

Signature Box

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

- 1.5 lb. New York Strip Steaks (4 x 6 oz.)
- 1.5 lb. Pork Chops (4 x 6 oz.)
- 28 oz. Salisbury Steak & Gravy Dinner Entrée
- 1 lb. Lean Ground Beef
- 1.5 lb. Fully Cooked Breaded Chicken Breast Chunks
- 1 lb. Smoked Turkey & Pork Sausage
- 1 lb. Frozen Carrots
- 1 lb. Corn
- 1 lb. French Cut Green Beans
- 1 lb. Rice
- 1 lb. Pasta
- 25 oz. Marinara Pasta Sauce
- 3 lb. Fresh Baking Potatoes
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs
- Dessert

\$30.00

Convenience Meals

Great for Seniors and Diabetics!

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

- Roasted Chicken** - Roasted Chicken Breast Pieces in sauce with Red Skin Potatoes and Sugar Snap Peas and Carrots
- Chicken Broccoli Alfredo** - Chicken Breast Pieces with Broccoli, Fettucini Noodles and Alfredo Sauce with Carrots, Zucchini and Red Peppers
- Chicken Chow Mein** - Chicken Breast Pieces over Lo-Mein Noodles, Mixed Vegetables with Sauce, Sugar Snap Peas and Cauliflower
- Chicken Teriyaki** - Chicken Breast Pieces over Fried Rice Blend with Teriyaki Sauce with Sugar Snap Peas and Carrots
- Sweet and Sour Chicken** - Chicken Breast Pieces over Rice with Vegetables and Pineapple in a Sweet and Sour Sauce with Sugar Snap Peas and Carrots
- Salisbury Steak and Gravy** - Salisbury Steak Patty with Red Skin Potatoes and Gravy with Peas and Carrots and Cauliflower
- Chili with Beef and Beans** - Beef, Beans, and Tomato-based Chili with Corn and Red Peppers and Peas
- Beef Stew** - Hearty Beef Chunks with Potatoes, Carrots, Celery and Onions with Brussels Sprouts, Corn and Red Pepper Blend
- Fiesta Chicken with Rice** - Chicken Breast with Fiesta sauce over White Rice with Corn and Cauliflower
- Macaroni and Beef** - Macaroni and Beef with Noodles, Carrots and Zucchini Blend
- Assorted Sugar-Free Desserts

\$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 Fillets
- 1 lb. Breaded Chicken Breast Nuggets
- 1 lb. Breaded Cubed Steak
- 1 lb. Breaded Wings
- 1 lb. Breaded Chicken Tenders

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

- 2 lb. Alaskan Snow Crab Legs
- 1 lb. Large EZ Peel Shrimp
- 1 lb. (8 ct.) Stuffed Crab in Natural Shell
- 2 lb. Oven-Ready Popcorn Shrimp

\$35.00

Just 4 Me – After School Box

\$24.00

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

- 1 lb. String Cheese (16 1 oz. servings)
- 1.5 lb. Chicken Fingers
- 4 White Castle Chicken Sandwiches (2 pkg. w/2 x 2.6 oz. sandwiches)
- 1.5 lb. Mini Corn Dogs (Approximately 36 count)
- 9 oz. Hot Pockets (2 x 4.5 oz.)
- 6 oz. Pizza Bites (12 count)
- 4 White Castle Hamburgers (2 packages with 2 x 2.6 oz. sandwiches)
- 2 Peanut Butter and Jelly Jamwich Sandwiches (no crust - 2 oz. each)

Just 4 Me – After School Fruit Box

\$16.00

An assortment healthy fruit snacks especially for kids.

- 3 Red Delicious Apples
- 3 Navel Oranges
- 1 6 pack Apple Sauce
- 1 2.5 oz. bag Sweet Potato Chips
- 1 2.5 oz. bag Apple Chips
- 1 6 oz. bag Banana Chips
- 3 Granny Smith Apples
- 3 D'Anjou Pears
- 1 3 pack Apple Juice

APRIL SPECIAL #1

6 lb. Assorted Meat Grill Box

\$23.00

- 1.5 lb. T-Bone Steaks (2 x 12 oz.)
- 2 lb. Pork Chops (4 x 8 oz.)
- 1.5 lb. Hamburger Steaks with Cheese
- 1 lb. Bratwurst with Cheese

APRIL SPECIAL #2

5 lb. Assorted Meat & Chicken Combo

\$22.00

- 2 lb. Ribeye Steaks (4 x 8 oz.)
- 1.5 lb. Kansas City Strip Steaks (2 x 12 oz.)
- 1.5 lb. Boneless Flavored Chicken Breast (Mesquite & Lemon Herb 2 x 6 oz. ea.)

APRIL SPECIAL #3

10 lb. IQF Unbreaded Poultry Box

\$21.00

- 3 lb. IQF Split Cornish Hens
- 2 lb. IQF Chicken Tenders
- 2.5 lb. IQF Thighs
- 2.5 lb. IQF Split Breasts

APRIL SPECIAL #4

4 x 4 Family Meal Kits

\$35.00

4 meal kits with all you need to feed a family of 4 with 4 complete meals.

- 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

APRIL SPECIAL #5

7 lb. Premium Box

\$32.00

- 3 lb. T-Bone Steaks (4 x 12 oz.)
- 2 lb. Pork Chops (4 x 8 oz.)
- 2 lb. Boneless Flavored Chicken Breasts (1 lb. each flavor-Italian and Honey Mustard)

APRIL SPECIAL #6

Premium Fresh Fruit and Veggie Box

\$22.00

- 1 Large Golden Ripe Pineapple
- 1 3 lb. Bag Valencia Oranges
- 2 Rio Red Grapefruit
- 4 Washington State D'Anjou Pears
- 4 California Lemons
- 4 Honey Tangerines
- 1 2 lb. Bag Red Delicious Apples
- 1 Head Green Cabbage
- 1 1 lb. Bag California Mini Carrots
- 1 3 lb. Bag Red Potatoes (A-size)
- 1 2 lb. Bag New Crop Yellow Onions
- AFM April 2010 Fruit and Veggie Recipe Sheet

Orders Due: **Monday, April 12, 5:00PM**
Distribution Day: **Saturday, April 17, 9:00 – 10:00AM**
**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, April 12, 2010**
DISTRIBUTION DAY IS (tentative time) 9:00 AM to 10:00 AM **SATURDAY, April 17, 2010**
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, April 12th (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
# Seafood Box	@ \$35
#After School Box	@ \$24
#After School Fruit Box	@ \$16
# 1 Special	@ \$23
# 2 Special	@ \$22
# 3 Special	@ \$21
# 4 Special	@ \$35
# 5 Special	@ \$32
# 6 Special	@ \$22
Prayers, Hugs & Smiles !	FREE

Total Enclosed \$ _____

April 12th Order Deadline for April 17th Pickup