

Angel Food Menus – Week 1 Of September 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

garlic cloves – 3 large + 1 tablespoon
minced
mushrooms – 1 pound
lemon slices
capers – 1 tablespoon
celery – 1/4 cup
onions – 1/4 cup + 5
assorted vegetables – 3 cups (bell peppers,
broccoli, carrots)

[General Grocery] Beverages

white wine – 2 tablespoons
lemon juice – 2 tablespoons

[Bakery and Bread]

bread – 2 to 3 slices
bread crumbs – 1/2 cup (plain & dry)

[General Grocery] Cooking and Baking

cumin – 1 tablespoon
pepper – 1/4 teaspoon + dash
salt – 1 teaspoon
vegetable oil – 5 tablespoons
chicken bouillon – 1 teaspoon
flour – 4 cups
quick rise yeast – 4 1/2 teaspoons
brown sugar – 2 teaspoons
olive oil – 3 tablespoons

[General Grocery] Condiments and Sauces

mayonnaise – 3 tablespoons
soy sauce – 3 tablespoons
stir fry sauce – 1/2 cup
Dijon mustard – 3 tablespoons

spaghetti sauce – 1 jar (26 ounces)
chili sauce – 2 to 3 tablespoons

[General Grocery] Dry Foods and Mixes

spiral pasta – 2 cups

[General Grocery] Canned and Bottled

cream of mushroom soup – 1 can (10 1/2
ounces)
mushrooms – 1 can (4 1/2 ounces)
pineapple slices – 1 can (8 ounces)

[Dairy]

butter – 1/8 teaspoon + 4 tablespoons
eggs – 5
milk – 1 tablespoon + 1/2 cup
American cheese – 4 ounces + 1/2 pound
Velveeta American processed cheese
shredded Swiss cheese – 1 1/2 cups
sour cream – 1/2 cup
shredded Mozzarella cheese – 2 cups

[Meat and Poultry]

ribeye steaks – 4 (8 ounces)
boneless skinless chicken breasts – 4 + 1
pound
ham – 1 cup
turkey – 3 1/2 cups
ground beef – 1 1/2 pounds
pork chops – 4

[Frozen]

broccoli spears – 1 package (10 ounces)