

*“A Food Ministry  
with a Servant’s Heart”*

**angelfood**  
MINISTRIES

www.angelfoodministries.org



★ *Bring boxes,  
coolers, etc.,* ★  
*to pack your groceries.*

**December 2009 Menus** ★ Order Online at [www.angelfoodministries.com](http://www.angelfoodministries.com) ★ **DISTRIBUTION DAY: Saturday, Dec. 12, 8:30-10 a.m.**

**Signature Box - \$30.00**

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

- 2 lb. New York Strip Steaks (4 x 8 oz.)
- 1.5 lb. Boneless Pork Roast
- 1 lb. Chicken Breast Fajita Strips
- 1 lb. Lean Ground Beef
- 1.5 lb. All White Meat Chicken Tenders
- 1 lb. Bake or Fry Fish Sticks (32 count)
- 1 lb. Hickory Smoked Center Cut Ham
- 1 lb. Frozen Baby Lima Beans
- 1 lb. Frozen Green Beans
- 2 lb. French Fries
- 2 lb. bag Fresh Apples
- 10 ct. Flour Tortillas
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs • Dessert

**Allergen-Free Box - \$23.00**

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

- 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/Breaded and oleoresin paprika. Breading is pre-browned in Canola oil.

**SPECIALS**

**No restrictions. Purchase any menu box or special shown on this page.**

**SPECIAL 1**

- 6 lb. Assorted Meat Grill Box ..... \$22.00
- 1.5 lb. T-Bone Steaks (2 x 12 oz.)
- 1.5 lb. Bacon-Wrapped Hamburger Steaks (4 x 6 oz.)
- 2 lb. Pork Chops (4 x 8 oz.)
- 1 lb. Mild Italian Sausage with Cheese

**SPECIAL 2 - 4.5 lb. Steak Combo . . . \$21.00**

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

**SPECIAL 3**

- 10 lb. Unbreaded Poultry Box .... \$20.00
- 3 lbs. Split IQF Tyson Cornish Hens
- 2.5 lb. IQF Split Chicken Breast
- 2.5 lb. IQF Chicken Thigh Quarters
- 2 lb. IQF Chicken Tenders (Unbreaded)

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

**DECEMBER SPECIAL 4**

- Holiday Meat and Cheese Special .... \$18.00
- 3 ea. 9 oz. Sausage Variety (1 beef summer sausage, 1 beef salami, 1 summer sausage)
- 3 ea. 7 oz. Wisconsin Cheese Bars (1 Cheddar, 1 Swiss and 1 Smokey)

**DECEMBER SPECIAL 5**

- Fresh Fruit and Veggie Box ..... \$22.00
- 3 lb. New Crop North Carolina Sweet Potatoes
- 4 Large Russet Baking Potatoes
- 3 lb. bag Large-Medium Yellow Onions
- 1 head Fresh Green Cabbage
- 1 lb. Fresh Cello-Packed Carrots
- 1 stalk Fresh Cello-Packed Celery
- 4 California Lemons
- 6 Large Tree-Ripened Oranges
- 4 Large Premium Grapefruit
- 1 Large Tree-Ripened Mango
- 1 Large Premium Haas Avocado
- 1 lb. California Kiwi Fruit

**DECEMBER SPECIAL 6**

- Assorted Holiday Fruit Special .. \$26.00
- 5 Ruby Red Grapefruit
- 12 Tree-Ripened Navel Oranges
- 5 Tree-Ripened Tangerines
- 5 Extra Fancy Red Rome Apples
- 4 Extra Fancy Golden Delicious Apples
- 4 Extra Fancy Red Delicious Apples
- 4 Extra Fancy Granny Smith Apples
- 4 Extra Fancy Gala Apples
- 4 Extra Fancy Red Anjou Pears
- 6 Sun Kist Fruit Gem Candies

**Senior Box - \$28.00**

*Ten perfectly seasoned, nutritionally balanced, fully-cooked meals for seniors and people “on the go.” Just heat and serve. Each meal has been developed with dietary needs of senior citizens in mind, and contains 3 oz. of protein, a starch & two vegetables or fruit.*

- Roasted Chicken with red skin potatoes, sugar snap peas & carrots
- Swedish Meatballs with pasta, broccoli carrots & red peppers
- Meatloaf & Gravy with mashed potatoes, peas, carrots, cauliflower
- Sliced Turkey & Dressing with gravy, corn and green bean/cranberry blend
- Chicken & Broccoli Alfredo with carrots, zucchini/red peppers
- Chili with Beef & Beans, corn/red peppers and peas
- Boneless Pork Patty with roasted sweet potatoes, sugar snap peas and broccoli/cauliflower blend

- Chicken Parmesan and Pasta with Brussels sprouts and zucchini
- Macaroni & Beef with noodles, carrots zucchini/red peppers
- Chicken & Noodles with corn, Brussels sprouts
- Dessert: Assorted Cookies, Pineapple Fruit Cup, Strawberry Applesauce, Mixed Fruit Cup, Apple Juice, Cranberry Juice

Angel Food Ministries Reserves the Right to Substitute Any of the Above Items Due to Availability, Cost and Quality. We Accept Food Stamps (EBT) for on-site orders only.  
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

## ORDER FORM 12/09

Please fill out this form legibly and bring it with you when you order your Angel Food package.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ ZIP \_\_\_\_\_

Telephone \_\_\_\_\_

E-mail: \_\_\_\_\_

(For monthly notifications only.  
Please note if updated e-mail address)

Item	Amt.	Price	Subtotal
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Signature Box	_____	@ \$30.00 = \$	_____
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Senior Box	_____	@ \$28.00 = \$	_____
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Allergen-Free Box	_____	@ \$23.00 = \$	_____
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Special 1	_____	@ \$22.00 = \$	_____
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Assorted Grill Box

Special 2	_____	@ \$21.00 = \$	_____
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Steak Combo

Special 3	_____	@ \$20.00 = \$	_____
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Unbreaded Poultry Box

Special 4	_____	@ \$18.00= \$	_____
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Meat & Cheese Special

Special 5	_____	@ \$22.00 = \$	_____
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Fruit & Veggie Box

Special 6	_____	@ \$26 = \$	_____
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Holiday Fruit Special

<b>TOTAL = \$</b>	_____		_____
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Angel Food reserves the right to replace items on the menus due to availability.

Order taken by: \_\_\_\_\_

Date: \_\_\_\_\_

## Ordering Angel Food online

Now you can also order Angel Food online from Monaca United Methodist Church by credit or debit card. To place your order, go to:

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

Simply follow directions to navigate by Zip Code (15061) to Monaca UMC, click on "More," and click on "Order Online." Make sure you are placing your order for the upcoming monthly distribution.

If you prefer, you can still order with cash payment at the church, but credit/debit card orders must be placed online. Sorry, Food Stamp (EBT) orders are not accepted online but must be taken at the church.

If you have any questions or difficulty placing your online order, please contact Pat Mould at 724-775-1327, or send an e-mail to

[monacaumc@gmail.com](mailto:monacaumc@gmail.com).

Questions of general nature should be directed to Gabe Ireton at 724-773-8144 or e-mailing [bristolridge@earthlink.net](mailto:bristolridge@earthlink.net).

Please place the words, "Angel Food," in the subject box.

**Mailed orders** — accepted only with money orders and stamped, self-addressed envelopes — must arrive by Saturday of the ordering week. Money orders must be made out to "Monaca United Methodist Church." Those who mailed their orders with a money order as payment must bring with them to Distribution Day a carbon copy of the money order and a photo ID.

### Ordering Dates:

Ordering and payment must be made online, by mail or in-person at Monaca United Methodist Church on:

- Wednesday, Dec. 2, 10 a.m. - 1 p.m.
- Thursday, Dec. 3, 6:30 p.m. - 8 p.m.
- Saturday, Dec. 5, 10 a.m. - 1 p.m.
- Monday, Dec. 7, 10 a.m. - 1 p.m.

**Online deadlines:** See above & information on-site.

### Distribution Day:

Saturday, Dec. 12, 8:30 a.m. - 10 a.m.

## About Angel Food Ministries



AFM is a non-profit, non-denominational organization dedicated to providing groceries at low cost to communities throughout the United States. Angel Food works through churches and community organizations in over 32 states. Monaca United Methodist Church is just one of these host churches.

### Who qualifies?

"If you eat, you qualify." There are no requirements for people ordering Angel Food.

### Where does the food come from?

"Restaurant grade" meats, frozen vegetables, fruits, dairy products, etc., which Angel Food acquires through its involvement with only the best producers/vendors of high quality, "name brand" foods.

### May we purchase more than one menu or special?

Yes, you may purchase as many menus or specials as you like. *You are no longer required to purchase at least one menu before buying a special.*

### How do I pay, and when do I pick up my food?

Order online (See below.) or place your order from the current month's menus in person at Monaca United Methodist Church at dates provided in each of these monthly bulletins. You *must* pick up your food during the monthly distribution date and hours. Otherwise, your groceries will be donated to the church food bank. *Bring boxes, coolers to pack groceries.*

### May I order Angel Food online?

Yes. Electronic orders are accepted by credit or debit card. Go to: [www.angelfoodministries.com](http://www.angelfoodministries.com).

### What do I need to pick up my groceries on Distribution Day?

You must bring your sales receipt or copy of your mailed money order with photo ID, or a printed-out receipt of your online order. You will receive a copy of the next month's menus and specials when you pick up your order.

# angelfood

MINISTRIES

## December 2009 Menus

### Merry Christmas



### Feeding America Is Our Mission

Your Host



The people of Monaca United Methodist Church, 813 Indiana Ave., Monaca, are happy to bring this valuable food distribution service to all people in the Beaver Valley. Ordering information and pick-up schedules are in this flier.