



WASHINGTON
CHRISTIAN CHURCH



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EMAIL: OFFICE@WASHINGTONCHRISTIAN.NET / WEB: WWW.WASHINGTONCHRISTIAN.NET

MARCH BASIC BOX \$30

Over 17 pounds – 12 ½ pounds of meat!

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|------------------------------------|----------------------------------|
| 1.5 lb Pork Roast | 1lb California Blend Veg. |
| 3lb Split Cornish Hens | 1.75 lb Buffalo Fries |
| 2.5 lb B/L S/L Chicken Tenderloins | 1 lb Peaches (6 individual cups) |
| 2 lb Beef Bolognese | Dessert (Pie or Pumpkin Roll) |
| 3.5 lb Chicken Thigh or Drumsticks | |

EMPTY NESTER BOX \$20

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|----------------------------------|---------------|
| 2lb Beef Stroganoff | |
| 3.25 lb Chicken Drumsticks | |
| 2lb Beef Bolognese | 1lb Spaghetti |
| 1lb California Blend Vegetable | |
| 28oz. Chicken & Wild Rice Soup | |
| 1 lb Peaches (6 individual cups) | |

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

Beef & Bowtie Pasta Capri Blend Veg. - Corn Rye Bread - Margarine Ginger Cookie Orange Juice	Meatballs & Shells w/ Alfredo Sauce, Green Beans w/ Onions & Red Peppers, Squash Medley, Wheat Bread, Margarine, Graham Crackers	Chicken Parmesan, Whipped Potatoes, Capri Blend Veg., Wheat Roll, Margarine, Orange Pineapple Juice	Grilled Pork Patty, Diced Apples, Spinach, Rye Bread, margarine, Fig Bar	Baked Chicken Thighs, Carrots, Green Peas, Wheat Roll, Margarine, Diced Pineapple Cup	Chicken Sausage w/ Baked Beans, Red Skin Whipped Potatoes, Mixed Veg., Wheat Roll, Margarine, Blended Juice	Beef Stew, Diced Potatoes, Apple Dessert, Rye Bread, Margarine, Pineapple Juice
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<http://www.valleyinc.com/senior/nutrition.html>

SPECIAL #1 - \$19 KID'S BOX: 3lb Corn Dogs, 4 Pizza Pockets, (2) 6-packs of Diced Peaches, 1.75 lb of Buffalo Fries

SPECIAL #2 - \$17 BREAKFAST BOX: 2.5 lb Cinnamon Sprinkled French Toast Six, 1lb Breakfast Sausage, 14oz Country Gravy, 12ct Pancakes, 40oz. Biscuit Mix, Fruit Bars

SPECIAL #3 - \$25 5 lb SIRLOIN BOX: 12-7 oz. of Bacon-wrapped Sirloin Steaks

SPECIAL #4 - \$20 8 lb BURGER BOX: 8 lb of 5oz hamburgers.

SPECIAL #5 - \$25 FEED THE CROWD FOR EASTER BOX (over 17 lbs of food!): 5lb BBQ Shredded Chicken, 4 ¾ lbs Dry Instant Potatoes, 4lb Mac N Cheese Tray, 4lb Chicken and Wild Rice Soup

SPECIAL #6 - \$22 CHICKEN GRAB BOX: 15 lbs of chicken items from recent menu offerings

SPECIAL #7 - \$20 DESSERT BOX: Assorted 1 - 9 inch Cheesecake (12-cut, 3 Pieces Each: Pecan, Raspberry, Marble, Dutch Apple) & 1 - 3 lb Italian Cream Cake (9 inch, 12-cut)

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., February 21 & 28, 2010.

Orders will be taken midweek in the office, 10:00 a.m. to 1:00 p.m., February 22-26, March 1-5, 2010.

Also Wednesday evenings, 5:30-6:00 p.m. February 24 & March 3, 2010

PICK UP will be at Washington Christian Church on

Saturday, March 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 19 = \$ _____
special #2 - quantity _____ x 17 = \$ _____
special #3 - quantity _____ x 25 = \$ _____
special #4 - quantity _____ x 20 = \$ _____
special #5 - quantity _____ x 25 = \$ _____
special #6 - quantity _____ x 22 = \$ _____
special #7 - quantity _____ x 20 = \$ _____
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.