

# angelfood

MINISTRIES

## January 2009 MENU

Regular Box — \$30.00	Senior Individual Meals Box — \$28.00
1.5 lb. Ribeye Steak (4 x 6 oz.) 4 lb. Leg Quarters 1.5 lb. Beef Patties (4 x 6 oz.) 18 oz. Cheese Filled Manicotti 2 lb. Pork Rib Strips 1 lb. Chicken Breast Fajita Strips 1 lb. Ground Turkey 1 lb. Broccoli 1 lb. Peas 6 ct. Oatmeal Variety Box 2 each-Regular, Maple Brown Sugar and Apple Cinnamon 32 oz. 2% Shelf Stable Milk 8 oz. Blueberry Muffin Mix 12 ct. White Corn Tortillas 1 lb. Pinto Beans 7 oz. Chicken Flavored Rice & Vermicelli One Dozen Eggs Dessert Item	<p><b><u>New Orleans Style Chicken</u></b> over Savory Rice with Okra &amp; Tomatoes and Diced Sweet Potatoes</p> <p><b><u>Grilled Chicken Strips &amp; Penne Pasta</u></b> with Creamy Tomato Basil Sauce, Capri Blend Vegetables and Green Beans with Onions and Red Peppers</p> <p><b><u>Beef &amp; Bowtie Pasta</u></b> with Herbed Tomato Sauce, Capri Blend Vegetables and Corn</p> <p><b><u>Flame-Broiled Salisbury Steak</u></b> with Brown Gravy, Sour Cream &amp; Chive Potatoes and Mixed Vegetables</p> <p><b><u>Cheesy Chicken and Broccoli Casserole</u></b> with Rice, Green Beans and Squash Medley</p> <p><b><u>Classic Chicken Tetrazzini</u></b> with Diced Carrots and Green Peas</p> <p><b><u>Country Fried Steak</u></b> with Cream Gravy, Red Skin Whipped Potatoes and Mixed Vegetables</p> <p><b><u>Spaghetti with Meatballs</u></b>, Green Beans and Cinnamon Applesauce</p> <p><b><u>Chicken Parmesan</u></b> with Whipped Potatoes and Capri Blend Vegetables</p> <p><b><u>Flame-Broiled Beef Patty</u></b> with Onion Gravy, Sour Cream &amp; Chive Potatoes and Capri Blend Vegetables</p> <p><b>10 Desserts included with Senior/Convenience Meals</b></p>

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

January Special — A \$22.00	January Special — D \$20.00	January Special — E \$21.00
1.5 lb. Bone-In New York Strips (2 x 12 oz.) 1 lb. Sirloin Strips (2 x 8 oz.) 1.5 lb. Boneless Pork Chops -Thick Cut (4 x 6 oz.) 2 lb. Hamburger Steak (4 x 8 oz.)	4.5 lb. (avg.) Whole Perdue Chicken 2 lb. Wings 2 lb. Chicken Nuggets 2 lb. Breaded Chicken Tenders	4 lb. New Crop Idaho Baking Potatoes 3 lb. New Crop North Carolina Sweet Potatoes 2 lb. Western Grown Medium Yellow Onions 4 lb. Tree Ripened Navel Oranges ½ lb. New Crop Georgia Grown Pecan Halves 2 ea. Tree Ripened Florida Red Grapefruit 1 head New Crop Florida Green Cabbage 1 lb. Western Grown Carrots (cello packed) 4 ea. Tree Ripened Florida Tangerines 4 ea. Washington State Bosc Pears
January Special — B \$21.00		
1.5 lb. Bacon-Wrapped Beef Filet (4 x 6 oz.) 1.5 lb. Bacon-Wrapped Pork Filet (4 x 6 oz.) 1.5 lb. Bacon-Wrapped Chicken Filet (4 x 6 oz.)		
January Special — C \$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, **January 9** from 5:00-7:00 p.m. & Sat. morning, **January 10** from 9:00 a.m.-Noon  
 At: Trinity United Methodist Church 415 Bridge St., New Cumberland, PA

**DISTRIBUTION DAY\*\***

Saturday, **\*\* January 17 \*\*** 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