

February 2009 MENU

Regular Box — \$30.00	Senior Individual Meals Box — \$28.00
1.5 lb. Sirloin Strip Steaks (4 x 6 oz.) 2 lb. Tray Pack Chicken Breast 1 lb. Boneless Pork Chops 2 lb. Breaded Chicken Nuggets 28 oz. Salisbury Steak Entrée 12 oz. Sliced Bacon 1 lb. All-Meat Hot Dog 1 lb. Stir Fry (Broccoli, Red Peppers & Onions) 1 lb. Carrots 8 oz. Breakfast Cereal 32 oz. 2% Shelf Stable Milk 35 oz. Crinkle-Cut Fries 7.25 oz. Mac 'n Cheese 1 lb. Rice 1 lb. Bean Soup Mix Dozen Eggs Dessert	<p>Beef Chili Macaroni Casserole with Diced Carrots and Green Beans</p> <p>Ham & White Beans with Diced Sweet Potatoes and Winter Blend Vegetables</p> <p>Creamy Chicken Fettuccine Alfredo with Corn and Capri Blend Vegetables</p> <p>Sweet & Sour Pork with Rice, Peas and Carrots, and Squash Medley</p> <p>Flame Broiled BBQ Chicken Breast with Diced Sweet Potatoes and Broccoli</p> <p>Seasoned Beef Chili with Beans, Broccoli and Applesauce</p> <p>Beef Meatballs & Shell Pasta with Creamy Alfredo Sauce, Green Bean Casserole and Squash Medley</p> <p>Pot Roast and Gravy with Vegetables, Diced Potatoes and Green Peas</p> <p>Creamy Macaroni & Cheese with Diced Carrots and Green Peas</p> <p>Grilled Chicken Breast over Rice & Gravy with Diced Carrots and Green Peas</p> <p>10 2-pack, individually-wrapped cookies</p>

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

February Special — A \$22.00	February Special — D \$16.00	February Special — E \$21.00
1.5 lb. Bone-In Ribeye Steak (2 x 12 oz.) 1.5 lb. Bacon-Wrapped Lean Ground Beef Patties (4 x 6 oz.) 2 lb. Thick-Cut Pork Chops (4 x 8 oz.) 1 lb. Mild Italian Sausage with Mozzarella Cheese	2 lb. Heat & Serve Corn 2 lb. Heat & Serve Green Beans 2 lb. Heat & Serve Mashed Potatoes 1 Brown Gravy Mix 8 ct. Dinner Roll 1 Pie	3 lb. No. 1 Premium Idaho Baking Potatoes 3 lb. No. 1 Premium North Carolina Sweet Potatoes 2 lb. No. 1 Premium New Crop Western Grown Yellow Onions 9 oz. California Premium Raisins 1 lb. Premium California Grown Carrots 1 head Premium Fresh Green Cabbage 3 lb. New Crop Tree-Ripened Red Delicious Apples 2 each Premium Washington State Anjou Pears 1 each Premium Golden Sweet Pineapple 3 lb. New Crop Premium Florida Tree-Ripened Valencia Oranges
February Special — B \$21.00	February Special — F \$15.00	
2.5 lb. T-Bone Steaks (4 x 10 oz.) 1.5 lb. New York Strip Steaks (2 x 12 oz.)	2/5 Bushel New Crop Florida Tree-Ripened Honey Tangerines (approximately 20-21 pounds or 70-75 tangerines)	
February Special — C \$21.00		
2 lb. Steak Fajita Strip Packs (2 x 1 lb.) 2 lb. Chicken Breast Fajita Strip Packs (2 x 1 lb.) 1 lb. Onions & Bell Peppers 20 ct. 8" Flour Tortillas		

www.wsfm.us

WEST SHORE FOOD MINISTRIES

717-418-2591 admin@wsfm.us

In-Person Food Signup and Payment Dates	Online Ordering	Distribution Day
Fri. evening, February 13 from 5:00-7:00 p.m. Sat. morning, February 14 from 9:00 a.m.-Noon Trinity United Methodist Church 415 Bridge St., New Cumberland, PA CASH, CASHIER'S CHECK, MONEY ORDER, OR EBT CARD ONLY Sorry, no personal checks, debit or credit cards accepted.	www.wsfm.us Credit & Debit Cards Accepted <u>Online Only</u>	Saturday, ** February 21 ** 09:30 a.m.-12:00 Noon Red Land Baptist Church 661 Big Spring Road, New Cumberland, PA **** 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