

# NATURE COAST MINISTRIES MARCH

angelfood  
MINISTRIES

## Signature Box \$30

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

- 2 lb. Chopped Beef Steaks flavored with Dijon Mustard (4 x 8 oz.)
- 1 lb. Bacon Wrapped Turkey Breast Filet Mignon (4 X 4 oz.)
- 1 lb. Boneless Center Cut Pork Chops (4 x 4 oz.)
- 2 lb. Macaroni & Beef Dinner Entrée
- 2.5 lb. IQF Split Chicken Breasts (Resealable 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

## Senior & Convenience Meals *For Seniors or People on the Go!* \$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.*

- Breaded Baked Fish
- Chicken Chow Mein
- Swedish Meatballs
- Fettuccini Alfredo
- Meatloaf Patty
- Turkey and Dressing
- Chicken and Noodles
- Pot Roast
- Country Herb Chicken
- Chicken Broccoli Alfredo
- Desserts: Assorted Cookies, Mixed Fruit Cup, Applesauce, Grape Juice, Apple Juice

## 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 Chunks
  - 1 lb. Breaded Formed Tenders
  - 2 lbs. Breaded Chicken Drumsticks
  - 1 lb. Breaded Cube Steak
- 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.*

## After School Box \$21

*An assortment of child-friendly snacks. Great for after school or any time. Chicken items and bread sticks in resealable bags.*

- 14 oz. Bread Sticks Stuffed with Mozzarella (9 x 1.61 oz.)
- 1.5 lb. Fully Cooked Chicken Rings (Approximately 8 servings)
- 1.5 lb. Fully Cooked Chicken & Cheese Nuggets (Approximately 8 servings)
- 1.5 lb. Fully Cooked Mini Corn Dogs (36 count)

## 6 lb. Premium Seafood Variety Box \$35

- 27 oz. Breaded Butterfly Shrimp Tail-on (oven ready)
- 10 oz. Cod Fillets
- 17 oz. Crab Cakes (oven ready)
- 16 oz. White Fish Fillets
- 16 oz. Tilapia Fillets
- 10 oz. Breaded Clam Strips (oven ready)

### MARCH SPECIAL #1 \$23

- 7 lb. Assorted Meat Grill Box**
- 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.)

### MARCH SPECIAL #2 \$22

- 4.5 lb. Assorted Meat & Chicken Combo**
- 1.5 lb. New York Strip Steaks (2 x 12 oz.)
  - 1.5 lb. Bacon Wrapped Filet (4 x 6 oz.)
  - 1.5 lb. Bacon Wrapped Chicken Breast (4 x 6 oz.)

### MARCH SPECIAL #3 \$20

- 10 lb. Boneless/Skinless Chicken Breast Box**
- 10 lb. IQF Boneless/Skinless Chicken Breasts

### MARCH SPECIAL #4 \$35

- 4 x 4 Family Meal Kits**
- 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, 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

### MARCH SPECIAL #5 \$22

- Premium Fresh Fruit and Veggie Box**
- 1 Large Golden Ripe Pineapple
  - 1 Large Vine Ripened Cantaloupe
  - 1 lb. New Crop Chilean White Seedless Grapes
  - 1 Large Tree-Ripened Mango
  - 1 Large Haas Avocado
  - 1 head Leafy Green Cabbage
  - 3 lb. bag Sweet Potatoes (baking size)
  - 2 lb. bag New Crop Yellow Onions
  - 3 lb. bag Idaho Baking Potatoes
  - 1 lb. Fresh California Carrots
  - 3 Variety Colored Bell Peppers
  - 2 ct. Jumbo Garlic
  - AFM Fruit and Veggie Recipe Sheet

**NO INCOME RESTRICTIONS, ANYONE CAN PARTICIPATE, YOU CAN BUY AS MANY BOXES AS YOU LIKE, & THERE ARE NO MEMBERSHIP FEES**

# MARCH 2010 MENU

The packages are nutritionist reviewed and one standard Signature food box can feed a family of four for a week, or a single person for a month. It is an excellent way to stretch a food budget.

The menu is on the reverse of this page and can be seen by going to our web page: [www.MyNCM.com](http://www.MyNCM.com). All orders are prepaid. PLEASE DO NOT PURCHASE THIS FOOD FOR RESALE.

On-Line ordering is done at our web site [www.MyNCM.com](http://www.MyNCM.com) \* ONLY DEBIT/CREDIT/GIFT CARDS are accepted there.

**On-Line orders will be taken only on the following days:  
NOW THRU 11:59 PM WEDNESDY, MARCH 16**

In-Person ordering is done at the Train Depot, 109 Crystal St., Crystal River. We accept cash, checks, money orders, or EBT food stamp cards. Make checks & money orders payable to NATURE COAST MINISTRIES. In-Person orders will be taken on the following days:

**Monday, March 9 (10 AM – 2 PM)  
Thursday, March 11, (10 AM – 2 PM)  
Monday, March 15 (2 PM – 5 PM)  
Tuesday, March 16 (10 AM – 2 PM)**

**DISTRIBUTION DAY IS Saturday, March 27**

**If you purchase for pickup at NATURE COAST MINISTRIES, 109 Crystal St. (Train Depot), Crystal River, please pick up between 10:00 AM – 11:30 AM.**

If you purchase for pickup at GULF TO LAKE CHURCH, please pick up at the Gulf To Lake Ministry Complex on Hwy 44, directly across from the church, between 10:00 AM – 11:30 AM.

If you purchase for pickup at RED LEVEL BAPTIST CHURCH, please pick up at the church Hwy 488, between 10:00 AM – 12:00 NOON.

If you purchase to pickup at HOPE EVANGELICAL LUTHERAN CHURCH, please pick up at the church on Citrus springs Blvd., between 10:00 AM – 12 NOON.

**REMEMBER: Bring a cooler to carry your food.  
Questions: Call 352-795-4046**

**PLEASE CONSIDER PARTICIPATING AS A VOLUNTEER.  
DONATIONS ARE GREATLY APPRECIATED (tax deductible)**

**NATURE COAST MINISTRIES  
P. O. Box 2499, Crystal River, FL 34423-2499**

(physical address: Old Train Depot, 109 Crystal St)

**Phone:352-795-4046 Web Site: [www.MyNCM.com](http://www.MyNCM.com) Email: [AngelFood@MyNCM.com](mailto:AngelFood@MyNCM.com)**