



MARCH '10 MENU

ORDER DATES & TIMES:

- Sat. February 20 8:30 a.m. -9:30 a.m.
- Wed. February 24 4:30 p.m. – 6:30 p.m.
- Sat. February 27 9:30 a.m. – 11:30 a.m.
- Fri. March 5 4:30 p.m. – 6:30 p.m.

Distribution Date & Time:

Saturday, March 20
Time: 8:30a.m. – 9:30 a.m.

Orders can only be placed in person on established order dates and times. New and repeat orders are always accepted on any distribution day. On all distribution days in order to pick-up food you must have a receipt that shows what you have ordered and paid for specific to that month's menu.

BASIC FOOD BOX - only \$30 (Over 17 pounds – 12 ½ pounds of meat!)			EMPTY NESTERS BOX - only \$20						
1.5 lb Pork Roast 3lb Split Cornish Hens 2.5 lb B/L S/L Chicken Tenderloins 2 lb Beef Bolognese 3.5 lb Chicken Thigh or Drumsticks			1lb California Blend Veg. 1.75 lb Buffalo Fries 1 lb Peaches (6 individual cups) Dessert (Pie or Pumpkin Roll)			2lb Beef Stroganoff 3.25 lb Chicken Drumsticks 2lb Beef Bolognese 1lb Spaghetti 1lb California Blend Vegetable 28oz. Chicken & Wild Rice Soup 1 lb Peaches (6 individual cups)			
SENIOR MEALS – only \$28.00 New and improved supplier - http://www.valleyinc.com/senior/nutrition.html **7 Heat & Serve Meals - with an 8 oz glass of milk, these meals meet USDA RDA recommended dietary needs of seniors**									
Beef & Bowtie Pasta Capri Blend Veg. Corn Rye Bread Margarine Ginger Cookie Orange Juice	Meatballs & Shells w/ Alfredo Sauce, Green Beans w/ Onions & Red Peppers, Squash Medley, Wheat Bread, Margarine, Graham Crackers	Chicken Parmesan, Whipped Potatoes, Capri Blend Veg., Wheat Roll, Margarine, Orange Pineapple Juice	Grilled Pork Patty, Diced Apples, Spinach, Rye Bread, Margarine, Fig Bar	Baked Chicken Thighs, Carrots, Green Peas, Wheat Roll, Margarine, Diced Pineapple Cup	Chicken Sausage w/ Baked Beans, Red Skin Whipped Potatoes, Mixed Veg., Wheat Roll, Margarine, Blended Juice	Beef Stew, Diced Potatoes, Apple Dessert, Rye Bread, Margarine, Pineapple Juice			

Great Food For All Reserves the right to substitute items of equal or greater value due to circumstances beyond our control

ORDER ANY OF THE FOLLOWING BOXES – NO RESTRICTIONS

- Kids Box** **\$19.00**
(3lb Corn Dogs, 4 Pizza Pockets, (2) 6-packs of Diced Peaches, 1.75 lb of Buffalo Fries)
- Breakfast Box** **\$17.00**
(2.5 lb Cinnamon Sprinkled French Toast Six, 1lb Breakfast Sausage, 14oz Country Gravy, 12ct Pancakes, 40oz. Biscuit Mix, Fruit Bars)
- 5 lb Sirloin Special** **\$25.00**
(12-7 oz. of Bacon-wrapped Sirloin Steaks)
- 8 lb Burger Box** **\$20.00**
(8lbs of 5oz hamburgers)
- Feed the crowd For Easter Box (Over 17 lbs of Food!!!)** **\$25.00**
(5lb BBQ Shredded Chicken, 4 ¾ lbs Dry Instant Potatoes, 4lb Mac N Cheese Tray, 4lb Chicken and Wild Rice Soup)
- Chicken Grab Box** **\$22.00**
(15 lbs of chicken items from recent menu offerings)
- Dessert Box** **\$20.00**
(Assorted 1 - 9 inch Cheesecake (12-cut, 3 Pieces Each: Pecan, Raspberry, Marble, Dutch Apple) & 1 - 3 lb Italian Cream Cake (9 inch, 12-cut))

* **LifeQuest is located at 400 136th Ave. Building 600, on the corner of James and 136th Ave. , Holland, MI 49424.** Questions: Call Emmett Brown at (616) 928-7289 or email greatfoodforalllifequest@yahoo.com. We are also in facebook as greatfoodforallifequest. Host Sites also exist in Grand Haven, Dewitt, Dundee, Fruitport, & Lansing. For other locations in Michigan and across the U.S. visit www.greatfoodforall.com



Worship on Sunday mornings:

LifeQuest gathers each Sunday at 10:30 AM at Building 600 (located directly behind the Red Cross Building on James Street between 136th and Butternut). **We invite ALL** people in our community to come and experience worship

Through March 21 LifeQuest will continue a series on the 10 Commandments.

March 28- April 4 Celebration of the Passion Week

April 11 – May 9 The Church is....

Do you have a prayer request or physical need that we can help carry the burden:

At LifeQuest we value doing life together. That means we take serious the opportunity to pray for others and to help carry others burdens. Do you have a need? Does something need to be moved?

Please let the volunteers of **Great Food For All** know of how we can be praying for you or assisting you. Please contact Emmett Brown at 928-7289 or Pastor Toby at 283-9806.

Visit us online:

Our Web site is almost finished. Please go check it out and become familiar with what is going on at LifeQuest. There is a video on the opening page that shares a piece of what LifeQuest is all about. Keep checking the progress at www.lifequestholland.org/index2.html