

## REGULAR BOX

Balanced nutrition and variety with enough food to feed 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 4x6oz
- 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. Breakfast Cereal
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs **\$30.00**
- Dessert

## ALLERGEN-FREE BOX

Processed to eliminate the eight top serious allergens: Peanuts, Soybeans, Milk, Eggs, Fish, Crustacea, Tree Nuts and Gluten (wheat, rye and barley).

Battered with water, white rice, brown rice, modified tapioca starch, flax seed, sugar, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika. Breaded with white rice, brown rice, modified tapioca starch, flax seed, sugar, dextrose, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika. Breading is pre-browned in Canola oil.

- 1 lb. Breaded Chicken Breast Chunks
- 1 lb. Breaded Formed Tenders
- 1 lb. Breaded Cube Steak
- 2 lb. Breaded Chicken Drumsticks **\$23.00**

## AFTER SCHOOL BOX

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

- 1.5 lb. Fish Sticks or any time.
- 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 **\$24.00**

# JULY 2010

Specials may be purchased without the purchase of a Regular Box

## SENIOR/CONVENIENCE BOX

*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.

- Fish Sticks** with a Rice/Bean Blend, Broccoli & 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**

## AFTER SCHOOL FRUIT & VEGGIE

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 **\$16.00**

Name \_\_\_\_\_

Specials Ordered:

#1 \_\_\_\_\_ #2 \_\_\_\_\_ #3 \_\_\_\_\_ #4 \_\_\_\_\_ #5 \_\_\_\_\_



angelfood  
MINISTRIES

Specials may be purchased without the purchase of a Regular Box

### JULY SPECIAL #1

- 4.5 lb. Steak Grill Box** **\$23.00**
- 2.5 lb. Ribeye Steaks (4 x 10 oz.)
- 2 lb. Sirloin Strip Steaks (4 x 8 oz.)

### JULY SPECIAL #2

- 6.5 lb. Assorted Grill Box** **\$22.00**
- 1.5 lb. New York Strip Steaks (2x12 oz)
- 1.5 lb. Bacon Wrapped Filet (4x6 oz)
- 1.5 lb. Bacon Wrapped Chicken Breast (4x6 oz)

### JULY SPECIAL #3

- 10 lb. IQF Chicken Breast Box** **\$21.00**
- 10 lb. IQF Chicken Breasts

### JULY SPECIAL #4

- Premium Fresh Fruit & 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

### 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

\*\*Specials may be purchased without the purchase of a Regular Box

**ORDER FORM – (due by July 15)**

Please complete the entire form!

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE AND/OR CELL: \_\_\_\_\_

where we can reach you on Distribution Day, if need be

Regular Box \_\_\_\_\_ x \$30 = \$ \_\_\_\_\_

Senior Box \_\_\_\_\_ x \$28 = \$ \_\_\_\_\_

AllergenFree \_\_\_\_\_ x \$23 = \$ \_\_\_\_\_

AfterSchool Box \_\_\_\_\_ x \$24 = \$ \_\_\_\_\_

AfterSchool Fruit \_\_\_\_\_ x \$16 = \$ \_\_\_\_\_

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

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

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

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

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

Subtotal \$ \_\_\_\_\_

Donation\$ \_\_\_\_\_

Total \$ \_\_\_\_\_

New Customer

Method of Payment:

Date:

Amount: \$:

Rec'd by :

**Angel Food Order Times**

Wed. July 14 9am-11am & 3pm-5:30pm

Thurs. July 15 9am-11am & 3pm-5:30pm

You may also place your order for the next month on Distribution Day from 10am -11am or by calling 724-238-7906 to arrange a time.

*Payment is by Cash, Money Order or Food Stamps (EBT) in person*

\*\* Orders may be place online by credit card at [www.ligonierbaptist.com](http://www.ligonierbaptist.com) – be sure to request 'pick up at Ligonier Baptist' in the comments field. \*\*

**Last day to place and pay for your order in person is Thurs. July 15 by 5:30pm.**

Last day to order online by credit card is Monday July 19

**Pick-up time & location: July 24, 2009  
10:00am-11:00am at**

Ligonier Baptist Church 326 N. Grant St  
(corner of N. Grant & Bunger Sts) 238-7906 or 238-3001

**You MUST bring your receipt and a large box or laundry basket to pick up your order**

Orders not picked up by 12noon will be donated to a needy family. *There will be **no refunds** or credits if your order is not picked up*

\*\*Angel Food Ministries reserves the right to replace items on the menu due to availability, cost or quality.\*\*

**Prayer Requests:**

It would be our privilege to pray for you. Please share with us your requests.



**Save On Your Groceries!**

Only \$30 per box, regardless of income

Quality Food at a Low Cost  
If You Eat, You Qualify

**JULY 2010 MENU**

**ORDERS DUE BY JULY 15**  
PICK UP ON JULY 24



326 N. Grant Street Ligonier, PA 15658  
724-238-3001 or 724-238-7906  
[www.ligonierbaptist.com](http://www.ligonierbaptist.com)

Church Service Time  
Sunday School 9:15am Sunday Worship 10:30am

If you would like to be a part of an In-Home Bible Study, please call us for more information