

# Angel Food Menus – Week 4 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 – 3/4 cup + 2 teaspoons dried minced  
onions + 1 regular onion  
hot seasoned mashed potatoes – 3 cups + 8 to 10  
potatoes  
sweet red peppers – 1  
broccoli -1 cup  
garlic cloves – 1  
fresh mushrooms – 1 cup

## **[Bakery and Breads]**

bread crumbs – 2/3 cup + 1 cup soft bread  
crumbs  
white bread – 16 slices

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

salt – 1/4 teaspoon + to taste  
pepper – 1/4 teaspoon + to taste  
dried sage – 1/2 teaspoon + 1 teaspoon sage  
brown sugar – 3 tablespoons  
nutmeg – 1/4 teaspoon  
thyme – 1 teaspoon  
paprika  
cornstarch – 1 tablespoon + 2 teaspoons  
olive oil – 2 tablespoons  
ginger – 1/4 teaspoon  
salt free seasoning – 1/4 teaspoon  
dry mustard – 1 teaspoon  
onion salt – 1/2 teaspoon

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

ketchup – 1/4 cup  
Dijon style mustard – 1 teaspoon  
Worcestershire sauce – 2 teaspoons

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

rice – 5 cups

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

pork and beans – 1 can (16 ounces)  
lima beans – 1 can (8 1/2 ounces)  
cream of celery soup – 1 can (10 3/4 ounces)  
canned mushrooms – 1 can (8 ounces)  
chicken gravy – 2 cans (10 1/2 ounces each)  
reduced sodium chicken broth – 3/4 cup  
water chestnuts – 1 can (8 ounces)  
diced tomatoes with Italian seasoning – 1 can  
(14 1/2 ounces)

## **[Dairy]**

milk – 4 cups  
eggs – 10  
shredded cheddar cheese – 3 cups  
shredded Swiss cheese – 2 cups  
butter or margarine – 1/3 cup  
refrigerated marinara sauce – 1 container (15  
ounces)  
refrigerated cheese-filled ravioli – 1 package (9  
ounces)  
shredded mozzarella cheese or pizza blend  
cheese – 1 cup

## **[Frozen]**

frozen mixed vegetables – 1 bag (16 ounces)  
frozen pie crusts – 2 (Pillsbury pie crust dough)

## **[Meat and Poultry]**

ground beef – 2 1/2 pounds  
bulk pork sausages – 3/4 pound + 1/2 pound  
bulk sweet Italian sausages  
ham – 6 to 8 slices + 16 slices (about 1 pound)  
chicken breasts – 3  
boneless skinless turkey breast – 1 pound

## **[Miscellaneous]**

cornflakes – 2 1/2 cups