



November 2008 MENU

Regular Box \$30.00	Senior Convenience Meals Box (A) — \$28.00	Thanksgiving Box (B) \$30.00
<ul style="list-style-type: none"> 1.5 lb. New York Strip Steak (4 x 6 oz.) 3 lb. IQF Split Chicken Breast 2 lb. Baby Back Pork Ribs 2 lb. Chicken Chunks 28 oz. Jumbo Charbroiled Beef Patties with Gravy 1 lb. Smoked Sausage 1 lb. Ground Turkey 1 lb. Green Beans 1 lb. Diced Sweet Potatoes 10 oz. Peanut Butter 15 oz. Cranberry Sauce 7 oz. Beef-Flavored Rice & Vermicelli 20 oz. Shoestring Fries 32 oz. 2% Reduced Fat Shelf Stable Milk 6 oz. Pancake Mix Dozen Eggs Dessert Item 	<p>Sweet 'n Sour Chicken: Slow-Cooked Chicken Chunks served in a Sweet 'n Sour Sauce over Steamed Rice. Steamed Broccoli with Mushroom Pieces accompanied by Wax Beans.</p> <p>Spaghetti with Meat Sauce: Spaghetti Noodles served with a Rich Traditional Italian Meat Sauce, Seasoned Italian Green Beans, Diced Pears and an Oatmeal Cookie.</p> <p>Chili Con Carne: Chili Con Carne with Ground Beef served with Elbow Macaroni, Carrot Coins and Beets with Onions.</p> <p>Chicken with Creole Sauce: Tender Chicken Pieces served with Classic Creole Sauce, accompanied by Mashed Potatoes, Peas with Mushrooms and Pineapple Chunks.</p> <p>Ground Beef Teriyaki Stir Fry: Seasoned Ground Beef with a Teriyaki-Flavored Sauce served over Penne Noodles, accompanied by Lemon Pepper Green Beans, and a Sugar Cookie.</p> <p>Chicken Ala King: Luscious Chicken in traditional Ala King-Style Sauce, served over Rice, with Seasoned Green Beans and Sliced Beets.</p> <p>Beef Cabbage Casserole: Seasoned Ground Beef interlaced with delicious Cabbage Leaves, served with Creamed Potatoes and Green Peas with Carrots.</p> <p>Chicken Rice Pilaf: Tender White Chicken served over perfect White Rice Pilaf, accompanied by Broccoli Cuts with Diced Red Peppers and a Chocolate Chip Cookie.</p> <p>Turkey Tetrazzini: Diced Turkey in a luscious Cream Sauce with Mushroom Pieces served over Spaghetti, accompanied by Seasoned Green Beans with Onions and Italian Seasoned Diced Tomatoes.</p> <p>Chicken Stew: Slow-Cooked White Chicken with Diced Potatoes and Diced Tomatoes lightly seasoned and folded into a Chicken-Flavored Broth. Stew is served over lightly seasoned Rice with a side dish of Sliced Celery and Carrot Coins, a Southern Biscuit and Apple Sauce for dessert.</p>	<ul style="list-style-type: none"> 7lb. (avg.) Perdue Roasting Hen 2 lb. Heat and Serve Mashed Potatoes 2 lb. Heat and Serve Corn 2 lb. Heat and Serve Green Beans 17 oz. Cornbread Stuffing 4.5 oz. Brown Gravy Mix 15 oz. Cranberry Sauce 8 Dinner Rolls Dessert Item

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

November Special — C

- 2 lb. Choice Cut Beef Roast
- 2 lb. St. Louis Style Pork Ribs
- 2 lb. Hamburger Beef Steaks (4 x 8 oz.)
- 1 lb. Mild Italian Sausage with Mozzarella Cheese

\$21.00 November Special — E (Boneless/Skinless) \$18.00

- 1.5 lb. Rotisserie Flavor Chicken (4 x 6 oz.)
- 1.5 lb. Lemon-Fajita Flavor Chicken (4 x 6 oz.)
- 1.5 lb. Sun-Dried Tomato Flavor Chicken (4 x 6 oz.)

November Special — D

- 1.5 lb. Bone-In Ribeye Steaks (2 x 12 oz.)
- 1.5 lb. Kansas City Strip Steaks (2 x 12 oz.)
- 1.5 lb. Boneless Center-Cut Pork Chops (4 x 6 oz.)

\$21.00

November Special — F

\$21.00

- 3 lb. North Carolina New Crop Red Rome Apples
- 3 lb. Washington State New Crop Granny Smith Apples
- 4 lb. New Crop Florida Navel Orange
- 1 stalk California Celery (in sleeve)
- 4 lb. Premium Idaho Baking Potatoes
- 3 lb. New Crop North Carolina Sweet Potatoes
- 2 each Ruby Red Florida Grapefruit
- 1 lb. Premium California Carrots (cello wrapped)
- 2 lb. Large-Medium Yellow Onions

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

DISTRIBUTION DAY**

Saturday, **November 22** from 09:30 a.m.-12:00 Noon 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 12:30 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