

Coventry Estates Baptist Church



17133 E. 39th St Independence, MO 64055
 ph# 816-373-3775 (Information Line)

and Angel Food Ministries

Are working together to bring you

Angel Food

Once a month, you (or someone you want to help) can be blessed with fresh meats, fresh or frozen fruits & vegetables, and staple items at an extremely low price! And this is not "day-old" or "outdated" food. It's all fresh, top quality, name brand products, shipped from the manufacturers to the Angel Food Ministries HQ in Monroe, GA, and then on to our area on refrigerated trucks. Best of all, there are...

No Applications *No Qualifications * No Limits On The Quantity Purchased

March 2010

<u>REGULAR BOX</u>	<u>SENIOR/CONVIENCE BOX</u>
<i>Balance nutrition and variety with enough food to feed a family of four for about a week.</i>	<i>Ten perfectly seasoned, nutricionally blanced, fully cooked meals-just heat and serve. Each meal has been developed with the dietary needs of seniors in mind, and contains 3oz protein, a starch & two vegetables or fruit.</i>
2 lbs. Chopped Stks flavored w/Dijon Mustard 1 lb. Bcn Wrapped Turkey Brst Filet Mignon) 1 lb. Boneless Center Cut Pork Chops (4 x 4 oz.) 2 lb. Macaroni & Beef Dinner Entrée 2.5 lb. IQF Split Chicken Breasts (Re-sealable 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	<p>Breaded Baked Fish over wild rice with green beans, corn and peas Chicken Chow Mein over lo mein noodles, mixed vegetables and sauce, sugar snap peas and cauliflower Swedish Meatballs over pasta in sauce, broccoli, carrot blend Fettuccini Alfredo with carrots and broccoli, zucchini and Brussels sprouts Meatloaf Patty with mashed potatoes and gravy, peas and carrots and cauliflower Turkey and Dressing with gravy, green bean blend and corn Chicken and Noodles with carrots and peas, corn and Brussels sprouts Pot Roast with mashed potatoes, corn and green beans Country Herb Chicken with mashed potatoes and sauce, broccoli and green bean blend Chicken Broccoli Alfredo with carrots and zucchini blend</p> <p>Desserts: Assorted Cookies, Mixed Fruit Cup, Applesauce, Grape Juice, Apple Juice</p>
\$30.00	\$28.00

ALLERGEN-FREE BOX

\$23.00

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 Chunks, 1 lb. Breaded Formed Tenders, 2 lb. Breaded Chicken Drumsticks, 1 lb. Breaded Cube Steak

6lb. SEAFOOD BOX

\$35.00

27oz. Breaded Butterfly Shrimp, 10oz. Cod Fillets, 17oz. Crab Cakes, 16oz. White Fish Fillets, 16oz. Tilapia Fillets, 10oz Breaded Clam Strips

After School Box

\$21.00

14oz Bread Sticks Stuffed w/Mozzarella (9x1.61oz.), 1.5lb Fully Cooked Chicken Rings, 1.5lb Fully cooked Chicken & Cheese Nuggets, 1.5lb Fully cooked Mini Corn Dogs

SPECIAL #1 6.5 lb. Assorted Meat Grill Box

\$23.00

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.)

SPECIAL #2 5 lb. Assorted Meat & Chicken Combo

\$22.00

1.5 lb. New York Strips (2 x 12 oz.), 1.5 lb. Bacon Wrapped Filet (4x6oz.), 1.5lb Bacon Wrapped Chicken Breast (4x6oz.)

SPECIAL #3 10lb Boneless/Skinless Chicken Breast

\$18.00

10lb. IQF Boneless/Skinless Chicken Breasts

SPECIAL #4 4x4 Family Meal Kits

\$35.00

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 (Potatoes, Carrots, Onions and Celery), 1 lb. Green Beans, **Split Whole Chicken Kit** - 3 lb. (avg) Whole Split Chicken (2 individually wrapped halves), 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 Mdly, 1 lb. Corn

SPECIAL #5 Premium Fresh Fruit and Veggie Box

\$22.00

1 Large Golden Pineapple, 1 Large Cantaloupe, 1 lb. Seedless Grapes, 1 Large Mango, 1 Haas Avocado, 1 head Cabbage, 3 lb. bag Sweet Potatoes, 2 lb. bag Yellow Onions, 3 lb. bag Idaho Baking Potatoes, 1 lb. Carrots, 3 Colored Bell Peppers, 2 ct. Jumbo Garlic

PICK UP YOUR ORDER ON Saturday March 27th 9:30-11:30am

Any Food Left Unclaimed After This Time WILL BE DONATED To Others In Need!

Angel Food Ministries reserves the right to substitute for any of the above items due to availability, cost, or quality issues.

wwwmycebc.org or email us at angelfood@mycebc.org