



**NOVEMBER 2010**

**MENU**

*Joseph's Marketplace Partnering with Angel Food Ministries*

**at Overflow Ministries Covenant Church**

10870 Hamilton Avenue

Cincinnati, OH 45231

513-742-FLOW (3569)

**B2 - Bit O' Blessing Box**

- 4.5 lb. (avg.) Perdue Whole Chicken
- 1 lb. Crunchy Fish Bites
- 1.5 lb. Hamburger Patties with Cheese (4 x 6 oz.)
- 1 lb. Lean Ground Beef
- 24 oz. French Fries
- 1 lb. Kidney Beans
- 1 lb. Sliced Carrots
- 1 lb. Rice
- Dessert

**\$21.00**

**B4 - Fast & Flavorful Cuisine**

*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 White Chicken
- BBQ White Chicken
- Fish Sticks
- Turkey and Gravy over Bread Dressing
- Swedish Meatballs with Sauce over Noodles
- White Chicken and Gravy over Rice
- Macaroni and Beef
- Pot Roast with Vegetables
- White Chicken Mexicana
- Country Steak with Gravy

\*specific meal details can be found at [www.angelfoodministries.com](http://www.angelfoodministries.com)

**\$28.00**

**S1 - NOVEMBER SPECIAL #1 \$25.00\***

- T-Bone Steak Special**  
4.5 lb. T-Bone Steaks (6 X 12 oz.)

**S2 - NOVEMBER SPECIAL #2 \$35.00\***

- Seafood Variety Box**  
16 oz. Butterfly Shrimp (Oven Ready)  
10 oz. Breaded Clam Strips (Oven Ready)  
12 oz. Cod Loins  
16 oz. (4) Stuffed Flounder Portions  
17 oz. (4) Crab Cakes (Oven Ready)  
16 oz. Popcorn Breaded Shrimp

**S3 - NOVEMBER SPECIAL #3 \$23.00\***

- Premium Fresh Fruit and Veggie Box**  
1 3 lb. bag Fresh Sweet Potatoes  
1 3 lb. bag Fresh Idaho Potatoes  
1 2 lb. bag Yellow Onions  
1 head Green Cabbage  
1 stalk Sleeve Celery  
1 1/2 Gallon Apple Cider  
4 Navel Oranges  
2 Pink Grapefruit  
4 Granny Smith Apples  
1 6-pack Raisins  
1 8 oz. bag Shelled Walnuts  
1 10.5 oz. bag Mini Marshmallows  
AFM Fruit and Veggie Recipe Sheet

**B1 - Bread of Life Signature Box**

*Balanced nutrition and variety with enough food to help feed a family of four for about a week.*

- 3.5 lb. Perdue Split Chicken Breasts (2 X 1.81 lb. trays)
- 2 lb. Chicken Fettuccini Alfredo Entrée
- 1.5 lb. Hamburger Patties (4 x 6 oz.)
- 1 lb. Crunchy Fish Wedges
- 1.5 lb. Fully Cooked Meatballs (48 ct.)
- 1 lb. Lean Ground Beef
- 1 lb. All Meat Hot Dogs
- 1 lb. Sugar Snap Peas & Julienne Carrots
- 1 lb. Yellow Super-Sweet Corn
- 1 lb. Cut Green Beans
- 24 oz. Steak Fries
- 1 lb. Pinto Beans
- 1 lb. Rice
- 1 lb. Pasta
- 25 oz. Pasta Sauce
- 32 oz. 2% Shelf-Stable Milk
- 1 Dozen Eggs
- 16 oz. Fudge Brownie Mix

**\$31.00**

**B5 - Just 4 Me After School Box**

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

- 2 lb. Chicken Fingers
- 1.5 lb. Corn Dogs
- 1 (16 oz.) String Cheese
- 3 (2.8 oz.) Peanut Butter & Jelly Jamwich
- 2 (4 oz.) Stuffed Sandwiches (Assorted Flavors)
- 1 (3 oz.) Hot Dog in Bun
- 1 (3 oz.) Grilled Cheese Sandwich
- 1 (5.6 oz.) Breaded Chicken Sandwiches (Twin Pk.)
- 2 (6.5 oz.) Pizzas
- 2 (4 oz.) Sloppy Joe Minis (Twin Pack)

**\$24.00**

**S4 - NOVEMBER SPECIAL #4 \$36.00\***

- Christmas Box – for delivery in December**  
7.5 lb. (avg.) All Natural Perdue Roasting Hen  
3 lb. Boneless Netted Ham Roast  
12 oz. Corn Bread Stuffing Mix (2 packages x 6 oz. = 12 servings)  
1 lb. Frozen Cranberries  
12 ct. Mini Corn Cobbettes  
2 lb. Green Beans  
2 lb. Diced Sweet Potatoes  
12 ct. Whole Wheat Dinner Rolls  
1.7 oz. Brown Gravy Mix (2 packages x .87 oz. = 2 cups gravy)  
Dessert  
Recipes and Cooking Instructions

**Last day to place and pay for your order: Sunday November 14<sup>th</sup>**  
**Distribution day is Saturday November 20<sup>th</sup>**  
**Pick up your order between 9:30-11:30am**

**NEW!!!**

**B3 - Bountiful Blessing Box**

- 3.5 lb. Perdue Split Chicken Breasts (2 X 1.81 lb. trays)
- 3 lb. Birds Eye Steamfresh Meals for 2 (2 X 24 oz. pkg.)
- 2 lb. Chicken Fettuccini Alfredo Entrée
- 1.5 lb. Hamburger Patties (4 x 6 oz.)
- 1.5 lb. Bacon-Wrapped Turkey Fillets (4 x 6 oz.)
- 1 lb. Crunchy Fish Wedges
- 1.5 lb. Fully Cooked Meatballs (48 ct.)
- 1.5 lb. Breaded Chicken Nuggets
- 1 lb. Lean Ground Beef
- 1 lb. All Meat Hot Dogs
- 1 lb. Sugar Snap Peas & Julienne Carrots
- 1 lb. Yellow Supersweet Corn
- 1 lb. Cut Green Beans
- 2 lb. Fresh Apples
- 24 oz. Steak Fries
- 1 lb. Pinto Beans
- 1 lb. Rice
- 1 lb. Pasta
- 25 oz. Pasta Sauce
- 5.5 oz. Pancake Mix
- 7 oz. Blueberry Muffin Mix
- 32 oz. 2% Shelf-Stable Milk
- 1 Dozen Eggs
- 16 oz. Fudge Brownie Mix

**\$41.00**

**GLUTEN FREE!\***

**B6 – Allergen Free Food Box**

- 1 lb. Breaded Chicken Breast Nuggets
- 1 lb. Breaded Chicken Tenderloins
- 1 lb. Breaded Breast Fillet Patties
- 1 lb. Breaded Boneless Chicken Wings
- 1 lb. Breaded Cubed Steak

**\$25.00**

**S5 - NOVEMBER SPECIAL #5 \$36.00\***

- Thanksgiving Box – for delivery in November**  
7.5 lb. (avg.) All Natural Perdue Roasting Hen  
3 lb. Boneless Netted Ham Roast  
12 oz. Corn Bread Stuffing Mix (2 packages x 6 oz. = 12 servings)  
1 lb. Frozen Cranberries  
12 ct. Mini Corn Cobbettes  
2 lb. Green Beans  
2 lb. Diced Sweet Potatoes  
12 ct. Whole Wheat Dinner Rolls  
1.7 oz. Brown Gravy Mix (2 packages x .87 oz. = 2 cups gravy)  
Dessert  
Recipes and Cooking Instructions

*We Accept Cash, Credit & Debit cards, Money Orders & Food Stamps (EBT). You can also place your order online thru [omccministries.com](http://omccministries.com).*