



August 2008 MENU

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| 1.5 lb. Ribeye Steaks (4 x 6 oz.) | 10 ct. Frozen Waffles |
| 5 lb. Chicken Leg Quarters | 16 oz. Bean Soup Mix |
| 28 oz. Chicken Breast Nuggets | 1 lb. Rice |
| 28 oz. Salisbury Steak Dinner Entrée | 9 oz. Instant Potatoes (14 servings) |
| 32 oz. Breaded Chicken Breast Filets | 15 oz. Sliced Peaches |
| 16 oz. Smoked Sausage | 32 oz. Borden Shelf Stable Milk |
| 16 oz. California Blend Frozen Vegetables | One Dozen Eggs |
| 16 oz. Frozen Carrots | One Desert Item |
| 16 oz. Frozen Chopped Spinach | |

ALL THIS FOR THE LOW COST OF JUST.....\$30.00

*** One or More Specials Available Only with the Purchase of a Regular Box Above ***

August Special — A \$20.00

- 1.5 lb Baseball Cut Sirloin Filet (4 x 6 oz.) (Thick-Cut)
- 2 lbs Juicy Boneless Skinless Chicken Breast
- 2 lbs St. Louis-Style Ribs
- 1.5 lb Hamburger Patties (4 x 6 oz.)

August Special — C \$18.00

- 1.5 lb. Cordon Bleu (4 x 6 oz.)
- 1.5 lb. Broccoli Cheese (4 x 6 oz.)
- 1.5 lb. Chicken Breast Kiev (4 x 6 oz.)

August Special — B \$20.00

- 1.5 lb. New York Strips (2 x 12 oz.)
- 1.5 lb. Bacon-Wrapped Beef Filet (4 x 6 oz.)
- 1.5 lb. Bacon-Wrapped Pork Filet (4 x 6 oz.)

August Special — D \$18.00

- 4 Red Delicious Apples
- 4 lb Bag of Oranges
- 1 Cello-wrapped Lettuce
- 1 Large Cabbage
- 6 Russet Potatoes
- 2 Cucumbers
- 1 Cantaloupe
- 1 Honeydew Melon

www.wsfm.us

WEST SHORE FOOD MINISTRIES

717-418-2591 admin@wsfm.us

IF YOU EAT YOU QUALIFY! No income guidelines or residential boundaries.

FOOD SIGN UP & PAYMENT DATES

Fri. evening, August 8 from 5:00-7:00 p.m. & Sat. morning, August 9 from 9:00 a.m.-Noon
At: Trinity United Methodist Church 415 Bridge St., New Cumberland, PA

DISTRIBUTION DAY**

Saturday, August 23 from 10:00 a.m.-12:00 p.m. at Red Land Baptist Church 661 Big Spring Road, New Cumberland, PA
CASH, CASHIER'S CHECK, MONEY ORDER, OR EBT CARD ONLY
Sorry, no personal checks, debit or credit cards accepted.

**** Please bring a Medium Sized Box or Laundry Basket for Each Regular Unit Purchased ****

****Distribution Day "Forgotten Boxes" policy:** If it is near closing time and your order has not been picked up West Shore Food Ministries will attempt to reach you. However, **food not picked up by 12:15 p.m. on distribution day will be given to charity.** Since we pay for the food in advance **we will not be able to refund your money.** As a non-profit and all-volunteer organization we do not have freezer space to store large amounts of food.

We Accept Food Stamps (EBT).

Angel Food Ministries is an equal opportunity provider and employer. Complaints of discrimination should be sent to USDA, Director, Office of Civil Rights, Washington, DC 20250-9410

Angel Food Ministries Reserves the Right to Substitute Any of the Above Items Due to Availability, Cost and Quality