

**Signature Box**

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

- 4.5 lb. (avg.) Perdue Whole Chicken
- 28 oz. Fully Cooked Sliced Meatloaf with Home-style Tomato Sauce
- 2 lb. Lasagna with Meat Sauce
- 1 lb. Lean Ground Beef
- 1.5 lb. Hamburger Patties with Cheese in center (4 x 6 oz.)
- 12 in. Supreme Pizza
- 1 lb. All Meat Hot Dogs
- 2 lb. Frozen Vegetables (Green Beans, Mashed Potatoes, Corn or Peas with Carrots)
- 1 lb. Baby Carrots
- 15 oz. Baked Beans
- 6.5 oz. Skillet Meal Helper
- 1 head Cabbage
- 11 oz. (min. wt.) Breakfast Cereal
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs
- Dessert

**\$30.00**

**Fast and Flavorful Cuisine** *More Food!*  
*Convenience meals great for seniors and people living with diabetes!*  
*More*  
*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.*

- Fish Sticks** with a Rice/Bean Blend, Broccoli and Carrots
- Boneless Pork Patty** with BBQ Sauce, Sweet Potatoes and Peas with Carrots
- Red Beans and Rice** with Smoked Sausage (made with Pork), Carrots and Brussels Sprouts
- Meat Lasagna** with Carrots and Green Beans
- Chicken Parmesan** with Spaghetti, Corn/Red Pepper Blend and Zucchini
- Roasted Chicken** with Red Wedge Potatoes, Lima Beans and a Carrot/Celery Blend
- Country Fried Steak** with Gravy and Red Wedge Potatoes, Corn and Green Beans
- Salisbury Steak & Gravy** with Red Wedge Potatoes, a Green Pea/Carrot Blend and Brussels Sprouts
- Swedish Meatballs** with Noodles, Yellow Squash with Onions and Brussels Sprouts
- Country Herb Chicken** with Mashed Potatoes, Green Peas and a Lima Bean/Red Pepper Blend

**\$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 Chicken Tenders
- 1 lb. Breaded Cubed Steak
- 2 lb. Breaded Chicken Drumsticks

*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**

**Just 4 Me – After School Box**

**\$24.00**

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

- 1.5 lb. Fish Sticks
- 1.5 lb. Mini Corn Dogs
- 1 lb. Popcorn Chicken
- 2 6.5 oz. Pepperoni Pizza
- 2 2.8 oz. Peanut Butter and Jelly Jamwiches
- 14 oz. Stuffed Breadsticks
- 7.2 oz. Mini Moon Pies (6 ct.)
- 2 3.7 oz. Twin Charbroil Hamburgers with Cheese
- 2 2.2 oz. PBJ on Graham Wafer

**Just 4 Me – After School Fruit & Veggie Box**

**\$16.00**

An assortment healthy fruit snacks especially for kids.

- 3 Red Delicious Apples
- 3 Granny Smith Apples
- 1 (6 ct.) Caramel Apple Dip
- 3 Pears
- 3 Navel Oranges
- 1 (6 ct.) Raisins
- 1 (8 oz.) Trail Mix
- 1 (1 lb.) Mini Carrots
- 4 Chewy Granola Bars

**JULY SPECIAL #1**

**Steak Grill Box (4.5 lb.)**

**\$23.00**

- 2.5 lb. Ribeye Steaks (4 x 10 oz.)
- 2 lb. Sirloin Strip Steaks (4 x 8 oz.)

**JULY SPECIAL #2**

**Assorted Grill Box (6.5 lb.)**

**\$22.00**

- 1.5 lb. New York Strip Steaks (2 x 12 oz.)
- 2 lb. Chopped Beef Steaks (4 x 8 oz.)
- 2 lb. Boneless Pork Steaks (4 x 8 oz.)
- 1 lb. Chicken Sausage

**JULY SPECIAL #3**

**IQF Chicken Breast Box (10 lbs.)**

**\$21.00**

- 10 lbs. IQF Chicken Breasts

**JULY SPECIAL #4**

**Premium Fresh Fruit and Veggie Box**

**\$21.00**

- 3 lb. bag Idaho Potatoes
- 1 head California Cello Lettuce
- 1 lb. Plums
- 1 (16 oz.) Salad Dressing
- 1 (5 oz.) Salad Croutons
- 4 ears Fresh Yellow Corn
- 2 lb. bag Yellow Onions
- 1 Large Cantaloupe
- 1 Large Honey Dew Melon
- 1 lb. California Cello Carrots
- 4 Lemons
- 1 Golden Ripe Pineapple
- AFM July 2010 Fruit and Veggie Recipe Sheet



**JULY SPECIAL #5**

**Bit O' Blessing Box**

**\$21.00**

- 3 lb. Split Cornish Hens
- 2.5 lb. IQF Split Chicken Breasts
- 1 lb. Smoked Sausage
- 1.5 lb. Country Fried Steak
- 1 lb. Broccoli Florets
- 1.3 lb. Frozen Fruit Medley Dessert

**Walk In Order Days:**

<b>Sundays</b> July 11 & 18 9:30 am – 10:45 am in the upstairs Social Hall	<b>Wednesday</b> July 7 6:00 pm – 7:00 pm in the rear Social Hall
---	--

Penbrook Church of God  
2733 Canby Street  
Harrisburg, PA 17103-2063  
(717) 233-0160 Mailbox #28  
www.penbrookchurchofgod.com  
www.angelfoodministries.com  
Email: angel food at pccog@verizon.net

# July 2010

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Telephone ( ) \_\_\_\_\_

Email \_\_\_\_\_

Pick person's name \_\_\_\_\_

Signature Box \_\_\_\_\_ X \$30 = \_\_\_\_\_

Conven Box \_\_\_\_\_ X \$28 = \_\_\_\_\_

Allergen-Free \_\_\_\_\_ X \$23 = \_\_\_\_\_

Just 4 Me \_\_\_\_\_ X \$24 = \_\_\_\_\_

Just 4 Me F&V \_\_\_\_\_ X \$16 = \_\_\_\_\_

Special # 1 \_\_\_\_\_ X \$23 = \_\_\_\_\_

Special # 2 \_\_\_\_\_ X \$22 = \_\_\_\_\_

Special # 3 \_\_\_\_\_ X \$21 = \_\_\_\_\_

Special # 4 \_\_\_\_\_ X \$21 = \_\_\_\_\_

Special # 5 \_\_\_\_\_ X \$21 = \_\_\_\_\_

Total = \_\_\_\_\_

**Distribution Day:**  
Saturday, July 24, 2010  
9:30 am – 11:00 am at  
Penbrook Church of God (Rear)

## Three ways to order:

1. **On-line** at [www.angelfoodministries.com](http://www.angelfoodministries.com)

Choose pick-up location at **Penbrook Church of God**  
(credit and debit cards only)

2. **By mail** with money order

Mail orders **MUST BE RECEIVED BY:** Saturday, July 17, 2010.

Please send a self-addressed, stamped envelope for your receipt or we will hold it at the check in table for you.

Please make money order payable to:  
**The GATE – AFM** and mail to:  
**Penbrook Church of God  
Angel Food  
2733 Canby Street  
Harrisburg, PA 17103-2063**

3. **Walk-in** with cash or Food Stamps at the below dates and times:

**Sundays:** July 11<sup>th</sup> and 18<sup>th</sup> from 9:30 am until 10:45 am in the upstairs Social Hall

**Wednesdays:** July 7<sup>th</sup> from 6:00 pm until 7:00 pm in the rear Social Hall

SNAP/Food Stamp card payment requires a photo ID. The person listed on the EBT card is the only one that is permitted to purchase the food box with that card. **It's the law!**

**Last day to order on-site for pick-up at PCOG:**

Sunday, July 18, 2010

**Distribution Day:**

Saturday, July 24, 2010

9:30 am – 11:00 am at

Penbrook Church of God (Rear)

**Penbrook Church of God  
2733 Canby Street  
Harrisburg, PA 17103-2063  
(717) 233-0160 Mailbox #28**

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

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

Email: [angel\\_food\\_at\\_pcog@verizon.net](mailto:angel_food_at_pcog@verizon.net)

## Program Guidelines

This is not a fundraiser. This is a service to the Community.

Each month the menu is different from the previous month and consists of both fresh and frozen items, including meats, fruit, vegetables, eggs and deserts. Each unit has a retail value of \$65.

One unit of food assists in feeding a family of four for about one week.

One unit of food assists in feeding a single adult/senior for about a month.

Food is NOT outdated or damaged goods. It is fresh quality products provided by the same distributors that supply the local grocery chains.

There is NO LIMIT on the number of items you may purchase.

NO applications or qualifications, everyone is included.

Individuals should bring something (box, basket, insulated bags, etc.) to carry their Signature order in. All other items are pre-boxed for your convenience.

Unclaimed food will be donated to others in need if not picked up by 11:00 a.m. There are **NO REFUNDS or CREDITS.**

**\*\*Note:** Angel Food Ministry reserves the right to replace items on the menu due to availability, cost and quality

Comments, concerns or complaints regarding the quality of any Angel Food item/box should be made to:

Angel Food Ministries  
Phone: 1.888.819.3745  
Email: [angelfood@angelfoodministries.com](mailto:angelfood@angelfoodministries.com)  
Mail: P.O. Box 128  
Good Hope, Georgia 30641-0128

**Online orders are now being accepted for pick up at Penbrook Church of God at [www.angelfoodministries.com](http://www.angelfoodministries.com)**

Online ordering ends at 11:59 pm Tuesday, July 20, 2010

**Last day to order on-site for pick-up at PCOG:**

Sunday, July 18, 2010

**Distribution Day:**

Saturday, July 24, 2010

9:30 am – 11:00 am at

Penbrook Church of God (Rear)