



Joseph's Marketplace Partnering with Angel Food Ministries
At Overflow Ministries Covenant Church
 10870 Hamilton Avenue
 Cincinnati, OH 45231
 513-742-FLOW (3569)
www.omccministries.com



ANGEL FOOD MINISTRIES JULY 2010 M E N U

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|---|---|
| 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 | 1 lb. Baby Carrots |
| 2 lb. Lasagna with Meat Sauce | 15 oz. Baked Beans |
| 1 lb. Lean Ground Beef | 6.5 oz. Skillet Meal Helper |
| 1.5 lb. Hamburger Patties with
Cheese in center (4 x 6 oz.) | 1 head Cabbage |
| 12 in. Supreme Pizza | 11 oz. (min. wt.) Breakfast Cereal |
| 1 lb. All Meat Hot Dogs | 32 oz. 2% Shelf Stable Milk
Dozen eggs & Dessert |

ALL THIS FOOD FOR THE LOW COST OF JUST - \$30.00

JULY SPECIAL #1

- Steak Grill Box (4.5 lb.) \$23.00**
 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.) \$22.00**
 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.) \$21.00**
 10 lbs. IQF Chicken Breasts

JULY SPECIAL #4

- Premium Fresh Fruit and Veggie Box \$21.00**
 3 lb. bag Idaho Potatoes
 1 head California Cello Lettuce
 1 lb. Plums
 1 (16 oz.) Salad Dressing
 1 (5 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



JULY SPECIAL #5

- Bit O' Blessing Box \$21.00**
 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

LAST DAY TO PLACE & PAY FOR YOUR ORDER IS: **Monday, July 19, 2010**
 DISTRIBUTION DAY IS: **Saturday, July 24, 2010**

- **Pick-up your food between 10:30 am. and 12:30 pm. on Distribution Day.**
- **Food not picked up by 12:30 pm will be donated; we can not store any food items.**
- **You Must Bring A Large Or Medium Size Box to pick up your food!**

We Accept Cash, Money Orders & Food Stamps (EBT).
You can also place your order online thru omccministries.com.
 (Turn Menu Over)

ANGEL FOOD MINISTRIES JULY 2010 M E N U

Continued

Just 4 Me - After School Box

\$24.00

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

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

Just 4 Me - After School Fruit & Veggie Box

\$16.00

An assortment healthy fruit & veggie snacks especially for kids.

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

Convenience Meals Fast and Flavorful Cuisine

Convenience meals great for seniors and people living with diabetes!

****New & Improved****

****More Food****

Ten perfectly seasoned, nutritionally balanced, fully cooked meals—just heat and serve. Each meal has been developed with the dietary needs of senior citizens and people living with diabetes in mind, and contains 3 oz. of protein, a starch & two vegetables or fruit

Fish Sticks with a Rice/Bean Blend, Broccoli and Carrots

Boneless Pork Patty with BBQ Sauce, Sweet Potatoes and Peas with Carrots

Red Beans and Rice with Smoked Sausage (made with Pork), Carrots and Brussels Sprouts

Meat Lasagna with Carrots and Green Beans

Chicken Parmesan with Spaghetti, Corn/Red Pepper Blend and Zucchini

Roasted Chicken with Red Wedge Potatoes, Lima Beans and a Carrot/Celery Blend

Country Fried Steak with Gravy and Red Wedge Potatoes, Corn and Green Beans

Salisbury Steak & Gravy with Red Wedge Potatoes, a Green Pea/Carrot Blend and Brussels Sprouts

Swedish Meatballs with Noodles, Yellow Squash with Onions and Brussels Sprouts

Country Herb Chicken with Mashed Potatoes, Green Peas and a Lima Bean/Red Pepper Blend

\$28.00

5 lb. ALLERGEN-FREE BOX

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 Chicken Tenders
- 1 lb. Breaded Cubed Steak
- 2 lb. Breaded Chicken Drumsticks

*Battered with water, white rice, brown rice, modified tapioca starch, flax seed, sugar, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika.
Breaded with 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.*

\$23.00

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