

Angel Food Menus – Week 3 Of May Shopping List

By www.HillbillyHousewife.com

These menus are based on the food provided by Angel Food Ministries in their monthly boxes. For more information on ordering these food boxes visit <http://www.angelfoodministries.com/>

[Fresh Produce] Fruits and Vegetables

fresh thyme – 1 tablespoon
garlic cloves – 1
cloves – 6 whole
peppercorn – 5
carrots – 4
onions -2 + 6 green onions
turnips – 2
celery – 2 stalks

[Beverages]

orange juice – 2 tablespoons
lemon juice – 1 tablespoon

[General Grocery] Cooking and Baking

garlic powder – 1/4 teaspoon
ground dry mustard – 1/4 teaspoon
sesame oil or vegetable oil – 1 teaspoon
salt – 1 teaspoon
bay leaf – 1
vegetable oil – 1 tablespoon
garlic pepper – 1 teaspoon
nutmeg – 1/4 teaspoon
chili oil – 1 tablespoon

[General Grocery] Condiments and Sauces

honey – 1/2 cup
black beans sauce – 1 tablespoon

[General Grocery] Dry Foods and Mixes

[General Grocery] Canned and Bottled

beef gravy – 1 jar (12 ounces)

apricot preserves – 3 tablespoons

[Dairy]

egg white – 1
refrigerated French bread – 1 tube (11 ounces)
shredded Swiss cheese – 1 1/2 cups

[Meat and Poultry]

pork tenderloin – 1 1/2 pounds
boneless beef chuck roast – 3 pounds
boneless beef sirloin steak – 1 pound
thinly sliced deli ham – 6 ounces
bacon – 8 slices
broiler-fryer chicken – 3 to 3 1/2 pounds

[Frozen]

frozen mixed vegetables – 1 pound (stir-fry with sweet & sour sauce & pineapple)
corn dogs – 1 pound (about 6)
sweet corn – 1 package (20 ounces)
frozen green beans, potatoes, onions & red peppers – 1 bag (16 ounces)
frozen broccoli, cauliflower & carrots – 1 bag (16 ounces)

[Snacks]

crisp rice crackers – 34