

# Angel Food Menus – Week 1 Of October Shopping List

By [www.HillbillyHousewife.com](http://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**

onions – 3  
red bell pepper – 1  
green bell pepper – 1  
garlic cloves – 2  
potatoes – 1 pound  
fresh chives – optional  
celery – 1 1/2 stalks  
avocado – 1

## **[Bakery and Bread]**

hamburger buns – 24

## **[General Grocery] Cooking and Baking**

lemon pepper seasoning – to taste  
olive oil – 1/4 cup  
salt – to taste, 1 1/2 teaspoons  
pepper – to taste + 1/2 teaspoon + 1/8  
teaspoon  
fajita seasoning mix – 1 envelope  
flour – 1/4 cup  
dried onion – 1 tablespoon  
dried oregano – 1 teaspoon  
dried basil – 1/2 teaspoon  
garlic or onion powder – 1/4 teaspoon

## **[General Grocery] Condiments and Sauces**

sweet pickle relish – 1/4 cup  
mayonnaise or salad dressing – 2  
tablespoons + 1/3 cup  
mustard – 2 teaspoons + 3 tablespoons Dijon  
or spicy brown mustard

barbecue sauce – 1 cup

## **[General Grocery] Dry Foods and Mixes**

spaghetti or linguine – 1/2 pound  
instant rice – 4 cups  
instant potato flakes – 1 1/3 cups  
Original Bisquick® - 2 cups

## **[General Grocery] Canned and Bottled**

stewed tomatoes – 1 can (14 1/2 ounces)  
sloppy Joe sauce – 1 can (26 1/2 ounces)  
tomato sauce – 1 can (8 ounces)  
ripe olives – 1/2 cup

## **[Dairy]**

Parmigiano-Reggiano – 1/2 cup  
eggs – 2  
milk – 1/3 cup  
butter or margarine – 2 tablespoons  
shredded Monterey Jack-Colby cheese – 1  
1/2 cups

## **[Frozen]**

frozen tiny peas – 1 package (10 ounces)

## **[Meat and Poultry]**

T-bone or New York strip beef steaks – 4  
boneless beef top round steaks – 2 1/2  
pounds  
hot dogs – 4 to 6  
boneless skinless chicken breast halves – 6  
ground beef or turkey – 3 pounds  
chicken – 2 cups