

Regular Unit - \$30

(4) 8 oz. Top Sirloin Steaks	1 lb. Frozen Baby Limas
1 ½ lb. Boneless Pork Roast	1 lb. Frozen Green Beans
2 lb. I.Q.F. Boneless / Skinless Chicken Breast	1 lb. Pasta
2 lb. Lasagna with Meat Sauce	4 ct. Large Russet Baking Potatoes
1 ½ lb. Fully Cooked Boneless Chicken Drumsticks	32 oz. 2% Shelf Stable Milk
1 lb. Lean Ground Beef	1 Dozen Eggs
	1 Dessert Item

Convenience & Senior Meals - \$28

Chicken Parmesan with Brussels sprouts & zucchini	Boneless Pork Patty with roasted sweet potatoes, sugar snap peas & broccoli/cauliflower
Charbroiled Beef Patty with mashed potatoes, carrots & corn blend	Cheese Manicotti with green beans, peas & carrots
Macaroni & Beef with noodles, carrots & zucchini blend	Chicken & Rice with Mushroom Sauce, green beans, corn blend
Lemon Pepper Fish with rice, peas & zucchini blend	Macaroni & Cheese with broccoli & lima beans
Mesquite Chicken with rice, carrots & green beans	Desserts: Assorted Cookies, Strawberry Frozen Yogurt Cup, Pineapple Fruit Cup, Peach Fruit Cup, Orange Juice, Fruit Punch
Spaghetti & Meatballs with corn, peas & carrots	

6 lb. Seafood Pack - \$35

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

Allergen-Free Unit - \$23

1 lb. Breaded Chicken Fillet Patties	1 lb. Breaded Chicken Wings
1 lb. Breaded Chicken Tenders	1 lb. Breaded Chicken Nuggets
1 lb. Breaded Steak Fingers	

Battered 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

- # 1 (6 ½ lb. Assorted Meat Grill Box) - \$23
(2) 12 oz. T-Bone Steaks, (4) 8 oz. Boneless Pork Chops, (4) 6 oz. Lean Hamburger Patties, 1 ½ lb. Mild Italian Sausage Links with Cheese
- # 2 (5 lb. Assorted Meat & Chicken Combo) - \$22
(2) 12 oz. Kansas City Strips, (2) 12 oz. Prime Rib Steak, 2 lb. Gourmet Flavored Boneless Chicken Breast ((4) 4 oz. Mesquite and (4) 4 oz. Lemon Herb)
- # 3 (Stuffed Chicken Variety Pack) - \$18
(4) 6 oz. Chicken Cordon Bleu, (4) 6 oz. Broccoli & Cheese, (4) 6 oz. Chicken Kiev
- # 4 (Super Value Fajita Pack – 5+ lb.) - \$21
(2) 1 lb. Steak Fajita Strip Packs, (2) 1 lb. Chicken Breast Fajita Strip Packs, 1 lb. Onions & Bell Peppers, 20 ct. 8" Flour Tortillas
- #5 (Premium Fresh Fruit & Veggie Box) - \$22
3 lbs. Tree-Ripened Oranges, 2 lbs. Premium Red Delicious Apples, 1 lb. New Crop Chilean Plums, 4 Washington State Anjou Pears, 4 Washington State Fuji Apples, 4 Tree Ripened Tangerines, 2 Tree Ripened Red Grapefruit, 6 Pack 1 oz. Boxes Premium Sun Dried Raisins, 3 lbs. Premium Red A-Size Potatoes, 2 lbs. Premium Yellow Onions, 1 head Premium Leafy Green Cabbage, 1 lb. Premium Whole-Peeled Baby Carrots, 1 lb. Dried Pinto Beans, AFM February 2010 Fruit and Veggie Recipe Sheet

Order in Person

Friday, February 12: 6:00 – 7:30 PM
 Saturday, February 13: 10:00 – Noon
 Monday, February 15: 6:00 – 7:30 PM
 No orders will be taken after February 15.
 Location: Otterbein United Methodist Church

Order Online

Go to www.angelfoodministries.com to place an order.

Contact Information

Otterbein United Methodist Church:
 Address: 647 Forge Road
 Carlisle, PA 17015
 Website: www.gb-gm-umc.org/otterbeinumc
 Phone: (717) 258-6704 (Dial 0 for Leslie)
 Services:
 Traditional: 9:00 and 11:15 (Sanctuary)
 Contemporary: 9:00 (Multi-purpose room)
 Sunday School: 10:10 (For all ages)

Future Dates

March Order:
 Friday, March 12: 6:00 – 7:30 PM
 Saturday, March 13: 10:00 – Noon
 Monday, March 15: 6:00 – 7:30 PM
 March Distribution:
 Saturday, March 20: 9:30 – 11:30 AM

Order by Mail

Send cash or money orders made out to OUM-AFM (no personal checks or Food Stamps) and the completed mail order form to:

Angel Food Ministries
 Otterbein United Methodist Church
 647 Forge Road
 Carlisle, PA 17015

Please enclose a self-addressed, stamped envelope to be mailed to you for your receipt. Orders for next month will be accepted on the day of distribution and menus will be available at that time.

Must be Received By: February 12
Distribution Day: Saturday, February 20
 Pick Up Times:
 Last names from A – M: 9:30 – 10:30 am
 N – Z: 10:30 – 11:30 am

Location:
 Otterbein United Methodist Church

There are no refunds or credits if your order is not picked up on the specified Saturday morning by 11:30 AM. Unclaimed orders will be donated to charity. Call Otterbein at (717) 258-6704 on distribution day to check for delays. Bring your receipt and a laundry basket, box or cooler to carry your food.

Angel Food Menu

February



About Angel Food Ministries



Angel Food Ministries is a non-profit, non-denominational organization dedicated to providing quality food for individuals and families at a reasonable price. These are fresh, quality products provided by the same distributors that supply the local grocery chains. One regular unit of food assists in feeding a family of four for about one week or a single adult / senior for about one month.

February Mail Order Form

Name: _____	Regular: ___ X \$30 = ___
Address: _____	Convenience: ___ X \$28 = ___
City: _____	Allergen-Free: ___ X \$23 = ___
Telephone: (____) _____	Seafood: ___ X \$35 = ___
Email: _____	Special 1: ___ X \$23 = ___
	Special 2: ___ X \$22 = ___
	Special 3: ___ X \$18 = ___
	Special 4: ___ X \$21 = ___
	Special 5: ___ X \$22 = ___
	Total: ___

Please check calculations. Those with errors will be returned and not placed.