

SIGNATURE BOX

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

- 1.5 lb. Ribeye Steaks (3 x 8 oz.)*
- 1 lb. Boneless Center Cut Pork Chops (4 x 4 oz.)
- 2 lb. Chicken Fried Rice Skillet Meal (All White Chicken Meat, Rice, Vegetables with Egg and Gourmet Teriyaki Sauce)
- 22 oz. Lasagna with Meat Sauce
- 22 oz. Breaded Fish Patties (5 ct.)
- 1 lb. Lean Ground Beef
- 1.5 lb. Breaded Chicken Breast Fillet
- 1 lb. Frozen Zucchini
- 1 lb. Frozen Cauliflower Florets
- 1 lb. Frozen Broccoli Florets
- 1 lb. (approx.) Hash Brown Patties (7 ct.)
- 8 oz. Breakfast Cereal
- 2 lb. bag Fresh Onions
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs
- Dessert

*In an effort to provide more value and heartier more filling meals, Angel Food has switched to a thicker cut of meat

\$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.

- Sliced Turkey & Dressing with Gravy**, corn and green bean/cranberry blend
- Turkey Tetrizzini** with Brussels sprouts and zucchini
- Country Herb Chicken** with mashed potatoes, broccoli and green bean blend
- Macaroni & Cheese** with broccoli and lima beans
- Beef Stew with Carrots & Potatoes**, Brussels sprouts and corn/red pepper blend
- Sweet & Sour Chicken** with rice, sugar snap peas and carrots
- Mesquite Chicken** with rice/black bean blend, carrots and green beans
- Chicken & Rice with Mushroom Sauce**, green beans and black bean/corn blend
- Charbroiled Beef Patty** with mashed potatoes, gravy, carrots and corn blend
- Lemon Pepper Baked Fish** with rice, peas and zucchini/red pepper blend
- Desserts:** Assorted Cookies, Mixed Fruit Cup, Applesauce, Nature Valley Bar, Cranberry Juice Cocktail, Pineapple 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 Fillet Patties
- 1 lb. Breaded Chicken Tenders
- 1 lb. Breaded Chicken Nuggets
- 1 lb. Breaded Steak Fingers
- 1 lb. Breaded Chicken Wings

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.



\$23.00

Thanksgiving Holiday Box \$36.00

Available for Pre-order September 1st-October 28th!!!!

*This year we have an exciting menu that we think your friends and family will enjoy and will make a nice gift for anyone that you believe needs a little uplifting around the holidays. This will not affect the normal November order period. This is a special order **in addition** to your regular order and no Holiday Box orders will be accepted after the October 28th deadline. This Holiday Box will ONLY be shipped during the November distribution period and not beforehand. SNAP benefits cannot be accepted with this order until 35 days prior to the delivery date and cannot be accepted online.*

- 7 lb. (avg.) Perdue Roasting Hen
- 2.5 lb. Boneless Netted Ham
- 2 lb. Frozen Diced Sweet Potatoes
- 3.5 lb. (avg.) Frozen Corn Cobbett's (12)
- 2 lb. Frozen Green Beans
- 1 lb. Frozen Cranberries
- 17 oz. Ready to Cook Corn Bread Dressing
- 8 ct. Heat and Serve Large Dinner Roll
- 4.5 oz. Brown Gravy Mix
- 1 Dessert Item (Pie or Cake)
- 1 Recipe Sheet with scripture

Specials may now be purchased with or without the purchase of any of the Standard Boxes listed above*

NOVEMBER SPECIAL #1

\$23.00

7 lb. Assorted Meat Grill Box

- 1.5 lb. New York Strip Steaks (2 x 12 oz.)
- 2 lb. Boston Butt Chops (4 x 8 oz.)
- 2 lb. Lean Hamburger Steaks (4 x 8 oz.)
- 1.5 lb. Italian Sausage with Cheese

NOVEMBER SPECIAL #2

\$22.00

5 lb. Assorted Meat and Chicken Combo

- 2 lb. Sirloin Steak Strips (4 x 8 oz.)
- 1.5 lb. Bacon Wrapped Beef Fillet (4 x 6 oz.)
- 1.5 lb. Bacon Wrapped Chicken Fillet (4 x 6 oz.)

NOVEMBER SPECIAL #3

\$21.00

10 lb. Boneless/Skinless Chicken Breast Box

- 10 lbs. IQF Boneless/Skinless Chicken Breasts

NOVEMBER SPECIAL #4

\$22.00

Premium Fresh Fruit and Veggie Box

- 1 Stalk California Celery
- 3 lb. New Crop North Carolina Sweet Potatoes
- 3 lb. New Crop Idaho Potatoes
- 1 head Fresh Leafy Green Cabbage
- 1 lb. California Carrots
- 3 lb. Tree Ripened Juice Oranges
- 3 lb. New Crop Red Delicious Apples
- 1 (8 oz.) bag New Crop Georgia Grown Shelled Pecan Halves
- 4 Washington State Bosc Pears
- 1 (12 oz.) 100% Pure Sweet Honey Bear
- 2 New Crop Ruby Red Grapefruit

Orders Due: **Monday, November 9, 5:00pm**
 Distribution Day: **Saturday, November 14, 9:00-10:30am**
**Please note that some host sites have earlier order deadlines.
 Please contact your local host site for information. Visit our website to locate a host site near you www.angelfoodministries.com*

*No Income Restrictions
No Guidelines
Something for Everyone*



angelfood
MINISTRIES



Menu/Order Blank
Supply



Order/Payment Lock
Box

PINE CREEK VALLEY UMC

A Food Ministry with a Servants Heart

Food Stamp Sign up – Call 814-435-8844 for Appt.

Lock Box also Available for Drop-Off Orders at PCVUMC

ONLINE ORDERING Now Available at

<http://www.angelfoodministries.com/host.asp?id=1014>

LAST DAY TO PLACE & PAY FOR YOUR ORDER IS

MONDAY, November 9, 2009

DISTRIBUTION DAY IS (tentative time) 9:00 AM to 10:30 AM

SATURDAY, November 14, 2009

Check PCVUMC Web Site for latest Distribution time information: **www.gbqm-umc.org/pcvumc**

SEE OTHER SIDE FOR FULL MENU DETAILS

Mail in orders must include: Phone# & Address, Self-Addressed Stamp Envelope for receipt return,
Must be received by last order date: Monday, November 9th (5:00 PM)—Not responsible for mail service delivery.

Make Checks Payable & Mail to:
Pine Creek Valley UMC/AFM
PO Box 83
Gaines, PA 16921

Pick-up Location:
Pine Creek Valley UMC
761 Route 6
Gaines, PA 16921 Phone 814-435-1399

We Accept Food Stamps (EBT) Call 814-435-8844 for Appt.

Name _____
Street _____
City _____ ST _____
ZIP _____ Phone (____) _____
E-mail _____

Donation to: Local (PCVUMC/AFM) _____
 Angel Food Ministries _____

# Regular		@ \$30	
# Senior		@ \$28	
# Allergen-Free		@ \$23	
# Thksgv. Hol. Box		@ \$36	
# 1 Special		@ \$23	
# 2 Special		@ \$22	
# 3 Special		@ \$21	
# 4 Special		@ \$22	
Prayers, Hugs & Smiles !			FREE

Total Enclosed

\$ _____

November 9th Order Deadline for November 14th Pickup