

Angel Food Menus – Week 2 Of October 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

onions – 2
marjoram leaves – 1/2 teaspoon
fresh chives – 2 tablespoons (optional)
fresh thyme – 3/4 teaspoon
potatoes – 6
Chinese black or shitake mushrooms – 6
dried (1/2 ounce)
mushrooms – 1 package (8 ounces)
fresh shitake, crimini or portabella
mushrooms – 8 ounces
fresh cilantro – 1/4 cup

[Beverages]

dry white wine or apple juice – 2
tablespoons

[General Grocery] Cooking and Baking

salt – 1/2 teaspoon
pepper – 1/4 teaspoon
garlic powder – 1/2 teaspoon
vegetable oil – 1 tablespoon
Italian seasoning – 1 teaspoon

[General Grocery] Condiments and Sauces

chili sauce – 1/3 cup + 1/4 cup
honey – 2 tablespoons
soy sauce – 1 teaspoon
red pepper sauce – 1/4 teaspoon
Worcestershire sauce – 2 tablespoons + 1/2
teaspoon
ground mustard – 1 teaspoon
teriyaki sauce – 1/3 cup

spaghetti sauce – 1 jar (26 ounces)

[General Grocery] Dry Foods and Mixes

original Bisquick® - 1 1/2 cups
pasta spirals or tubes – 8 ounces
soba (buckwheat) or whole wheat spaghetti
– 8 ounces

[General Grocery] Canned and Bottled

orange marmalade – 1/4 cup
condensed cream of mushroom soup – 1 can
(10 3/4 ounces)
mushroom pieces & stems – 1 can (4
ounces)
pimiento – 1 tablespoon
tomato soup – 1 can

[Dairy]

shredded mozzarella cheese – 2 cups
shredded cheddar cheese – 1 cup
Parmesan cheese – 1/3 cup

[Frozen]

chicken stir fry skillet meal – 1 package
frozen green peas – 1 bag (16 ounces)
frozen chicken nuggets – 1 bag (13 1/2
ounces)

[Meat and Poultry]

turkey – 1 1/2 cups
boneless pork loin country-style ribs – 3 to 4
pounds
pork loin rib chops – 6
ground beef – 1 pound
bacon – 6 strips