

**MAR ORDER**

Name \_\_\_\_\_

Best Contact Phone Number \_\_\_\_\_

*This is: Cell, Home, Business*

*Please bring a box or a laundry basket to put your order in.*

Please consider \_\_\_\_\_ unit(s) of this order as a donation to someone in need. Thank you!

UNITS	QTY		Cost/Unit	Total
Signature		x	\$30.00	
Senior		x	\$28.00	
Allergen Free		x	\$23.00	
Seafood		x	\$35.00	
After School		x	\$21.00	
Special 1		x	\$23.00	
Special 2		x	\$22.00	
Special 3		x	\$20.00	
Special 4		x	\$35.00	
Special 5		x	\$22.00	
<b>Order Total \$</b>				_____

If you mail in your order, please enclose a self-addressed STAMPED envelope for your receipt to be mailed to you. Bring receipt to pick up food. DO NOT send cash through the mail.

**FOR OFFICIAL USE ONLY**

- Cash
- Money Order
- Food Stamps
- Debit/Credit Card

**My Order for MAR**

Complete this portion at the time you place your order. It will be initialed and returned to you as your receipt.

NAME \_\_\_\_\_

Place orders in person @ Morning Star Fellowship on:

Fri., MAR 12th from 1– 3:00 pm (café entrance)  
 Sunday, MAR 14th from 11-11:30 am and from 12:30—1 p.m.

- Mail in deadline is Thursday, MAR 11th.
- We accept CASH, DEBIT or CREDIT CARD, MONEY ORDERS or FOOD STAMPS. FOOD STAMP orders can only be taken in the church office on Fridays and Sundays.
- You can also order online @ [www.mstarqtown.org](http://www.mstarqtown.org) (\$2 convenience fee for ordering online)

**FOR OFFICIAL USE ONLY**

Received by \_\_\_\_\_ Date \_\_\_\_\_

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Special 3		x	\$20.00	
Special 4		x	\$35.00	
Special 5		x	\$22.00	
<b>Order Total \$</b>				_____



**MAR 2010 MENU**

**\*\*PICK-UP MAR 19th\*\*  
 between 5:30 - 7:00 pm**

**Morning Star Fellowship**  
 429 S. 9th Street  
 Quakertown, PA 18951  
 215-529-6422

**ONLINE ORDERING NOW  
 AVAILABLE @ [www.mstarqtown.org](http://www.mstarqtown.org)**

**Signature Box \$30**

Balanced Nutrition and Variety with enough food to feed a family of four for about one week.

- 2 lbs. Chopped Beef Steaks flavored w/ Dijon Mustard (4 x 8 oz.)
- 1 lb. Bacon Wrapped Turkey Breast Filet Mignon (4 X 4 oz.)
- 1 lb. Boneless Center Cut Pork Chops (4 x 4 oz.)
- 2 lb. Macaroni & Beef Dinner Entrée
- 2.5 lb. Split Chicken Breasts
- 1 lb. Lean Ground Beef
- 1 12" Supreme Pizza
- 1 lb. Frozen Peas & Carrots
- 1 lb. Frozen Whole Kernel Corn
- 2 lb. Fresh Apples
- 2 lb. Heat and Serve Broccoli & Cheese Soup
- 24 oz. Natural Cut French Fries (Skin-on)
- 6.5 oz. Stroganoff Skillet Meal
- 1 lb. Rice
- Dozen Eggs
- Dessert

Specials on the Back!

## This Month's Specials!

### Senior/Convenience Box **\$28**

**For Seniors or People on the Go!**

Ten perfectly seasoned, nutritionally balanced, fully cooked meals — just heat and serve. Each meal has been developed with the dietary needs of senior citizens in mind, and contains 3 oz. of

**Breaded Baked Fish** over wild rice with green beans, corn and peas

**Chicken Chow Mein** over lo mein noodles, mixed vegetables and sauce, sugar snap peas and cauliflower

**Swedish Meatballs** over pasta in sauce, broccoli, carrot blend

**Fettuccini Alfredo** with carrots and broccoli, zucchini and Brussels sprouts

**Meatloaf Patty** with mashed potatoes and gravy, peas and carrots and cauliflower

**Turkey and Dressing** with gravy, green bean blend and corn

**Chicken and Noodles** with carrots and peas, corn and Brussels sprouts

**Pot Roast** with mashed potatoes, corn and green beans

**Country Herb Chicken** with mashed potatoes and sauce, broccoli and green bean blend

### 5 lb. Allergen-Free Box

**\$23**

*Processed to eliminate the eight top serious allergens: Peanuts, Soybeans, Milk, Eggs, Fish, Crustacea, Tree Nuts and Gluten (wheat, rye and barley). Great for children and adults!*

- 1 lb. Breaded Chicken Breast Chunks
- 1 lb. Breaded Formed Tenders
- 2 lb. Breaded Chicken Drumsticks

### 6 LB. SEAFOOD PACK **\$35**

*Six pounds of the finest quality seafood assortment available.*

- 27 oz. Breaded Butterfly Shrimp (oven ready)
- 10 oz. Cod Fillets
- 17 oz. Crab Cakes (oven ready)
- 16 oz. White Fish Fillets
- 16 oz. Tilapia Fillets

#### MAR SPECIAL #1 **\$23**

#### 6 lb. Assorted Meat Grill Box

- 1.5 lb. Ribeye Steaks (2 x 12 oz.)
- 1 lb. Chopped Beef Steak Flavored with Real Mozzarella Cheese (2 x 8 oz.)
- 1 lb. Chopped Beef Steak Flavored with Real Mild Cheddar Cheese (2 x 8 oz.)
- 1.5 lb. Italian Sausage with Cheese
- ~~1 lb. Bacon Wrapped Turkey Breast Filet Mignon (4 x 4 oz.)~~

#### MAR SPECIAL #2 **\$22**

#### 4.5 lb. Assorted Meat & Chicken Combo

- 1.5 lb. New York Strip Steaks (2 x 12 oz.)

#### MAR SPECIAL #3 **\$20**

#### 10 lb. Boneless/Skinless Chicken Breast Box

#### MAR SPECIAL #4 **\$35**

#### 4x4 Family Meal Kits

- 4 meal kits with all you need to feed a family of 4. 16 meals at 2.20 per meal.
- Turkey Kit** - 1.5 lb. Boneless Turkey Breast, 1.5 lb. Potato Medley (Potatoes, Carrots, Onions and Celery), 1 lb. Green Beans
- Split Whole Chicken Kit** - 3 lb. (avg) Whole Split Chicken (2 individually wrapped halves), 1.5 lb. Potato Medley, 1 lb. Green Beans
- Beef Tips & Gravy Kit** - 1.5 lb. Choice Beef Tips in Gravy, 1.5 lb. Rice Medley (Rice with Red & Green Peppers)
- Pork Roast Kit** - 1.5 lb. Boneless Pork Roast, 1.5 lb. Potato Medley, 1 lb. Corn

#### MAR SPECIAL #5 **\$22**

#### Fresh Fruit and Veggie Box

- 1 Golden Ripe Pineapple
- 1 Cantaloupe
- 1 lb. White Seedless Grapes
- 1 Mango
- 1 Large Haas Avocado
- 1 head Green Cabbage
- 3 lb. Sweet Potatoes (baking size)
- 2 lb. New Crop Yellow Onions
- 3 lb. Idaho Baking Potatoes
- 1 lb. Carrots
- 3 Variety Colored Bell Peppers
- 2 ct. Jumbo Garlic
- AFM March 2010 Fruit and Veggie Recipe Sheet

### After School Box **\$21**

- 14 oz. Bread Sticks Stuffed with Mozzarella in Resealable Bag (9 x 1.61 oz.)
- 1.5 lb. Fully Cooked Chicken Rings in Resealable Bag (Approx. 8 servings)
- 1.5 lb. Fully Cooked Chicken & Cheese Nuggets in Resealable Bag (Approximately 8 servings)
- 1.5 lb. Fully Cooked Mini Corn Dogs (36 count)

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