

ANGEL FOOD MINISTRIES 2010 JULY MENU

If you eat, you qualify!! No income guidelines or residential boundaries!

4.5 lb. (avg.) Perdue Whole Chicken	1 lb. Baby Carrots	12 in. Supreme Pizza
2 lb. Lasagna with Meat Sauce	15 oz. Baked Beans	6.5 oz. Skillet Meal Helper
1 lb. All Meat Hot Dogs	1 head Cabbage	11 oz. (min. wt.) Breakfast Cereal
2 lb. Frozen Vegetables (Green Beans, Mashed Potatoes, Corn or Peas with Carrots)		1 Dozen Eggs
28 oz. Fully Cooked Sliced Meatloaf w/ Home-style Tomato Sauce		1 lb. Lean Ground Beef
1.5 lb. Hamburger Patties with Cheese in center (4 x 6 oz.)	32 oz. 2% Shelf Stable Milk	Dessert

Get all the above for \$30.00 – No limit on the number of food boxes you can purchase

SENIOR/CONVENIENCE BOX - NUTRITIONALLY BALANCED,

Nutritionally balanced, each meal has been developed with dietary needs of senior citizens and people living with diabetes in mind.

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

Fish Sticks with a Rice/Bean Blend, Broccoli and Carrots

FULLY COOKED MEALS, JUST HEAT AND SERVE: \$28.00

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

ALLERGEN-FREE FOOD BOX –

\$23.00

1 lb. each (Breaded) Chicken Breast Chunks, Formed Chicken Tenders,, Cubed Steak, Wings, 2 lb. Chicken Drumsticks

AFTER SCHOOL 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 and Jelly Jamwiches, 14 oz. Stuffed Breadsticks, 7.2 oz. Mini Moon Pies (6 ct.), 2 3.7 oz. Twin Charbroil 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, 1(6 ct.) Caramel Apple Dip, 3 Pears, 3 Navel Oranges, 1 (6 ct.) Raisins, 1 (8 oz.) Trail Mix, 1 (1 lb.) Mini Carrots, 4 Chewy Granola Bars

Monthly Specials:

Special "A"

\$23.00

Steak Grill Box (4.5 lb.)

2.5 lb. Ribeye Steaks (4 x 10 oz.)

2 lb. Sirloin Strip Steaks (4 x 8 oz.)

Special "B"

\$22.00

Assorted Grill Box (6.5 lb.)

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

2 lb. Chopped Beef Steaks (4 x 8 oz.)

2 lb. Boneless Pork Steaks (4 x 8 oz.)

1 lb. Chicken Sausage

Special "C"

\$21.00

IQF Chicken Breast Box (10 lbs.)

10 lbs. IQF Chicken Breasts

Special "D"

\$21.00

Premium Fresh Fruit and Veggie Box

3 lb. bag Idaho Potatoes, 1 head Lettuce, 1 lb. Plums,

1 (16 oz.) Salad Dressing, 1(5 oz.) Salad Croutons, 4 ears

Yellow Corn, 2 lb. bag Yellow Onions, 1 Large Cantaloupe,

1 Large Honey Dew Melon, 1 lb. Carrots, 4 Lemons,

1 Golden Pineapple, AFM July Fruit and Veggie Recipe Sheet

Special "E"

\$21.00

Bit O' Blessing Box

3 lb. Split Cornish Hens

1 lb. Smoked Sausage

2.5 lb. IQF Split Chicken Breasts

1 lb. Broccoli Florets

1.5 lb. Country Fried Steak

Dessert

1.3 lb. Frozen Fruit Medley

Angel Note: Food Ministries Reserves the Right to Substitute Any Items Due to Availability, Cost, or Quality

At sites - Cash, Money Order, or EBT Card Only. Sorry, No Personal Checks, Debit or Credit Cards.

However, you can order online using a credit or debit card...go to www.angelfoodministries.com

9 SITES ARE NOW OPERATING IN YORK COUNTY - SAME MENU & SAME DISTRIBUTION DAY – SATURDAY, JULY 24

St. Paul United Methodist Church, Manchester, 586-3761 or 266-5960

Friendship Community Church, 3380 Fox Run Rd., Dover, 779-0400

Kreutz Creek Presbyterian Church, Hellam, PA, 840-0955 or 755-0223

West Shore Food Ministries FCOG, New Cumberland, 717-418-2591

Fourth United Methodist Church, 1067 E. Market St. York 717 854-6731

Otterbein United Methodist Church, Spry 717 741-1429

Pine Grove Presbyterian Church, Airville 717 862-3579

Shrewsbury Southern Community Services 717 227-0048

Christ Lutheran Church, Dallastown, Karen Cunnings, 244-2605

Trinity Church of the Nazarene, Hanover, PA 717-632-4130