Ground Beef | 5.5 oz. Pancake Mix |
| 1 lb. All Beef Sausage | 32 oz. 2% Shelf Stable Milk |
| 1 lb. French Cut Green Beans | 1 Dozen Eggs |
| 1 lb. Garden Peas | 6 ct. Fried Apple Pie Sticks (2.75 oz. each) |

JUST 4 ME – AFTER SCHOOL BOX \$24.00

An assortment of child-friendly snacks. Great for after school or any time.

- 2 lb. Chicken Fingers/Popcorn Chicken
- 1.5 lb. Mini Corn Dogs
- 16 oz. String Cheese
- 2 (3 oz.) Hot Dogs in Bun (individually wrapped)
- 2 (4.5 oz.) Mini Cheese Burgers (2 twin packs)
- 4 (4 oz.) Hot Pockets
- 2 (6.5 oz.) Pizza's
- 2 (1.58 oz.) White Castle Hamburgers (2 twin packs)
- 2 (2.8 oz.) Peanut Butter and Jelly Jamwich

"Thrivent Financial For Lutherans"
North Oakland Chapter,
Supports Ministries At Gethsemane

FAST AND FLAVORFUL CUISINE! Cost: \$28.00

Convenience meals great for seniors and people living with diabetes!

Ten perfectly seasoned, nutritionally balanced, fully-cooked meals – just heat and serve. Each meal has been developed with dietary needs of senior citizens and people living with diabetes in mind.

Roasted Chicken w/ Red Wedge Potatoes, Lima Beans & a Carrot/Celery Blend

Chicken Alfredo with Fettuccini Noodles, Carrots and Broccoli

Chicken Chow Mein with Noodles, Green Beans and Cauliflower

Chicken Teriyaki with a Rice Blend, Carrots and Zucchini with Onions

Sweet and Sour Chicken with Rice, Okra with Onions and Carrots

Beef Stew with Diced Potatoes, Broccoli and a Zucchini/Red Pepper Blend

Salisbury Steak and Gravy with Red Wedge Potatoes, a Green Pea/Carrot Blend, and Green Beans

Homestyle Chili made with Beef and Beans with a Yellow Squash/Red Pepper Blend and Green Beans

Chicken Mexicana with Bell Peppers and Onions in a Chili Sauce over Rice, with Corn and Brussels Sprouts

Macaroni and Beef with Okra with Onions and Carrot

Bit O' BLESSING BOX \$21

- 2.5 lb. IQF Chicken Breast OR 4.5 lb. Perdue Whole Chicken
- 28 oz. Fully Cooked Meat Loaf
- 12 in. Supreme Pizza
- 1 lb. Lean Ground Beef
- 2 lb. Fully Cooked Mashed Potatoes
- 6.5 oz. Skillet Meal
- 1 lb. Rice
- Dessert

Angel Food Ministries is an equal opportunity provider and employer. Complaints of discrimination should be sent to USDA, Director, Office of Civil Rights, WA, DC 20250-9410. We Accept Food Stamps (EBT).

Angel Food Ministries reserves the right to substitute any of the items due to availability, cost and quality.

NEW!!! BOUNTIFUL BLESSING BOX \$41.00

- 28 oz. Fully Cooked Pot Roast (Pot Roast in Gravy with Red Wedge Potatoes, Carrots, Sliced Celery and Pearl Onions)
- 3 lb. (avg.) Family Tray Pack All Natural Split Chicken Breast
- 28 oz. Fully Cooked Broccoli, Rice and Chicken w/Cheese Dinner Entrée
- 8 ct. Bean and Cheese Burritos
- 1.5 lb. Hamburger Patties (4 x 6 oz.)
- 1.5 lb. Center Cut Boneless Pork Chops (6 x 4 oz.)
- 1.5 lb. Breaded Chicken Breast Nuggets
- 1 lb. Lean Ground Beef
- 1 lb. All Beef Sausage
- 1 lb. Crunchy Breaded Fish Wedges
- 1 lb. French Cut Green Beans
- 1 lb. Garden Peas
- 1 lb. Whole Kernel Corn
- 1 lb. Cauliflower Florets
- 1 lb. Pasta
- 6 oz. Corn Bread Stuffing Mix
- 32 oz. 2% Shelf Stable Milk
- 6 ct. Fried Apple Pie Sticks (2.75 oz. each)
- 1 lb. Sliced Carrots
- 1 lb. Broccoli Florets
- 24 oz. Natural Cut French Fries
- 25 oz. Pasta Sauce
- 5.5 oz. Pancake Mix
- 1 Dozen Eggs

SEPTEMBER SPECIAL #1 \$25.00

- Steak Combo Box (5 lbs.)**
- 3 lb. T-Bone Steaks (4 x 12 oz.)
- 2 lb. New York Strip Steaks (4 x 8 oz.)

SEPTEMBER SPECIAL #2 \$22.00

- Breaded Chicken Breast Nuggets (10 lb.)**
- 10 lb. Breaded Chicken Breast Nuggets

SEPTEMBER SPECIAL #3 \$23.00

Premium Fresh Fruit and Veggie Box

- 3 lb. Idaho Potatoes
- 3 lb. JonaMac Apples
- 1 lb. Cello Carrots
- 1 Head Green Cabbage
- 1 Large Cantaloupe
- 1 lb. Bag Kiwi
- 4 Navel Oranges
- AFM Fruit and Veggie Recipe Sheet
- 3 lb. Sweet Potatoes
- 2 lb. Yellow Onions
- 1 Head Cello Lettuce
- 1 Avocado
- 1 Golden Ripe Pineapple
- 4 Lemons
- 4 Pears

ORDERS ACCEPTED AND PAID FOR:

Saturday, Aug. 28, 11:30 am–1 pm
 Saturday, Sept. 18, 10 am - 12 noon **OR**
 Call For An Appt. before Sept. 17, 12 pm.

DISTRIBUTION DAY:

Saturday, Sept. 25, 11:30 a–1 pm
 at Gethsemane Lutheran Church.

Any food not picked up during the designated time will be donated.

“BREAD OF LIFE”

SIGNATURE BOX.....	Qty. _____	X	\$31.00.....	\$ _____
FAST & FLAVORFUL BOX..	Qty. _____	X	\$28.00.....	\$ _____
AFTER-SCHOOL BOX.....	Qty. _____	X	\$24.00.....	\$ _____
BIT O’ BLESSING BOX.....	Qty. _____	X	\$21.00.....	\$ _____
BOUNTIFUL BLESSING.....	Qty. _____	X	\$41.00.....	\$ _____
SPECIAL #1.....	Qty. _____	X	\$25.00.....	\$ _____
SPECIAL #2.....	Qty. _____	X	\$22.00.....	\$ _____
SPECIAL #3.....	Qty. _____	X	\$23.00.....	\$ _____
Total Qty.: _____			Total Cost: \$ _____	

METHOD OF PAYMENT ACCEPTED:

- Cash
- Money Order
- Food Stamps
- On Line

Sorry, No Personal Checks!

You May Also Order Online At:

www.glcrh.org or
www.angelfoodministries.com

Debit and Credit Cards Only

Online Order Deadline
Sunday, September 19, 11:59 pm.

Office Use Only:

Date: _____ Initials: _____

Name

Address

City

Zip

Email

Phone