



OCTOBER 2010 MENU

Christmas and Thanksgiving Boxes Now Available for Delivery during November and December Distribution!!!

B2 - Bit O' Blessing Box

- 2 lb. Fully Cooked Entrée
(Lasagna with Meat Sauce, Country Fried Steak with Gravy or Chicken Noodle Casserole)
- 1.5 lb. Breaded Chicken Nuggets
- 12 in. Supreme Pizza
- 1 lb. Hot Dogs
- 1 lb. Lean Ground Beef
- 1 lb. Broccoli Florets
- 1 lb. Corn
- 1 lb. Rice
- Dessert

\$21.00

(plus sales tax where applicable)

B4 - Fast & Flavorful Cuisine

Convenience meals great for seniors and people living with diabetes!

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

- Boneless Pork Patty w/Hickory BBQ Sauce
- Country Herb Chicken
- Fish Fillet
- Macaroni & Cheese
- Meat Lasagna
- Breaded Chicken Parmigiana
- Spaghetti With Meatballs
- Sweet 'n Sour Pulled Pork
- Chicken and Penne with Creamy Tomato/Basil Sauce
- Pot Roast with Vegetables

\$28.00

(plus sales tax where applicable)

S1 - OCTOBER SPECIAL #1 \$25.00*

- Steak Combo Box (5 lbs.)
- 2 lb. Ribeye Steaks (4 x 8 oz.)
- 3 lb. Sirloin Strip Steaks (6 x 8 oz.)

S2 - OCTOBER SPECIAL #2 \$35.00*

- Seafood Variety Box (6 lbs.)
- 16 oz. Buffalo Butterfly Shrimp (Oven Ready)
- 20 oz. (10) Stuffed Crab in Natural Shell (Oven Ready)
- 16 oz. Battered Fish (Oven Ready)
- 16 oz. Tilapia
- 11 oz. 2 Stuffed Salmon Portions
- 17 oz. (4) Crab Cakes (Oven Ready)

S3 - OCTOBER SPECIAL #3 \$23.00*

- Premium Fresh Fruit and Veggie Box
- 3 lb. Red Potatoes
- 3 lb. Sweet Potatoes
- 2 lb. Yellow Onions
- 3 lb. Tangerines
- 1 lb. Cello Carrots
- 1 Head Green Cabbage
- 1 Head Cello Lettuce
- 1 Golden Ripe Pineapple
- 1 6-Pack Apple Sauce Cups
- 2 Green Peppers
- 4 Navel Oranges
- 4 Pears
- 1 AFM Fruit and Veggie Recipe Sheet

*all prices are plus sales tax where applicable

B1 - Bread of Life Signature Box

Balanced nutrition and variety with enough food to help feed a family of four for about a week.

- 4 lb. IQF Chicken Drums & Thighs Combo
- 1.5 lb. Hamburger Patties (4 x 6 oz.)
- 1.5 lb. Fully-Cooked Breaded Party Wings
- 20 oz. Steak Fajitas
- 1 lb. Battered Fish Bites
- 1 lb. Lean Ground Beef
- 7 oz. Beef Link Sausage
- 1 lb. Fajita Blend Veggies
- 1 lb. Peas & Carrots
- 1 lb. Corn
- 20 oz. Shoe String Fries
- 1 lb. 16 Bean Soup Mix
- 1 lb. Rice
- 7.25 oz. Mac & Cheese
- 7.5 oz. Corn Muffin Mix
- 32 oz. 2% Shelf-Stable Milk
- 1 Dozen Eggs
- 1 Dessert

\$31.00

(plus sales tax where applicable)

B5 - Just 4 Me After School Box

An assortment of child-friendly snacks. Great for after school or any time.

- 1 lb. Breaded Chicken Rings
- 1 lb. Mini Corn Dogs
- 1 (14 oz.) Stuffed Breadsticks
- 2 (2.8 oz.) Peanut Butter & Jelly Jamwich
- 1 (16 oz.) Stuffed Sandwiches (Pk of 4)
- 3 (5 oz.) Pigs in a Blanket
- 2 (3.7 oz.) Charbroiled Beef & Cheese Sandwiches (Twin Packs)
- 1 (4.75 oz.) Pancakes & Sausage
- 2 (2.2 oz.) PBJ On Graham Wafers

\$24.00

(plus sales tax where applicable)

S5 - OCTOBER SPECIAL #5 \$36.00*

- Thanksgiving Box – for delivery in November
- 7.5 lb. (avg.) All Natural Perdue Roasting Hen
- 3 lb. Boneless Netted Ham Roast
- 12 oz. Corn Bread Stuffing Mix (2 packages x 6 oz. = 12 servings)
- 1 lb. Frozen Cranberries
- 12 ct. Mini Corn Cobbettes
- 2 lb. Green Beans
- 2 lb. Diced Sweet Potatoes
- 12 ct. Whole Wheat Dinner Rolls
- 1.7 oz. Brown Gravy Mix (2 packages x .87 oz. = 2 cups gravy)
- Dessert
- Recipes and Cooking Instructions

Orders Due/Distribution Day:
See other side for sign-up information

Distribution Oct 16, 2010

NEW!!!

B3 - Bountiful Blessing Box

- 4 lb. IQF Chicken Drums & Thighs Combo
- 2 lb. Chicken Stir Fry Skillet Meal
- 1.5 lb. Hamburger Patties (4 x 6 oz.)
- 1.5 lb. Fully-Cooked Breaded Party Wings
- 1 lb. NY Beef Wieners
- 20 oz. Steak Fajitas
- 1 lb. Battered Fish Bites
- 1 lb. Lean Ground Beef
- 28 oz. Fettuccini Chicken Alfredo with Broccoli
- 7 oz. Beef Link Sausage
- 1 lb. Fajita Blend Veggies
- 1 lb. Green Beans
- 1 lb. Peas & Carrots
- 1 lb. Corn
- 20 oz. Shoe String Fries
- 1 lb. 16 Bean Soup Mix
- 1 lb. Rice
- 7.25 oz. Mac & Cheese
- 7.5 oz. Corn Muffin Mix
- 2 lb. Fresh Apples
- 8 oz. Breakfast Cereal
- 32 oz. 2% Shelf-Stable Milk
- Dozen Eggs
- Dessert

\$41.00

(plus sales tax where applicable)

Back by Popular Demand

B6 – Allergen Free Food Box

- 1 lb. Breaded Chicken Breast Nuggets
- 1 lb. Breaded Chicken Tenderloins
- 1 lb. Breaded Breast Fillet Patties
- 1 lb. Breaded Boneless Chicken Wings
- 1 lb. Breaded Cubed Steak

\$25.00

(plus sales tax where applicable)

S4 - OCTOBER SPECIAL #4 \$36.00*

- Christmas Box – for delivery in December
- 7.5 lb. (avg.) All Natural Perdue Roasting Hen
- 3 lb. Boneless Netted Ham Roast
- 12 oz. Corn Bread Stuffing Mix (2 packages x 6 oz. = 12 servings)
- 1 lb. Frozen Cranberries
- 12 ct. Mini Corn Cobbettes
- 2 lb. Green Beans
- 2 lb. Diced Sweet Potatoes
- 12 ct. Whole Wheat Dinner Rolls
- 1.7 oz. Brown Gravy Mix (2 packages x .87 oz. = 2 cups gravy)
- Dessert
- Recipes and Cooking Instructions

Angel Food Ministries Reserves the Right to Substitute Any Items Due to Availability, Cost and Quality. We Accept Food Stamps (EBT). Angel Food Ministries is an equal opportunity provider and employer. Complaints of discrimination should be sent to USDA, Director, Office of Civil Rights, Washington, DC 20250-9410

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 Signature box is always sold for \$31, and has a value of \$55-\$70. This is not "seconds", outdated or damaged merchandise. It is top quality food that has been made available for purchase.

In addition to the Signature box we have a larger box called Bountiful Blessing box, a smaller box called Bit-O-Blessing a Senior Convenience box, an After School Box, and an Allergen Free Box. There is no limit to the amounts of boxes 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 attempt to reach you the morning of the distribution if it is almost closing time and your order has not been picked up. However, food not picked up by 11:00 AM on distribution day will 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 Saturday dates listed in this brochure. In person payments may be made in cash, check, credit card, money order, or EBT (food stamp) card.

3 ways to order:

Online www.thegospelcenter.com

in person October 8th, 4:00 to 6:00pm and October 9th, 9:00 to 11am.

At **The Gospel Center 26 N. 7th St. Lebanon, Pa**

By mail, fill out order send with check or MO to P O Box 780

Jonestown, Pa. 17038 Enclose SASE (Self addressed stamped envelope) if you want a receipt mailed to you.

We must receive your order no later than October 12th, 2010

	<i>Number of Boxes</i>	<i>Total Amount</i>
<i>Bit O Blessing Box</i>	\$21 X _____	= _____
Bread of Life Signature Box	\$31X _____	= _____
Bountiful Blessing Box	\$41 X _____	= _____
Just 4 Me After School	\$24 X _____	= _____
Senior Box	\$28 X _____	= _____
Allergen Free	\$25 X _____	= _____
<i>Special #1</i>	\$25 X _____	= _____
<i>Special #2</i>	\$35 X _____	= _____
<i>Special #3</i>	\$23 X _____	= _____
Special #4 (Christmas Box)	\$36 X _____	= _____
Special #5 (Thanksgiving)	\$36 X _____	= _____
	Amount Due:	_____

Name: _____
 Address: _____ Zip _____
 City: _____ Phone: _____

Pick up is October 16, from 8:00 am to 11:00 am at the 8th street Middle School

You may reach us at 1 888-838-1985 ext 100

Filename: 1010_Menu
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