



WASHINGTON  
CHRISTIAN CHURCH



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**FEBRUARY BASIC BOX \$30**

5 lb Chicken Leg Quarters	1 lb Blackberries
10 4 oz. Hamburger Patties	1 lb Carrots
1.5 lb Boneless Pork Roast	2 lb Onion Strings
1 lb avg. Ground Pork	5.25 oz. Scalloped Potatoes
1 lb Italian Sausage Links	Chili Mix
Vegetable Pot Stickers	Apple Muffin Mix
2 lb Apple Crescents	

**EMPTY NESTER BOX \$20**

3 lb B/L S/L Chicken Breast
1 lb Ground Pork
1 lb Green Beans
1 lb Blackberries
Chili Packet
Apple Muffin Mix

**SENIOR MEALS \$28 7 - HEAT'N'SERVE MEALS – add 8oz glass of milk, these meals meet USDA RDA dietary needs of seniors**

Chicken Breast & Rice w/Apricot Sauce Green Bean Casserole Rosemary Roasted Potatoes Wheat Roll Margarine Orange Pineapple Juice	Steak Fingers Mixed Greens Black-Eyed Peas Rye Bread Margarine Mixed Fruit Cup	Chicken Broccoli Casserole w/ Rice Green Beans Squash Medley Wheat Bread Margarine Orange Juice	Chili with Beans Broccoli Applesauce Wheat Roll Margarine Fig Bar	Chicken Chop Suey Corn Peas w/Onions, Mushrooms & Red Peppers Wheat Bread Margarine Animal Crackers	Meatloaf w/ Tomato Sauce Diced Rutabagas Lima Beans Wheat Bread Margarine Grape Juice Graham Crackers	Breaded Fish Rosemary Roasted Potatoes Italian Vegetables Rye Bread Margarine Blended Juice Ginger Cookie
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<http://www.valleyinc.com/senior/nutrition.html>

- SPECIAL #1 - \$20 KID'S BOX:** 1.5 lb Popcorn Chicken, Flour Tortillas, 14oz. Taco Meat, 2 12-oz. Pkg Hot Dogs, Chocolate Syrup, 2 Pudding Mixes, 2 10-oz. Boxes of Vanilla Wafer
- SPECIAL #2 - \$20 BREAKFAST BOX:** 2 lb French Toast Stix, 2 12 count pancakes, 12 oz. Canadian Bacon, 1lb Ground Sausage, 1lb Blackberries, Strawberry Fruit Bars
- SPECIAL #3 - \$20 SEAFOOD/LENT BOX:** 24 oz. Catfish Fillets, 1lb Salmon, 4 5oz. Pecan Encrusted Tilapia, 18oz. Battered Fish
- SPECIAL #4 - \$35 5 lb RIBEYE BOX:** 5 lb aged premium ribeye steaks.
- SPECIAL #5 - \$20 STUFFED CHICKEN BOX:** 4 – 6 oz of EACH – Chicken Kiev (seasoned butter stuffed), Chicken Broccoli (Broccoli & Cheese Stuffed), Cordon Bleu (Ham & Cheese Stuffed) 12 in all
- SPECIAL #6 - \$25 FRUIT/VEGGIE GRAB BOX:** 14lbs of assorted Fruits and Veggies.
- SPECIAL #7 - \$25 BASIC GRAB BOX:** Over \$40 of meats, veggies, fruits, potatoes and miscellaneous items.

If you would like to order, please visit the FOOD4ALL table in the Fellowship Hall on during Sunday services  
**8:30 a.m. – 11:30 a.m., January 24 & 31, 2010.**

Orders will be taken midweek in the office, 10:00 a.m. to 1:00 p.m., January 25-29, February 1-5, 2010.  
Also Wednesday evenings, 5:30-6:00 p.m. January 27 & February 3, 2010

PICK UP will be at Washington Christian Church on  
**Saturday, February 20, 2010, between 7:00 a.m. and 8:30 a.m.**

Your order: regular box - quantity \_\_\_\_\_ x 30 = \$ \_\_\_\_\_  
empty nester - quantity \_\_\_\_\_ x 20 = \$ \_\_\_\_\_  
senior meals - quantity \_\_\_\_\_ x 28 = \$ \_\_\_\_\_  
special #1 - quantity \_\_\_\_\_ x 20 = \$ \_\_\_\_\_  
special #2 - quantity \_\_\_\_\_ x 20 = \$ \_\_\_\_\_  
special #3 - quantity \_\_\_\_\_ x 20 = \$ \_\_\_\_\_  
special #4 - quantity \_\_\_\_\_ x 35 = \$ \_\_\_\_\_  
special #5 - quantity \_\_\_\_\_ x 20 = \$ \_\_\_\_\_  
special #6 - quantity \_\_\_\_\_ x 25 = \$ \_\_\_\_\_  
special #7 - quantity \_\_\_\_\_ x 25 = \$ \_\_\_\_\_  
total = \$ \_\_\_\_\_

**PLEASE NOTE:**  
All orders must be paid for at the time of order. Make checks payable to "Washington Christian Church" and put "Food 4 All" in the memo. Any groceries not picked up by 8:30 a.m. on the posted pick-up day will be donated to charity.