

Signature Box

Balanced nutrition and variety with enough food to assist in feeding a family of four for a week.

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

\$30.00

Senior & Convenience Meals

For Seniors or People on the Go!

Ten perfectly seasoned, nutritionally balanced, fully cooked meals—just heat and serve. Each meal has been developed with the dietary needs of senior citizens in mind, and contains 3 oz. of protein, a starch & two vegetables or fruit.

- Breaded Baked Fish** over wild rice with green beans, corn and peas
- Chicken Chow Mein** over lo mein noodles, mixed vegetables and sauce, sugar snap peas and cauliflower
- Swedish Meatballs** over 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** with 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** with carrots and zucchini blend
- Desserts:** Assorted Cookies, Mixed Fruit Cup, Applesauce, Grape Juice, Apple Juice

\$28.00

5 lb. Allergen-Free Food Box

Processed to eliminate the eight top serious allergens: Peanuts, Soybeans, Milk, Eggs, Fish, Crustacea, Tree Nuts and Gluten (wheat, rye and barley). Great for children and adults!

- 1 lb. Breaded Chicken Breast Chunks
- 1 lb. Breaded Formed Tenders
- 2 lbs. Breaded Chicken Drumsticks
- 1 lb. Breaded Cube Steak

Battered/Breaded with water, white rice, brown rice, modified tapioca starch, flax seed, sugar, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika. Breading is pre-browned in Canola oil.

\$23.00

6 lb. Premium Seafood Variety Box

- 27 oz. Breaded Butterfly Shrimp (oven ready)
- 10 oz. Cod Fillets
- 17 oz. Crab Cakes (oven ready)
- 16 oz. White Fish Fillets
- 16 oz. Tilapia Fillets
- 10 oz. Breaded Clam Strips (oven ready)

\$35.00

After School Box

- 14 oz. Bread Sticks Stuffed with Mozzarella in Resealable Bag (9 x 1.61 oz.)
- 1.5 lb. Fully Cooked Chicken Rings in Resealable Bag (Approx. 8 servings)
- 1.5 lb. Fully Cooked Chicken & Cheese Nuggets in Resealable Bag (Approximately 8 servings)
- 1.5 lb. Fully Cooked Mini Corn Dogs (36 count)

\$21.00

Specials may be purchased with or without the purchase of a Standard Box above

MARCH SPECIAL #1

7 lb. Assorted Meat Grill Box

\$23.00

- 1.5 lb. Ribeye Steaks (2 x 12 oz.)
- 1 lb. Chopped Beef Steak Flavored with Real Mozzarella Cheese (2 x 8 oz.)
- 1 lb. Chopped Beef Steak Flavored with Real Mild Cheddar Cheese (2 x 8 oz.)
- 1.5 lb. Italian Sausage with Cheese
- 1 lb. Bacon Wrapped Turkey Breast Filet Mignon (4 x 4 oz.)

MARCH SPECIAL #2

4.5 lb. Assorted Meat & Chicken Combo

\$22.00

- 1.5 lb. New York Strip Steaks (2 x 12 oz.)
- 1.5 lb. Bacon Wrapped Filet (4 x 6 oz.)
- 1.5 lb. Bacon Wrapped Chicken Breast (4 x 6 oz.)

MARCH SPECIAL #3

10 lb. Boneless/Skinless Chicken

Breast Box

\$20.00

- 10 lb. IQF Boneless/Skinless Chicken Breasts

MARCH SPECIAL #4

4 x 4 Family Meal Kits

\$35.00

4 meal kits with all you need to feed a family of 4. 16 meals at 2.20 per meal.

Turkey Kit - 1.5 lb. Boneless Turkey Breast, 1.5 lb. Potato Medley (Potatoes, Carrots, Onions and Celery), 1 lb. Green Beans

Split Whole Chicken Kit - 3 lb. (avg) Whole Split Chicken (2 individually wrapped halves), 1.5 lb. Potato Medley, 1 lb. Green Beans

Beef Tips & Gravy Kit - 1.5 lb. Choice 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

MARCH SPECIAL #5

Premium Fresh Fruit and Veggie Box

\$22.00

- 1 Large Golden Ripe Pineapple
- 1 Large Vine Ripened Cantaloupe
- 1 lb. New Crop Chilean White Seedless Grapes
- 1 Large Tree-Ripened Mango
- 1 Large Haas Avocado
- 1 head Leafy Green Cabbage
- 3 lb. bag Sweet Potatoes (baking size)
- 2 lb. bag New Crop Yellow Onions
- 3 lb. bag Idaho Baking Potatoes
- 1 lb. Fresh California Carrots
- 3 Variety Colored Bell Peppers
- 2 ct. Jumbo Garlic
- AFM March 2010 Fruit and Veggie Recipe Sheet

Sign Up **Mar 12 4-6pm** **Mar 13 9-Noon**

At The Gospel Center 26 N 7th Street

Distribution Day: **Mar 20 8-11am**

At 8th Street Middle School 1 888-838-1985 Ext 100

www.thegospelcenter.com

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 \$30, 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 Senior Convenience box, 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 Mar 12, 4:00 to 6:00pm and Mar 13, 9:00 to Noon

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 Feb 15, 2009

	<i>Number of Boxes</i>	<i>Total Amount</i>
<i>March Signature Box</i>	\$30 X _____	= _____
<i>Senior & Convenience Meals</i>	\$28 X _____	= _____
<i>Allergen-Free Food Box</i>	\$23 X _____	= _____
<i>6 lb. Seafood Pack</i>	\$35 X _____	= _____
<i>After School Box</i>	\$21 X _____	= _____
<i>March Special #1</i>	\$23 X _____	= _____
<i>March Special #2</i>	\$22 X _____	= _____
<i>March Special #3</i>	\$20 X _____	= _____
<i>March Special #4</i>	\$35 X _____	= _____
<i>March Special #5</i>	\$22 X _____	= _____
	Amount Due:	_____

Name: _____

Address: _____ Zio _____

City: _____ Phone: _____

Pick up is Mar 20, 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