

MARCH 2010 MENU OPTIONS

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

REGULAR BOX: \$30.00

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

ALLERGEN FREE BOX: \$23.00

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

1 lb Breaded Chicken Breast Chunks; 1 lb Breaded Formed Tenders; 2 lb Breaded Chicken Drumsticks; 1 lb Breaded Cube Steak

6 LB. SEAFOOD BOX: \$35.00

27 oz Breaded Butterfly Shrimp; 10 oz Cod Fillets;
 17 oz Crab Cakes; 16 oz White Fish Fillets;
 16 oz Tilapia Fillets; 10 oz Breaded Clam Strips

AFTER SCHOOL BOX: \$21.00

9 Bread Sticks Stuffed with Mozzarella; 8 servings Chicken Rings; 8 servings Chicken & Cheese Nuggets; 36 Mini Corn Dogs

Mar Special A: - \$23.00

7 lb. Assorted Meat Grill Box
 2 (12 oz) Rib-Eye Steaks
 2 (8 oz) Chopped Beef Steak w/Mozzarella Cheese
 2 (8 oz) Chopped Beef Steak w/Cheddar Cheese
 1.5 lb Italian Sausage with Cheese
 4 (4 oz) Bacon Wrapped Turkey Breast Filet Mignon

Mar Special B: - \$22.00

4.5 lb. Assorted Meat & Chicken Combo Box
 2 (12 oz) New York Strip Steaks
 4 (6 oz) Bacon Wrapped Filet
 4 (6 oz) Bacon Wrapped Chicken Breast

Mar Special C: - \$20.00

10 lb IQF Boneless/Skinless Chicken Breasts

SENIOR/CONVENIENCE BOX: \$28.00

*10 individual meals fully-cooked – heat & serve
 No added sodium, low fat, nutritionally balanced with
 3 oz. protein, 2 vegetables/fruit, a starch & a dessert*

Breaded Baked Fish, wild rice, green beans, corn, peas

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

Swedish Meatballs, 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, 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

Chicken Broccoli Alfredo, carrots and zucchini blend

Desserts: Cookies, Mixed Fruit Cup, Applesauce, Grape Juice, Apple Juice

Mar Special D: - \$35.00

4 X 4 Family Meal Kit Box

4 meal kits-all you need to feed a family of 4. 16 meals at \$2.20/meal.

Turkey Kit - 1.5 lb Boneless Turkey Breast, 1.5 lb Potato Medley, 1 lb Green Beans

Split Whole Chicken Kit - 3 lb Whole Split Chicken, 1.5 lb Potato Medley, 1 lb. Green Beans

Beef Tips & Gravy Kit - 1.5 lb 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 E: - \$22.00

Premium Fresh Fruit & Veggie Box

1 Pineapple, 1 Cantaloupe, 1 lb White Seedless Grapes, 1 Mango, 1 Avocado, 1 head Cabbage, 3 lb Sweet Potatoes, 2 lb Onions, 3 lb Baking Potatoes, 1 lb Carrots, 3 Bell Peppers, 2 ct Jumbo Garlic, Fruit and Veggie Recipe Sheet

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.

All items may now be purchased separately!

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. Please note: **WE CANNOT REFUND YOUR MONEY**

Orders can be placed on distribution day for the following month’s menu, and on the Friday and Saturday 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 NOW BE PLACED ONLINE ONLY AT www.angelfoodministries.com.

Find our location/site and place your order online.

DISTRIBUTION SCHEDULE:

March SIGN-UP @ ST. PAUL CHURCH:

Fri, Mar 12, 5-7 PM & Sat, Mar 13, 9-11 AM

March DISTRIBUTION @ ST PAUL CHURCH:

Sat, Mar 20, 8:30-10:30 AM

April SIGN-UP @ ST. PAUL CHURCH:

Fri, Apr 9, 5-7 PM & Sat, Apr 10, 9-11 AM

April DISTRIBUTION @ ST PAUL CHURCH:

Sat, Apr 17, 8:30-10:30 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, March 12th.

Name: _____ Phone: _____

Address: _____

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

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

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

Seafood Box: Qty: _____ @ \$35 each Total: \$ _____

After School Box: Qty: _____ @ \$21 each Total: \$ _____

Special Boxes:

Special A:	Quantity: _____	@ \$23.00 each	A Total: \$ _____
Special B:	Quantity: _____	@ \$22.00 each	B Total: \$ _____
Special C:	Quantity: _____	@ \$20.00 each	C Total: \$ _____
Special D:	Quantity: _____	@ \$35.00 each	D Total: \$ _____
Special E:	Quantity: _____	@ \$22.00 each	E Total: \$ _____

March 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

Linda Morningstar (717) 266-4253

or (717) 586-3761

Eva Mae Slaugh (717) 266-5960

Or visit

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.



MARCH MENU

**HELP US HELP OTHERS
WHILE HELPING
YOURSELF!
EVERYONE QUALIFIES!**

NO FINANCIAL RESTRICTIONS



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

"If You Eat, You Qualify"