

angelfood

MINISTRIES

December 2008 MENU

Regular Box \$30.00	Senior Convenience Meals Box — \$28.00	Christmas Box (A) \$35.00
1.5 lb. Choice Cut Beef Roast 2 lb. Breaded Chicken Tenders 2 lb. IQF Chicken Breast 1.5 lb. Pork Chops (4 x 6 oz.) 1 lb. 80/20 Lean Beef Patties (4 x 4 oz.) 28 oz. Salisbury Steak Entree 1 lb. All Meat Hot Dogs 1 lb. Carrots 1 lb. Green Beans 1 lb. Rice 24 oz. Steak-Cut Fries 32 oz. 2% Reduced Fat Shelf Stable Milk 7.5 oz. Mac and Cheese 14 oz. Chicken Broth 7 oz. Corn Muffin Mix Dozen Eggs Desert Item	<p>BBQ Pulled Pork: Slow Roasted lean pork in our special Hickory BBQ Sauce, served with Black Eyed Peas, Collard Greens and Cinnamon Apple Sauce.</p> <p>Ground Beef Stroganoff: Tender Ground Beef in Cream Sauce served over Parsley Egg Noodles, Green Beans w/Onions and Fruit Cocktail.</p> <p>Chicken Parmesan: White Chicken in Italian Style Tomato Sauce and Mozzarella Cheese atop Spaghetti, Seasoned Green Beans and Garlic Bread.</p> <p>Meat Patties with Country Gravy and Onions: Lightly floured and seasoned, served in Brown Onion Gravy, Mashed Potatoes, Steamed Broccoli with Cheese and Diced Beets.</p> <p>Meat Loaf with Brown Herb Gravy: Traditional Meat Loaf with Herb Seasoned Brown Gravy, Sweet Potatoes, Green Peas w/Mushrooms and Green Beans.</p> <p>Sliced Roast Turkey: Roasted, Sliced Turkey Breast served with Dressing and Sage Flavored Gravy, Red Potatoes in Cream Sauce, Green Beans and Jellied Cranberry Sauce.</p> <p>Chicken and Mushroom Bake: Slow Cooked White Chicken served with Mushrooms in a delicious sauce over White Rice, seasoned Turnip Greens and Stewed Tomatoes.</p> <p>Chicken and Broccoli: Tender white Chicken, Broccoli, Creamy Mashed Potatoes, a side of Creole style Okra and a Chocolate Chip Cookie.</p> <p>Burger Stew: Tender Lean Ground Beef Stew with Vegetables served over Seasoned White Rice, accompanied by Broccoli with Mushroom Pieces and Sliced Peaches.</p> <p>Red Beans and Ground Beef: Skillet Cooked Ground Beef served with Red Kidney Beans over White Rice, accompanied by Southern Flavored Collard Greens and a delicious Southern Style Biscuit.</p>	7lb. (avg.) Perdue Roasting Hen 2 lb. Natural Hickory Smoked Ham 2 lb. Heat and Serve Mashed Potatoes 2 lb. Heat and Serve Corn 2 lb. Heat and Serve Green Beans 17 oz. Cornbread Dressing 4.5 oz. Brown Gravy Mix 15 oz. Cranberry Sauce 8 Dinner Rolls Desert Item

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

December Special — B \$22.00	December Special — E \$21.00	Holiday Fruit Gift Box (F) \$26.00
1.5 lb. Prime Rib Steak (2 x 12 oz.) 2 lb. Boneless Pork Roast 2 lb. Hamburger Beef Steaks (4 x 8 oz.) 1 lb. Bratwurst with Cheese	3 lb. bag North Carolina Extra Fancy Red Rome Apples 3 lb. bag North Carolina Sweet Potatoes 2 lb. bag New Crop Medium Yellow Onions 1 stalk Sleeved California Celery 1 lb. bag California Premium Carrots 4 lb. bag New Crop Florida Navel Oranges 2 lb. bag New Crop California Lemons 2 each New Crop Florida Ruby Red Grapefruit 8 oz. California Extra Fancy Raisins 4 lb. bag New Crop Idaho Potatoes	4 Washington State Large, Extra Fancy Red Delicious Apples 4 Washington State Large, Extra Fancy Golden Delicious Apples 4 Washington State Extra Large, Extra Fancy Granny Smith Apples 5 Washington State Large, Extra Fancy Red Anjou Pears 4 Extra Large, Extra Fancy Red Rome Apples 4 Large Florida Tree-Ripened Navel Oranges 4 Large Florida Tree-Ripened Tangerines 4 Large Florida Tree-Ripened Tangelos 6 Large Florida Tree-Ripened Juice Oranges 5 Large Florida Tree-Ripened Ruby Red Grapefruits 1 Recipe Sheet
December Special — C \$21.00		
1.5 lb. New York Strip Steaks (2 x 12 oz.) 1.5 lb. Bacon-Wrapped Beef Filet (4 x 6 oz.) 1.5 lb. Bacon-Wrapped Chicken Filet (4 x 6 oz.)		
December Special — D \$21.00		
10 lb. Unbreaded Boneless/Skinless Chicken Breasts		
Holiday Meat & Cheese Gift Box (G) \$20.00		
2 9 oz. Beef Summer Sausage 1 9 oz. Summer Sausage 1 8 oz. Yellow Sharp Cheddar Cheese 1 8 oz. Yellow Mild Cheddar Cheese 1 8 oz. Monterey Jack Cheese		

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, **December 5** from 5:00-7:00 p.m. & Sat. morning, **December 6** from 9:00 a.m.-Noon
 At: Trinity United Methodist Church 415 Bridge St., New Cumberland, PA

DISTRIBUTION DAY**

Saturday, **** December 13 **** 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

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