

### SIGNATURE BOX

*Balanced nutrition and variety with enough food to feed a family of four for a week.*

- 1.5 lb. Rib eye Steaks (3 x 8 oz.)
- 1.81 lb. (avg.) Perdue Tray Pack Split Chicken Breast (2 large breasts)
- 4 lb. Chicken Thighs
- 1.5 lb. Pork Chops (4 x 6 oz.)
- 1 lb. 80/20 Lean Ground Beef
- 1.5 lb. 100% White Meat Turkey Burgers (4 x 6 oz.)
- 12 oz. Deli Ham
- 1 lb. Frozen Sweet Potatoes
- 1 lb. Frozen Green Beans
- 15 oz. Pears (Product of U.S.A.)
- 12 oz. Orange Juice Concentrate (100% juice, no sugar added - makes over a quart of juice)
- 3 lb. bag Fresh Idaho Potatoes
- 2 lb. bag Fresh Onions
- 32 oz. 2% Shelf Stable Milk
- Dozen Eggs
- Dessert

**\$30.00**

### SENIOR & CONVENIENCE MEALS

#### 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.*

- Country Herb Chicken** with Mashed Potatoes, Broccoli & Green Bean Blend
- Beef Stew With Carrots & Potatoes**, Brussels Sprouts, Corn/Red Pepper Blend
- Chicken Parmesan** with Fettuccini Noodles, Brussels Sprouts & Zucchini
- Mesquite Chicken** with Rice/Black Bean Blend, Carrots, Green Beans
- Swedish Meatballs** with Pasta, Broccoli Carrots & Red Pepper
- Chicken & Broccoli Alfredo** with Carrots, Zucchini/Red Peppers
- Macaroni & Beef** with Noodles, Carrots Zucchini/Red Peppers
- Chicken & Rice With Mushroom Sauce**, Green Beans, Black Bean/Corn Bread
- Breaded Baked Fish** with Wild Rice, Corn & Peas
- Spaghetti & Meatballs** with Corn, Peas & Carrots
- Dessert:** Assorted Cookies, Strawberry Applesauce, Mixed Fruit Cup, Pineapple Fruit Cup, Grape Juice, Fruit Punch

**\$28.00**

### FROZEN AND DRY MIX 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!*

#### Allergen Free Frozen Food Products

- 1 lb. Breaded Chicken Breast Chunks
- 1 lb. Breaded Chicken Tenders
- 1 lb. Breaded Chicken Wings
- 1 lb. Breaded Steak Fingers
- 1 lb. Breaded Chicken Fillet Patty

*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.*

#### Allergen Free Dry Mix Products

- 1 lb. Pancake/Waffle Mix
- 1 lb. Vanilla Cake Mix
- 1 lb. Blueberry Muffin Mix
- 1 lb. Cobbler Crust Mix

**\$35.00**

### Available For Pre-Order Now!!! Thanksgiving Holiday Box **\$36.00**

*The Thanksgiving Holiday Box will be featured for pre-order from September 1, 2009 through October 28, 2009. \* This year we have an exciting menu that we think your friends and family will enjoy and will make a nice gift for anyone that you believe needs a little uplifting around the holidays. This will not affect the normal November order period.*

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|---|--|---|
| 7 lb. (avg.) Perdue Roaster               | 2 lb. Frozen Green Beans                 | 4.5 oz. Brown Gravy Mix                         |
| 2.5 lb. Boneless Netted Ham               | 1 lb. Frozen Cranberries                 | 1 Dessert Item (Pie or Cake)                    |
| 2 lb. Frozen Diced Sweet Potatoes         | 17 oz. Ready to Cook Corn Bread Dressing | 1 Recipe Sheet with scripture                   |
| 3.5 lb. (avg.) Frozen Corn Cobbett's (12) | 8 ct. Heat and Serve Large Dinner Roll   | <i>*all boxes will be delivered in November</i> |

### **SEPTEMBER SPECIAL #1**

**\$23.00**

#### 7 lb. Assorted Meat Grill Box

- 1.5 lb. Bone-In New York Strip Steaks (2 x 12 oz.)
- 2 lb. Baby Back Pork Rib
- 2 lb. Lean Hamburger Steaks (4 x 8 oz.)
- 1.5 lb. Italian Sausage with Cheese

### **SEPTEMBER SPECIAL #2**

**\$22.00**

#### 5 lb. Assorted Meat & Chicken Combo

- 2 lb. New York Strip Steaks (4 x 8 oz.)
- 1.5 lb. Bacon Wrapped Ribeye (4 x 6 oz.)
- 1.5 lb. Bacon Wrapped Chicken Filet (4 x 6 oz.)

### **SEPTEMBER SPECIAL #3**

**\$21.00**

#### 11 lb. Random Size Split Chicken Breast Box

- 11 lb. Split Chicken Breast (20-24 ct.)

### **SEPTEMBER SPECIAL #4**

**\$22.00**

#### Fresh Fruit and Veggie Box

- 1 head Premium New York State Green Cabbage
- 3 lb. Premium Idaho Baking Potatoes
- 2 lb. Premium Western Grown Yellow Onions
- 1 lb. Premium New Crop Carrots
- 1 Premium Extra Large New Crop Butternut Squash
- 4 Premium New Crop Bartlett Pears
- 3 lb. Premium New Crop Golden Delicious Apples
- 3 lb. Premium New Crop McIntosh Apples
- 1 Premium California Vine-Ripened Cantaloupe
- 1 Premium Haas Avocado
- 1 Premium Tree Ripened Mango
- 6 1.5 oz. Package California Seedless Raisins
- 1 pkg. Uncle Wiley's Homemade Apple Pie Spice

Orders Due: **September 13<sup>th</sup> no later than 12:00Noon**  
Distribution Day: **September 19<sup>th</sup> 11:45-12:15**

If you have questions, require assistance or need Food Stamp order forms, contact UCP at 315-548-2772 or Linda Leight at 315-719-5555

Please complete this order form in full and submit it with your payment to the UCP office. It is very important that you include a phone number where you can be reached on the Saturday distribution day.

Name \_\_\_\_\_ Phone \_\_\_\_\_

If this is your first order, how did you hear about Angel Food? \_\_\_\_\_

\_\_\_\_SIGNATURE BOX @ \$30.00 each \_\_\_\_\_  
\_\_\_\_SENIOR/ CONVENIENCE BOX @ \$28.00 each \_\_\_\_\_  
\_\_\_\_ALLERGEN-FREE BOX @ \$35.00 each \_\_\_\_\_

\*\*\*\* Specials can only be ordered when one of the boxes above has been ordered. \*\*\*\*

\_\_\_\_SPECIAL #1 @ \$23.00 \_\_\_\_\_  
\_\_\_\_SPECIAL #2 @ \$22.00 \_\_\_\_\_  
\_\_\_\_SPECIAL #3 @ \$21.00 \_\_\_\_\_  
\_\_\_\_SPECIAL #4 @ \$22.00 \_\_\_\_\_

\_\_\_\_PREORDER THANKSGIVING HOLIDAY BOX @ \$36.00 \_\_\_\_\_

Order Total \_\_\_\_\_

Credit and Debit card orders placed online at <http://www.waterlooag.org> require a written order submission to UCP. When placing an order online, be sure to print/type **United Church of Phelps pickup** in the notes section of the order form if you wish to pick up your order at UCP. UCP will place your credit/debit card order for you, if you prefer. We are now accepting checks...please **make check payable to UCP**. Contact the church office or Linda Leight to place Food Stamp orders.

**Please bring a medium box or laundry basket if you order the Signature Box.**

To locate a Host Site in your area, call 1-877-FOOD-MINISTRY or visit [www.angelfoodministries.com](http://www.angelfoodministries.com).

**United Church of Phelps**  
offers a  
***FREE WEEKLY COMMUNITY DINNER***

**Please join us! Every Wednesday from 5:00-6:30 PM**  
**(Love offering accepted.)**

**58 Main Street**  
**Phelps, NY 14532**  
**315-548-2772**

For additional menus or upcoming events,  
visit [www.unitedchurchofphelps.org](http://www.unitedchurchofphelps.org) and click on Current Events.