

# Concordia Lutheran

## April Menu

# angelfood

MINISTRIES

### Signature Box

#### \$30

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

- 1.5 lb. New York Strip Steaks (4 x 6 oz.)
- 1.5 lb. Pork Chops (4 x 6 oz.)
- 28 oz. Salisbury Steak & Gravy Dinner Entrée
- 1 lb. Lean Ground Beef
- 1.5 lb. Fully Cooked Breaded Chicken Breast Chunks
- 1 lb. Smoked Turkey & Pork Sausage
- 1 lb. Frozen Carrots
- 1 lb. Corn
- 1 lb. French Cut Green Beans
- 1 lb. Rice
- 1 lb. Pasta
- 25 oz. Marinara Pasta Sauce
- 3 lb. Fresh Baking Potatoes
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs
- Dessert

### Convenience Meals

Great for Seniors and Diabetics!

#### \$28

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

- Roasted Chicken
- Chicken Broccoli
- Chicken Chow Mein
- Chicken Teriyaki
- Sweet and Sour Chicken
- Salisbury Steak and Gravy
- Chili with Beef and Beans
- Beef Stew
- Fiesta Chicken with Rice
- Macaroni and Beef
- Assorted Sugar-Free Desserts

### Allergen-Free Food Box

#### \$23

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 Fillets
- 1 lb. Breaded Chicken Breast Nuggets
- 1 lb. Breaded Cubed Steak
- 1 lb. Breaded Wings
- 1 lb. Breaded Chicken Tenders

Battered/breaded with water, 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.

### 6 lb. Premium Seafood Variety Box

#### \$35

- 2 lb. Alaskan Snow Crab Legs
- 1 lb. Large EZ Peel Shrimp
- 1 lb. (8 ct.) Stuffed Crab in Natural Shell
- 2 lb. Oven-Ready Popcorn Shrimp

### Just 4 Me - After School Box

#### \$24

Assorted child-friendly snacks. Great for after school or any time.

- 1 lb. String Cheese (16 1 oz. servings)
- 1.5 lb. Chicken Fingers
- 4 White Castle Chicken Sandwiches (2 pkg. /2 x 2.6 oz.)
- 1.5 lb. Mini Corn Dogs (Approximately 36 count)
- 9 oz. Hot Pockets (2 x 4.5 oz.)
- 6 oz. Pizza Bites (12 count)
- 4 White Castle Hamburgers (2 pkg./2 x 2.6 oz.)
- 2 Peanut Butter and Jelly Jamwich Sandwiches

### Just 4 Me - After School Fruit Box

#### \$16

Healthy fruit snacks especially for kids.

- 3 Red Delicious Apples
- 3 Granny Smith Apples
- 3 Navel Oranges
- 3 D'Anjou Pears
- 1 6 pack Apple Sauce
- 1 3 pack Apple Juice
- 1 2.5 oz. bag Sweet Potato Chips
- 1 2.5 oz. bag Apple Chips
- 1 6 oz. bag Banana Chips

#### APRIL SPECIAL #1 \$23

##### 6 lb. Assorted Meat Grill Box

- 1.5 lb. T-Bone Steaks (2 x 12 oz.)
- 2 lb. Pork Chops (4 x 8 oz.)
- 1.5 lb. Hamburger Steaks with Cheese
- 1 lb. Bratwurst with Cheese

#### APRIL SPECIAL #2 \$22

##### 5 lb. Assorted Meat & Chicken Combo

- 2 lb. Ribeye Steaks (4 x 8 oz.)
- 1.5 lb. Kansas City Strip Steaks (2 x 12 oz.)
- 1.5 lb. Boneless Flavored Chicken Breast (Mesquite 2 x 6 oz., Lemon Herb 2 x 6 oz.)

#### APRIL SPECIAL #3 \$21

##### 10 lb. IQF Unbreaded Poultry Box

- 3 lb. IQF Split Cornish Hens
- 2 lb. IQF Chicken Tenders
- 2.5 lb. IQF Thighs
- 2.5 lb. IQF Split Breasts

#### APRIL SPECIAL #4 \$35

##### 4 x 4 Family Meal Kits

4 meal kits with all you need to feed a family of 4 with 4 complete meals.

- Turkey Kit** - 1.5 lb. Boneless Turkey Breast, 1.5 lb. Potato Medley, 1 lb. Green Beans
- Split Whole Chicken Kit** - 3 lb. (avg) Whole Split Chicken, 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
- Pork Roast Kit** - 1.5 lb. Boneless Pork Roast, 1.5 lb. Potato Medley, 1 lb. Corn

#### APRIL SPECIAL #5 \$32

##### 7 lb. Premium Box

- 3 lb. T-Bone Steaks (4 x 12 oz.)
- 2 lb. Pork Chops (4 x 8 oz.)
- 2 lb. Boneless Flavored Chicken Breasts (1 lb. each Italian & Honey Mustard)

#### APRIL SPECIAL #6 \$22

##### Premium Fresh Fruit and Veggie Box

- 1 Large Golden Ripe Pineapple
- 1 3 lb. Bag Valencia Oranges
- 2 Rio Red Grapefruit
- 4 Washington State D'Anjou Pears
- 4 California Lemons
- 4 Honey Tangerines
- 1 2 lb. Bag Red Delicious Apples
- 1 Head Green Cabbage
- 1 1 lb. Bag California Mini Carrots
- 1 3 lb. Bag Red Potatoes (A-size)
- 1 2 lb. Bag New Crop Yellow Onions
- AFM Fruit and Veggie Recipe Sheet

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Church Website - [www.luther95.net/CLC-HMD/](http://www.luther95.net/CLC-HMD/)  
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