

# JULY 2010 MENU OPTIONS

**ALL ITEMS AVAILABLE SEPARATELY – NO RESTRICTIONS!**  
**NO “BOX” PURCHASE REQUIRED TO PURCHASE “SPECIALS”**

## **REGULAR BOX: \$30.00**

28 oz Cooked Sliced Meatloaf w/Tomato Sauce Dozen Eggs  
4 (6 oz) Hamburger Patties w/Cheese Center Dessert Item  
4.5 lb Perdue Whole Chicken 1 Head Cabbage  
2 lb Lasagna w/Meat Sauce 1 lb Baby Carrots  
6.5 oz Skillet Helper Meal 15 oz Baked Beans  
2 lb Frozen Vegetables 12 in Supreme Pizza  
32 oz Shelf Stable Milk 1 lb All Meat Hot Dogs  
1 lb Lean Ground Beef 11 oz Breakfast Cereal

## **ALLERGEN FREE BOX: \$23.00**

*Processed to eliminate the 8 top allergens: Peanuts, Soybeans, Milk, Eggs, Fish, Crustacea, Tree Nuts & Gluten (wheat, rye & barley).*

ALL BREADED - 1 lb Chicken Chunks; 1 lb Formed Chicken Tenders; 1 lb Cubed Steak; 2 lb Chicken Drumsticks

## **AFTER SCHOOL SNACK BOX: \$24.00**

1.5 lb Fish Sticks; 1.5 lb Mini Corn Dogs;  
1 lb. Popcorn Chicken; 2 (6.5 oz) Pepperoni Pizza;  
2 (2.8 oz) Peanut Butter & Jelly Jamwiches;  
14 oz. Stuffed Breadsticks; 6 ct Mini Moon Pies;  
2 (3.7 oz) Twin Hamburgers w/Cheese;  
2 (2.2 oz) PBJ on Graham Wafer

## **AFTER SCHOOL FRUIT BOX: \$16.00**

3 Red Delicious Apples; 3 Granny Smith Apples; 3 Pears  
6 ct Caramel Apple Dip; 3 Navel Oranges; 6 ct Raisins;  
8 oz Trail Mix; 1 lb Mini Carrots; 4 Chewy Granola Bars

## **July Special A: - \$23.00**

### **4.5 lb Steak Grill Box**

4 (10 oz) Rib-Eye Steaks  
4 (8 oz) Sirloin Strip Steaks

## **July Special B: - \$22.00**

### **6.5 lb Assorted Grill Box**

2 (12 oz) New York Strip Steaks  
4 (8 oz) Chopped Beef Steaks  
4 (8 oz) Boneless Pork Steaks  
1 lb Chicken Sausage

## **SENIOR/CONVENIENCE BOX: \$28.00**

### **Fast & Flavorful Cuisine**

*Ten individual meals fully-cooked – heat & serve. Each nutritionally-balanced meal has been developed with dietary needs of senior citizens and people living with diabetes in mind.*

**Fish Sticks** with a Rice/Bean Blend, Broccoli and Carrots  
**Boneless Pork Patty** with BBQ Sauce, Sweet Potatoes and Peas with Carrots

**Red Beans and Rice** with Smoked Sausage (made with Pork), Carrots and Brussels Sprouts

**Meat Lasagna** with Carrots and Green Beans

**Chicken Parmesan** with Spaghetti, Corn/Red Pepper Blend and Zucchini

**Roasted Chicken** with Red Wedge Potatoes, Lima Beans and a Carrot/Celery Blend

**Country Fried Steak** with Gravy and Red Wedge Potatoes, Corn and Green Beans

**Salisbury Steak & Gravy** with Red Wedge Potatoes, a Green Pea/Carrot Blend and Brussels Sprouts

**Swedish Meatballs** with Noodles, Yellow Squash with Onions and Brussels Sprouts

**Country Herb Chicken** with Mashed Potatoes, Green Peas and a Lima Bean/Red Pepper Blend

## **July Special C: - \$21.00**

### **10 lb IQF Chicken Breast Box**

10 lb Individually Quick Frozen Chicken Breasts

## **July Special D: - \$21.00**

### **Premium Fresh Fruit & Veggie Box w/Recipes**

3 lb Idaho Potatoes; 1 head Lettuce; 1 lb Plums;  
16 oz Salad Dressing; 5 oz Salad Croutons; 4 ears Yellow Corn;  
2 lb Yellow Onions; 1 Cantaloupe; 1 Honey Dew Melon;  
1 lb Carrots; 4 Lemons; 1 Pineapple

## **July Special E: - \$21.00**

### **Bit O' Blessing Box**

3 lb Split Cornish Hens; 2.5 lb IQF Split Chicken Breasts;  
1 lb Smoked Sausage; 1.5 lb Country Fried Steak;  
1 lb Broccoli Florets; 1.3 lb Frozen Fruit Medley Dessert

## **Welcome to Angel Food Ministries**

Angel Food Ministries is a non-profit, non-denominational organization that is dedicated to providing quality food for individuals and families at a reasonable price. Each basic box is sold for \$30, and has a value of \$60-\$75. This is not “seconds”, outdated or damaged merchandise. It is top quality food that has been made available for purchase. There is no limit to the amounts of Basic or Specials that can be purchased.

Every month will have a different menu, which will feed a family of four for a week, or a single person for nearly a month. Menus are available on distribution day for the following month.

### **Policy on “Forgotten Boxes”**

We will try to reach you the morning of distribution if it is almost closing time and your order has not been picked up. However, food not picked up by 12:30 PM may be given to charity, so please contact us if a problem arises and you are unable to come for your food. Please note:

### **WE CANNOT REFUND YOUR MONEY**

Orders can be placed on distribution day for the following month's menu, and on the Friday dates listed in this brochure. In person payments may be made in cash, money order, or EBT (food stamp) card. When using an EBT card, the person whose name is on the card must be present, Photo ID required - That is the law.

**WE ARE NOT ABLE TO ACCEPT CHECKS OR DEBIT/CREDIT CARDS AT ST. PAUL CHURCH. HOWEVER, DEBIT/CREDIT CARD ORDERS CAN BE PLACED ONLINE ONLY AT [www.angelfoodministries.com](http://www.angelfoodministries.com).**

Find our location/site and place your order online.

### **\*NEW TIMES\* DISTRIBUTION SCHEDULE:**

#### **July SIGN-UP @ ST. PAUL CHURCH:**

**\*\*\*ONLY - Fri, July 16, 5-7 PM**

#### **July DISTRIBUTION @ ST PAUL CHURCH:**

Sat, July 24, 8:00-10:00 AM

#### **August SIGN-UP @ ST. PAUL CHURCH:**

**\*\*\*ONLY - Fri, August 13, 5-7 PM**

#### **August DISTRIBUTION @ ST PAUL CHURCH:**

Sat, August 21, 8:00-10:00 AM

Orders may be placed by mail by filling out this form and sending it with a money order for the correct amount and a self-addressed, stamped envelope to:

**St. Paul UMC  
4360 Board Road  
Manchester, PA 17345**

Orders must be received by Friday, July 16th.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Basic Box: Quantity: \_\_\_\_\_ @ \$30 each Total: \$ \_\_\_\_\_

Senior Box: Quantity: \_\_\_\_\_ @ \$28 each Total: \$ \_\_\_\_\_

Allergen Free Box: Qty: \_\_\_\_\_ @ \$23 each Total: \$ \_\_\_\_\_

School Snack Box: Qty: \_\_\_\_\_ @ \$24 each Total: \$ \_\_\_\_\_

School Fruit Box: Qty: \_\_\_\_\_ @ \$16 each Total: \$ \_\_\_\_\_

Special Boxes:

|            |                 |                |                   |
|------------|-----------------|----------------|-------------------|
| Special A: | Quantity: _____ | @ \$23.00 each | A Total: \$ _____ |
| Special B: | Quantity: _____ | @ \$22.00 each | B Total: \$ _____ |
| Special C: | Quantity: _____ | @ \$21.00 each | C Total: \$ _____ |
| Special D: | Quantity: _____ | @ \$21.00 each | D Total: \$ _____ |
| Special E: | Quantity: _____ | @ \$21.00 each | E Total: \$ _____ |

July 2010 ORDER **GRAND TOTAL: \$ \_\_\_\_\_**

**PLEASE BRING YOUR RECEIPT WITH YOU TO PICK UP YOUR FOOD.**

A friend or a family member may pick up your food with a receipt.

**Angel Food Ministries reserves the right to substitute for any item listed on the menu due to availability, cost, or quality.**

Please be certain that you receive all of the food products as you go through the line. No shortages will be honored once you have left the building.

Please bring a medium sized box, cooler, or laundry basket on distribution day to carry your food home.

Tune into WSBA Radio, 910 AM on the day of distribution. They will make a public service announcement if there are any transportation problems resulting in the food coming late.

For more information, contact:

Kathy Minnich [minnichk@nesd.k12.pa.us](mailto:minnichk@nesd.k12.pa.us)

Linda Morningstar (717) 266-4253

or (717) 586-3761

Eva Mae Slaugh (717) 266-5960

Or visit

[www.angelfoodministries.com](http://www.angelfoodministries.com)

**How To Find Us**

**St. Paul's United Methodist Church  
4360 Board Road  
Manchester, PA 17345**

North from York on Rt. 83, get off Exit 24 (Emigsville), go straight at the light, we are 2.5 miles on the left.

North from York on Rt. 181, turn left onto Loucks St. at Beshore & Koller Ford, go 2 blocks to our driveway.

From the north, take the right fork just south of Manchester square (look for Wise's Service Station), go 0.6 miles, we're on the right.



**JULY MENU**

**THIS IS NOT CHARITY...  
IT'S A BARGAIN!  
EVERYONE QUALIFIES!**

**NO FINANCIAL RESTRICTIONS**



**"A Food Ministry  
With A Servant's Heart"**

**"If You Eat, You Qualify"**