

# angelfood

MINISTRIES

## October 2008 MENU

Regular Box — \$30.00	Senior Individual Meals Box (A) — \$28.00
1.5 lb. Ribeye Steaks (4 x 6 oz.)	<b>BBQ Chicken:</b> Slow roasted chicken diced and served with Western Flavor BBQ Sauce. Served with southern-style Black Eyed Peas and Collard Greens and Cinnamon Apple sauce.
4.5 lb. (avg) Split Chicken Breast Family Tray Pack	<b>Salisbury Steak with Brown Mushroom Gravy:</b> Traditional Salisbury Steak Patties with Brown Mushroom Gravy; Mashed Potatoes, Peas and Carrots and diced Pineapple.
26 oz. Heat and Serve Meatloaf and Brown Gravy	<b>Thyme Baked Chicken:</b> Slow cooked chicken chunks served in a savory Thyme Sauce with Parsley Potatoes, Three Bean Salad and Diced Peaches.
1 lb. Chicken Breast Fajita Strips	<b>Creole Baked White Fish:</b> Delicate White Fish baked with a Creole Sauce served with Red Beans and Rice, Creamed Spinach, and a Chocolate Chip Cookie.
1 lb. Boneless Center-Cut Pork Chops (4 x 4 oz.)	<b>Chicken Curry With Vegetables:</b> Cooked tender chicken with Cut Green beans and Yellow Corn over Seasoned Onion Broth Rice with Broccoli Oriental Vegetables and Diced Pears.
1 lb. Fully Cooked Meatballs	<b>Ground Beef Stroganoff:</b> Tender Ground Beef in a rich Stroganoff Cream Sauce served over Parsley Egg Noodles, Green Beans and Onions, with Fruit Cocktail.
1 lb. All Meat Hot Dogs	<b>Meat Patties with Country Style Gravy and Onions:</b> Lightly Floured and Seasoned and served with a rich Brown Gravy and Onion. Creamy Mashed Potatoes, Steamed Broccoli with a sprinkling of Cheese along accompanied by Diced Beets.
1 lb. Frozen Sliced Carrots	<b>Spaghetti with Meat Sauce:</b> Spaghetti Noodles served with a rich traditional Italian Meat Sauce. Seasoned Italian Green Beans, Diced Pears and an Oatmeal Cookie.
1 lb. California Blend Vegetables	
1 lb. Pasta	
28 oz. Marinara Sauce	
48 oz. Hawaiian Punch	
32 oz. Borden 2% Reduced Fat Shelf Stable Milk	
12 ct Corn Tortillas	
One Dozen Eggs	
One Dessert Item	

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

### October Special — B

\$21.00

### October Special — E

\$18.00

- 2 lb Top Sirloin Strips (4 x 8 oz.)
- 2 lb Baby Back Ribs
- 1.5 lb Hamburger Patties (4 x 6 oz.)
- 1.5 lb Pork Chops (4 x 6 oz.)

- 10 lb. Breaded Chicken Tenders

### October Special — C

\$21.00

### October Special — F

\$21.00

- 1.5 lb. Ribeye Steaks (2 x 12 oz.)
- 1.5 lb. New York Strip Steaks (2 x 12 oz.)
- 1.5 lb. Bacon-Wrapped Chicken Filets (4 x 6 oz.)

- 1 head New York State Green Cabbage
- 1 head California Iceberg Lettuce (Cello wrapped)
- 1 bunch California Broccoli
- 2 lb. Medium-Large Idaho/East Oregon Yellow Onions
- 5 lb. New Crop Yukon Gold Potatoes
- 3 lb. North Carolina New Crop Red Apples
- 2 lb. Bag of California Fancy Lemons
- 1 Super Sweet Gold Pineapple
- 1 lb. Bag of California Peeled Baby Carrots

### October Special — D

\$21.00

- 3.75 lb. T-Bone Steaks (5 x 12 oz.)

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, October 10 from 5:00-7:00 p.m. & Sat. morning, October 11 from 9:00 a.m.-Noon  
At: Trinity United Methodist Church 415 Bridge St., New Cumberland, PA

#### DISTRIBUTION DAY\*\*

Saturday, October 25 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