

Angel Food Menus – Week 3 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

green chilies – 2 to 4
lemon wedges
carrots – 1/2 cup
dill weed – 1 1/4 teaspoons
onions – 1 yellow; 1 tablespoon + 1/2 cup green onions
potatoes (mashed) – 1 cup
white peppers – 1/8 teaspoon

[Bakery and Breads]

bread – 5 or 6 pieces
dry bread crumbs – 1 1/2 cups
flour tortillas – 6
soft bread crumbs – 3/4 cups

[Beverages]

fresh lemon juice – 1/4 cup

[General Grocery] Cooking and Baking

salt – 2 1/2 teaspoons + to taste
dry mustard – 1/2 teaspoon
flour – 1 cup + 1 tablespoon
vegetable oil
seasoned salt – 1 teaspoon
pepper – 1/4 teaspoon + to taste
paprika
brown sugar – 1/3 cup
sugar – 2 tablespoons
cinnamon – 1/4 teaspoon
nutmeg – 3/8 teaspoon
cloves – 1/8 teaspoon
garlic powder – 1/2 teaspoon

[General Grocery] Dry Foods and Mixes

elbow macaroni – 2 cups

[General Grocery] Canned and Bottled

apple jelly – 1/2 cup
green chilies – 1 can (4 ounces) (optional)
cream of chicken soup – 1 can
cream of mushroom soup – 2 cans
tomato soup – 2 cans
spaghetti sauce – 1 1/2 cups

[Dairy]

grated longhorn cheese – 3/4 pound
milk – 3 1/4 cups
eggs – 10
sharp American cheese – 1 package (8 ounces)
butter or margarine – 1/4 cup + 1 tablespoon
sour cream – 1 cup
shredded cheddar cheese – 2 cups
grated Parmesan cheese – 1/4 teaspoon

[Frozen]

frozen hash brown potatoes – 1 package (12 ounces)
frozen breaded fish sticks – 1 package (12 ounces)
orange juice concentrate – 1/4 cup
frozen spinach in a pouch – 1 package (9 ounces)

[Meat and Poultry]

bulk pork sausages – 1/2 pound
broiler-fryer chicken – 1
ham steak – 1
boneless skinless chicken breast halves – 2 cups
ground beef – 1 pound