

Sign Up Location
 Angel Food Office
 30 Bothel Street
 North East, PA 16428

Month Fast Annual Food - December 2008 Menu

**Bring a "Laundry"
 size box
 to pick up your food!!**

Sign-up Dates & Times

Tuesday Dec. 2nd 11:00 – 1:00 & 6:00 – 8:00 pm * Friday Dec. 5th 11:00 – 1:00 & 6:00 – 8:00 pm
 Saturday Dec. 6th 10:00 – 12:00 Last date to receive mail orders: Friday Dec. 5th

*Cash,
 Money orders
 Pennsylvania checks & EBT*

No Personal Checks

Distribution Day: Sat. December 13th 9:00 a.m. – 11:00 a.m.

Pick up at Praise Cathedral – Route 89 just North of I-90

December 2008 – \$30 Regular Unit

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|---|--|--------------------------------|
| 1.5 lb. Choice Cut Beef Roast | 1 lb. All Meat Hot Dogs | 2 lb. Breaded Chicken Tenders |
| 2 lb. IQF Chicken Breast | 24 oz. Steak-Cut Fries | 1.5 lb. Pork Chops (4 x 6 oz.) |
| 28 oz. Salisbury Steak Entree | 1 lb. Green Beans | 7.5 oz. Mac and Cheese |
| 7 oz. Corn Muffin Mix | 1 lb. Carrots | 1 lb. Rice |
| 14 oz. Chicken Broth | 1 Dozen Eggs | 1 Dessert Item |
| 1 lb. 80/20 Lean Beef Patties (4 x 4 oz.) | 1- 32 oz. 2% Reduced Fat Shelf Stable Milk | |

December 2008 - \$28 Senior Convenience Box

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

BBQ Pulled Pork: Slow Roasted lean pork in our special Hickory BBQ Sauce, served with Black Eyed Peas, Collard Greens and Cinnamon Apple Sauce.

Ground Beef Stroganoff: Tender Ground Beef in Cream Sauce served over Parsley Egg Noodles, Green Beans w/Onions and Fruit Cocktail.

Chicken Parmesan: White Chicken in Italian Style Tomato Sauce and Mozzarella Cheese atop Spaghetti, Seasoned Green Beans and Garlic Bread.

Meat Patties with Country Gravy and Onions: Lightly floured and seasoned, served in Brown Onion Gravy, Mashed Potatoes, Steamed Broccoli with Cheese and Diced Beets.

Meat Loaf with Brown Herb Gravy: Traditional Meat Loaf with Herb Seasoned Brown Gravy, Sweet Potatoes, Green Peas w/Mushrooms and Green Beans

Sliced Roast Turkey: Roasted, Sliced Turkey Breast served with Dressing and Sage Flavored Gravy, Red Potatoes in Cream Sauce, Green Beans and Jellied Cranberry Sauce.

Chicken and Mushroom Bake: Slow Cooked White Chicken served with Mushrooms in a delicious sauce over White Rice, seasoned Turnip Greens and Stewed Tomatoes.

Chicken and Broccoli: Tender white Chicken, Broccoli, Creamy Mashed Potatoes, a side of Creole style Okra and a Chocolate Chip Cookie.

Burger Stew: Tender Lean Ground Beef Stew with Vegetables served over Seasoned White Rice, accompanied by Broccoli with Mushroom Pieces and Sliced Peaches.

Red Beans and Ground Beef: Skillet Cooked Ground Beef served with Red Kidney Beans over White Rice, accompanied by Southern Flavored Collard Greens and a delicious Southern Style Biscuit.

December 2008 – Specials

*****Specials Available with the Purchase of Either Units Above*****

- DECEMBER SPECIAL #1 6.5 lb. Grill Box\$22.00**
 1.5 lb. Prime Rib Steak (2 x 12 oz.), 2 lb. Boneless Pork Roast, 2 lb. Hamburg Beef Steaks (4 x 8 oz.), 1 lb. Bratwurst with Cheese
- DECEMBER SPECIAL #2 4.5 lb. Meat Combo\$21.00**
 1.5 lb. New York Strip Steaks (2 x 12 oz.), 1.5 lb. Bacon-Wrapped Beef Filet (4 x 6 oz.), 1.5 lb. Bacon-Wrapped Chicken Filet (4 x 6 oz.)
- DECEMBER SPECIAL #3 10 lb. IQF Boneless/Skinless Chicken Breasts\$21.00**
- DECEMBER SPECIAL #4 Fresh Fruit and Veggie Box\$21.00**
 3 lb. bag North Carolina Red Rome Apples, 3 lb. bag North Carolina Sweet Potatoes, 2 lb. bag New Crop Medium Yellow Onions, 1 stalk Sleeved California Celery, 1 lb. bag California Carrots, 4 lb. bag New Crop Florida Navel Oranges, 2 lb. bag New Crop California Lemons, 2 ea. New Crop Florida Ruby Red Grapefruit, 8 oz. California Extra Fancy Raisins, 4 lb. bag New Crop Idaho Potatoes
- DECEMBER SPECIAL #5 Holiday Mixed Fruit Gift Box\$26.00**
 4 Wash. St. Lg Extra Fancy Red Delicious Apples, 4 Lg Extra Fancy Golden Delicious Apples, 4 Washington St. Extra Lg, Extra Fancy Granny Smith Apples, 5 Washington St. Lg, Extra Fancy Red Anjou Pears, 4 Extra Lg, Extra Fancy Red Rome Apples, 4 Lg Florida Tree-Ripened Navel Oranges, 4 Lg Florida Tree-Ripened Tangerines, 4 Lg Florida Tree-Ripened Tangelos, 6 Lg. Florida Tree-Ripened Juice Oranges, 5 Lg Florida Tree-Ripened Ruby Red Grapefruits, 1Recipe Sheet.
- DECEMBER SPECIAL #6 Holiday Meat and Cheese Gift Box.....\$20.00**
 2-9 oz. Beef Summer Sausage, 1- 9 oz. Summer Sausage, 1- 8 oz. Yellow Sharp Cheddar Cheese, 1-8 oz. Yellow Mild Cheddar Cheese, 1-8 oz. Monterey Jack Cheese,

Food Stamps (EBT)

- must be placed in person & have proper identification

CHRISTMAS DINNER BOX - \$35.00

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|--------------------------------------|----------------------------------|
| 7lb. Perdue Roasting Hen (avg 7#) | 2 lb. Natural Hickory Smoked Ham |
| 2 lb. Heat and Serve Mashed Potatoes | 2 lb. Heat and Serve Corn |
| 2 lb. Heat and Serve Green Beans | 17 oz. Cornbread Dressing |
| 4.5 oz. Brown Gravy Mix | 15 oz. Cranberry Sauce |
| 8 Dinner Rolls | 1 Dessert Item |

Home Delivery Available in North East only for \$5.00 must place order when purchasing units & specials.

Mail Orders – No Personal Checks

Enclose a self-addressed stamped envelope to receive your receipt!

Mail to: Praise Cathedral P.O. Box 872, North East, PA 16428

