

# angelfood

MINISTRIES

## September 2008 MENU

Regular Box — \$30.00	Senior Individual Meals Box — \$25.00
1.5 lb. Top Sirloin Strip Steaks (4 x 6 oz.)	<b>Chicken Parmesan</b> with side of Spaghetti with Marinara, Green Beans and Garlic Bread
2 lb. Boneless Skinless Chicken Breast	<b>Roast Beef and Brown Gravy (Pot Roast)</b> , Noodles, Carrot Coins and Col-lard Greens
3 lb. Breaded Chicken Chunks	<b>Herb Roasted Chicken Quarter with Herb Gravy</b> , White Rice, and Peas & Carrots
1.5 lb. Boneless Pork Filet	<b>BBQ Chicken Quarter with BBQ Sauce</b> , Black-Eyed Peas, Greens and Apple Sauce
20 oz. Supreme Pizza	<b>Baked White Fish with Asian Sweet Pep- per Sauce</b> , Vegetable Fried Rice, Broccoli, and Pineapple chunks
1 lb. Ground Turkey	<b>Chicken Cacciatore Quarter</b> , Creamy Rosemary Red Potato Quarters, Italian Green Beans, and Diced Peaches
1 lb. Cheddar Cheese Bratwurst Sausage	<b>Beef Meatloaf with Brown Herb Gravy</b> , Mashed Sweet Potatoes, Peas & Mush-rooms and Wax Beans
1 lb. Green Beans	<b>Beef Lasagna with Tomato Sauce</b> , Broccoli, Diced Peas, and Garlic Bread & Butter
35 oz. Crinkle-cut Fries	<b>Oven Roasted Turkey Breast with Sage Gravy</b> , Bread Dressing, Creamed Diced Potatoes, Green Beans and Cranberry Sauce
1 lb. Stir Fry Vegetables (Broccoli & Bell Peppers)	
32 oz. Borden 2% Reduced Fat Shelf Stable Milk	
7.5 oz. Macaroni & Cheese	
15 oz. Pork & Beans	
7 oz. Chicken-Flavored Rice & Vermicelli	
1 lb. Pinto Beans	
One Dozen Eggs	
One Dessert Item	

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

### September Special — B

- 1.5 lb Ribeye Steaks (3 x 8 oz.)
- 2 lbs Boneless Pork Roast
- 1.5 lbs Beef Short Ribs
- 1 lb All Beef Burgers (4 x 4 oz.)

### \$20.00 September Special — E

- 2 lb. Stuffed Green Peppers with Beef and Rice
- 2 lb. Chicken Breast with Rice, Broccoli & Cheese
- 2 lb. Beef Steak Patties with Gravy and Onions
- 2 lb. Meatloaf and Gravy
- 2 lb. BBQ Chicken with Hickory Sauce & Mashed Potatoes

\$20.00

### September Special — C

- 1.5 lb. Kansas City Strips (2 x 12 oz.)
- 1.5 lb. Bone-In Ribeye Steaks (2 x 12 oz.)
- 2 lb. All Beef Hamburger Steaks (4 x 8 oz.)

\$20.00

### September Special — F

- 3 lb. Bag of Red Delicious Apples
- 4 lb. Bag of California Valencia Oranges
- 2 lb. Bag of Large Yellow Onions
- 1 lb. Bag of Carrots (Cello-wrapped)
- 4 lb. Bag of Large Idaho Baking Potatoes
- 1 Large Green Cabbage
- 4 Bartlett Pears
- 4 Tennessee Vine-Ripened Tomatoes
- 1 Celery Stalk (Cello-wrapped)
- 12 oz. Black Beans (Dried)

\$19.00

### September Special — D

- 10 lb. Unbreaded IQF Party-style Chicken Wings

\$20.00

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, September 12 from 5:00-7:00 p.m. & Sat. morning, September 13 from 9:00 a.m.-Noon  
At: Trinity United Methodist Church 415 Bridge St., New Cumberland, PA

#### DISTRIBUTION DAY\*\*

Saturday, September 27 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 \*\*\*\*

### 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

\*\*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.

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