

Regular Unit - \$30

(4) 8 oz. Chopped Beef Steaks flavored with Dijon Mustard	1 lb. Lean Ground Beef
(4) 4 oz. Bacon Wrapped Turkey Breast Filet Mignon	1 12" Supreme Pizza
(4) 4 oz. Boneless Center Cut Pork Chops	1 lb. Frozen Peas & Carrots
2 lb. Macaroni & Cheese Dinner Entrée	1 lb. Frozen Whole Kernel Corn
2½ lb. I.Q.F. Split Chicken Breasts (Re-sealable bag)	2 lb. Fresh Apples
6½ oz. Stroganoff Skillet Meal	2 lb. Heat & Serve Broccoli & Cheese Soup
	24 oz. Natural Cut French Fries (Skin-on)
	1 lb. Rice
	1 Dozen Eggs
	1 Dessert Item

Convenience & Senior Meals - \$28

Breaded Baked Fish over wild rice with green beans, corn and peas	Turkey and Dressing with gravy, green bean blend and corn
Chicken Chow Mein over lo mein noodles, mixed vegetables and sauce, sugar snap peas and cauliflower	Chicken and Noodles with carrots and peas, corn and Brussels sprouts
Swedish Meatballs over pasta in sauce, broccoli, carrot blend	Pot Roast with mashed potatoes, corn and green beans
Fettuccini Alfredo with carrots and broccoli, zucchini and Brussels sprouts	Country Herb Chicken with mashed potatoes and sauce, broccoli and green bean blend
Meatloaf Patty with mashed potatoes and gravy, peas and carrots and cauliflower	Chicken Broccoli Alfredo with carrots and zucchini blend
	Desserts: Assorted Cookies, Mixed Fruit Cup, Applesauce, Grape Juice, Apple Juice

Premium Seafood Variety Box - \$35

27 oz. Breaded Butterfly Shrimp (oven ready)	10 oz. Cod Fillets
17 oz. Crab Cakes (oven ready)	16 oz. White Fish Fillets
10 oz. Breaded Clam Strips (oven ready)	16 oz. Tilapia Fillets

Angel Food Ministries reserves the right to substitute any stated menu item due to lack of availability, cost or substandard quality. All weights are approximate.

Allergen-Free Unit - \$23

1 lb. Breaded Chicken Breast Chunks	1 lb. Breaded Formed Tenders
2 lb. Breaded Chicken Drumsticks	1 lb. Breaded Cube Steak

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 (7 lb. Assorted Meat Grill Box) - \$23
(2) 12 oz. Ribeye Steaks, (2) 8 oz. Chopped Beef Steak Flavored with Real Mozzarella Cheese, 1½ lb. Italian Sausage with Cheese, (4) 4 oz. Bacon Wrapped Turkey Breast Filet Mignon
- # 2 (4½ lb. Assorted Meat & Chicken Combo) - \$22
(2) 12 oz. New York Strip Steaks, (4) 6 oz. Bacon Wrapped Filet, (4) 6 oz. Bacon Wrapped Chicken Breast
- # 3 (10 lb. Boneless / Skinless Chicken Breast Box) - \$20
10 lb. I.Q.F. Boneless / Skinless Chicken Breasts
- # 4 (4 x 4 Family Meal Kits) - \$35
4 meal kits with all you need to feed a family of 4 for \$2.20 per meal.
Turkey Kit: 1½ lb. Boneless Turkey Breast, 1½ 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), 1½ lb. Potato Medley, 1 lb. Green Beans
Beef Tips & Gravy Kit: 1½ lb. Choice Beef Tips in Gravy, 1½ lb. Rice Medley (Rice with Red & Green Peppers)
Pork Roast Kit: 1½ lb. Boneless Pork Roast, 1 ½ lb. Potato Medley, 1 lb. Corn
- #5 (Premium Fresh Fruit & Veggie Box) - \$22
1 Large Golden Ripe Pineapple, 1 Large Vine Ripened Cantaloupe, 1 lb. New Crop Chilean White Seedless Grapes, 1 Large Tree-Ripened Mango, 1 Large Haas Avocado, 1 head Leafy Green Cabbage, 3 lb. bag Sweet Potatoes (baking size), 2 lb. bag New Crop Yellow Onions, 3 lb. bag Idaho Baking Potatoes, 1 lb. Fresh California Carrots, 3 Variety Colored Bell Peppers, 2 ct. Jumbo Garlic, AFM March 2010 Fruit and Veggie Recipe Sheet

After School Box - \$21

- (9) 1.61 oz. Bread Sticks Stuffed with Mozzarella in Resealable Bag
1 ½ lb. Fully Cooked Chicken Rings in Resealable Bag (approx. 8 servings)
1 ½ lb. Fully Cooked Chicken & Cheese Nuggets in Resealable Bag (approx. 8 servings)
1 ½ lb. Fully Cooked Mini Corn Dogs (36 count)

Order in Person

Friday, March 12: 6:00 – 7:30 PM
 Saturday, March 13: 10:00 – Noon
 Monday, March 15: 6:00 – 7:30 PM
 No orders will be taken after March 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.gbgm-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

April Order:
 Friday, April 9: 6:00 – 7:30 PM
 Saturday, April 10: 10:00 – Noon
 Monday, April 12: 6:00 – 7:30 PM
 April Distribution:
 Saturday, April 17: 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: March 12
Distribution Day: Saturday, March 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

March



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.

March Mail Order Form

Name: _____
 Address: _____
 City: _____
 Telephone: (____) _____
 Email: _____

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

Regular: ____ X \$30 = ____
 Convenience: ____ X \$28 = ____
 Allergen-Free: ____ X \$23 = ____
 Seafood: ____ X \$35 = ____
 After School: ____ X \$21 = ____
 Special 1: ____ X \$23 = ____
 Special 2: ____ X \$22 = ____
 Special 3: ____ X \$20 = ____
 Special 4: ____ X \$35 = ____
 Special 5: ____ X \$22 = ____

Total: