

Signature Box

Balanced nutrition and variety with enough food to assist in feeding a family of four for a week.

- 1.5 lb. Rib-Eye Steaks (4 x 6 oz.)
- 2 lb. Lasagna Dinner Entrée
- 1.5 lb. Breaded Fish Fillets (12 ct.)
- 1 lb. Lean Ground Beef
- 1 lb. Lean All White Meat Chicken Sausage (Mild Italian)
- 1.5 lb. Country Fried Steak (4 x 6 oz.)
- 14 oz. – 16 oz. Hickory Smoked Center Cut Ham Steaks
- 1 lb. Frozen Peas & Carrots
- 1 lb. Frozen Broccoli Florets
- 1 lb. Frozen Sliced Zucchini
- 15 oz. Baked Beans
- 24 oz. Natural Cut French Fries
- 1.3 lb. Frozen Fruit Medley
- 2 lb. Fresh Vidalia Onions
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs
- Dessert

\$30.00

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 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.

- Mesquite Chicken with Southwest Rice Blend, Black Beans, Mesquite BBQ Sauce, Carrots & Green Beans (13.2 oz.)
- Salisbury Steak & Gravy with Red Skin Potatoes, Peas & Carrots and Cauliflower (12.9 oz.)
- Country Herb Chicken with Mashed Potatoes, Sauce, Broccoli & Green Beans and Red Pepper Blend (13.2 oz.)
- Chicken Parmesan with Fettuccini Noodles, Cheese, Marinara Sauce, Zucchini & Red Peppers and Brussels Sprouts (13.4 oz.)
- Meatloaf & Gravy with Mashed Potatoes, Peas & Carrots and Cauliflower (12.9 oz.)
- Chicken Teriyaki with Fried Rice Blend, Teriyaki Sauce, Sugar Snap Peas and Carrots (13.4 oz.)
- Chicken & Noodles with Carrots, Peas, Creamy Sauce, Corn and Brussels Sprouts (15.1 oz.)
- Swedish Meatballs with Mafada Pasta, Sauce, Broccoli & Carrots and Red Peppers and Onions (13 oz.)
- Fettuccini Alfredo with Fettuccini Noodles, Broccoli, Carrots, Alfredo Sauce, Zucchini & Red Peppers and Brussels Sprouts (13 oz.)
- Beef Stew with Potatoes, Carrots, Celery, Onions, Brussels Sprouts, Corn and Red Pepper Blend (15.3 oz.)
- Variety of Desserts and Snacks

\$28.00

5 lb. Allergen-Free Food 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 Chicken Tenders
- 1 lb. Breaded Cubed Steak
- 2 lb. Breaded Chicken Drumsticks

Battered/Breaded with water, white rice, brown rice, modified tapioca starch, flax seed, sugar, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika. Breading is pre-browned in Canola oil.

\$23.00

6.4 lb. Premium Seafood Variety Box

- 1.1 lb. Crab Cakes (5 ct.)
- 1.3 lb. Haddock Fillets
- 1.5 lb. Crunchy Popcorn Shrimp
- 1 lb. Breaded Clam Strips
- 1 lb. Medium Raw Shrimp
- 8 oz. Mahi-mahi (2 x 4 oz.)

\$35.00

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

Just 4 Me – After School Fruit & Veggie Box

\$16.00

An assortment healthy fruit snacks especially for kids.

- 3 Red Delicious Apples
- 3 Fancy Oranges
- (4) 2 oz. packs Celery Sticks
- 1 lb. Premium Whole Peeled Baby Carrots
- 4 Chewy Granola Bars
- 12 oz. Peanut Butter
- 3 Granny Smith Apples
- 3 D'Anjou Pears
- (1) 6-pack Raisins

MAY SPECIAL #1

6.4 lb. Assorted Meat Grill Box

\$23.00

- 1.5 lb. Bone-In New York Strip Steaks (2 x 12 oz.)
- 2 lb. Baby Back Ribs
- 1.5 lb. Hamburger Patties (4 x 6 oz.)
- 1.5 lb. Mild Italian Sausage with Cheese

MAY SPECIAL #2

4 lb. Steak Box

\$22.00

- 4 lb. Sirloin Strip Steaks (8 x 8 oz.)

MAY SPECIAL #3

12 ct. Gourmet-Flavored Chicken Breast Box \$19.00

- 4 Mesquite Chicken Breast (6 oz. ea.)
- 4 B-B-Q Chicken Breast (6 oz. ea.)
- 4 Italian Chicken Breast (6 oz. ea.)

MAY SPECIAL #4

4 for 4 Family Meals

\$35.00

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

Beef Tips and Gravy - 1.5 lb. Beef Tips and Gravy, 1 lb. Egg Noodles, 1 lb. Vegetable Blend (zucchini, carrots, Italian beans and cauliflower)

Split Whole Chicken - 3 lb. (avg.) Whole Split Chicken, 1 lb. Stir Fry with Vegetables, 1 lb. Green Beans

Choice Roast Beef - 1.5 lb. Choice Roast Beef, 1.5 lb. Potato Medley, 1 lb. Green Beans

Baby Back Ribs - 2 lb. Baby Back Ribs, 1 lb. Corn, 1 lb. Green Beans

May is National Salad Month!

Why not celebrate with a Premium Fresh Fruit and Veggie Box from Angel Food?

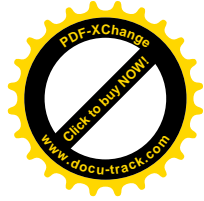
MAY SPECIAL #5

Premium Fresh Fruit and Veggie Box

\$22.00

- 1 head Cello Lettuce
- 1 head Sleeved Romaine Lettuce
- 1 lb. bag Fresh California Carrots
- (1) 6 oz. pack Radishes
- 1 Red Onion
- (1) 5 oz. bag Fresh Gourmet Salad Croutons
- 1 (16 oz.) Salad Dressing
- 3 lb. bag Idaho Potatoes
- 2 lb. bag Jazz Apples
- 3 lb. bag Oranges
- 1 Package Roma Tomatoes
- 6 California Lemons

Orders Due: **Sunday, May 9, 2010***
Distribution Day: **Saturday, May 22, 10:00-11:00 AM ***
**Please note that some host sites have earlier order deadlines. Please contact your local host site for information.*
[Order taken at the church Friday, 4/30 & 5/7, 4:30-6:00 PM](#)
[Or www.gracecovenantecc.org](http://www.gracecovenantecc.org)



Order Form

Please complete form and send with payment to:
Grace Covenant Church
PO Box 329
Irmo, SC 29063

Or Order online at gracecovenantecc.org

Payments must be received by May 9, 2010 for orders to be placed.

Name _____

Address _____

Phone _____

Email _____

Method of Payment

Check ___ Cash ___ Money Order ___ EBT ___

Order Total _____

Signature Box _____
\$30

Senior Box _____
\$28

Allergen-Free Box _____
\$23

Seafood Pack _____
\$35

Just 4 Me After School Box _____
\$24

Just 4 Me Fruit Box _____
\$16

Special # 1 _____
6.5 Lb. Assorted Grill Box \$23

Special # 2 _____
4 Lb Steak Box \$22

Special # 3 _____
12 Ct Flavored Chicken Breast \$19

Special # 4 _____
4 X 4 Family Meal Kit \$35

Special #5 _____
Fruit and Veggie Box \$22

Special #6 _____
Bit of Blessing Box \$21

Pick up @ Grace Covenant Church,
Saturday, May 22, 2010, 10:00-11:00 AM
227 Lin creek Dr (Behind the Lake Murray Visitor's Center on HWY 6)
Columbia, SC 29212
803-781-7115

Order taken at the church Friday, 4/30 & 5/7, 4:30-6:00 PM