

March 2009 MENU

Regular Box — \$30.00	Senior/Convenience Meals Box — \$28.00	Allergen-Free Box \$25.00
1.5 lb. Ribeye Steaks (4 x 6 oz.) 3 lb. Split Chicken Breast 1.5 lb. Country Fried Steak Patties (6 x 4 oz) 1 lb. Package 80/20 Ground Beef 1 lb. Fully Cooked Meatballs 1 lb. Mild Italian Sausage 12 oz. Deli Sliced Ham 1 lb. California Blend 1 lb. Green Beans 20 oz. Shoestring Fries 1 lb. Pasta 28 oz. Marinara Sauce 21 oz. Condensed Soup (makes 5 servings) 1 lb. Pinto Beans 32 oz. 2% Shelf Stable Milk Dozen Eggs Dessert	BBQ Pork Rib Patty with Sweet Potato Casserole and Green Peas Red Beans & Rice with Smoked Sausage , Cabbage and Diced Carrots Home-Style Meatloaf with Zesty Tomato Sauce, Diced Rutabagas and Lima Beans Asian-Style Pork Fried Rice with Ginger Carrots and Cabbage Peppered Beef Patty with Loaded Potato and Mixed Greens Flame-Broiled Salisbury Steak with Brown Gravy , Sour Cream & Chive Potatoes and Mixed Vegetables	Processed to eliminate the eight top serious allergens: Peanuts, Soybeans, Milk, Eggs, Fish, Crustacea, Tree Nuts and Gluten (wheat, rye and barley). Great for children and adults! 1 lb. Coated Chicken Tenders 1 lb. Coated Breast Filet 1 lb. Coated Chicken Nuggets 1 lb. Coated Chicken Wings 1 lb. Coated Cubed Steak
Chicken Sausage with Seasoned Baked Beans , Red Skin Whipped Potatoes and Peas & Carrots Pot Roast and Gravy with Vegetables , Diced Potatoes and Green Peas Chicken & Bean Burrito with Cheesy Sauce , Mexicorn and Applesauce Char-Broiled Beef Meatballs with Rice & Gravy , Peas & Carrots and Lima Beans 10 2-pack, individually-wrapped cookies		

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

March Special — A \$22.00	March Special — D \$19.00	March Special — F \$22.00
2 lb. New York Strip Steaks (4 x 8 oz.) 2 lb. Thick-Cut Pork Chops (4 x 8 oz.) 1.5 lb. Baby Back Ribs 1.5 lb. Bratwurst with Cheese	2 lb. Heat & Serve Corn 2 lb. Heat & Serve Green Beans 2 lb. Heat & Serve Mashed Potatoes 1 Brown Gravy Mix 17oz. Cornbread Stuffing 8 ct. Dinner Roll 1 Dessert	3 lb. No. 1 Premium Idaho Baking Potatoes 3 lb. No. 1 Premium North Carolina Sweet Potatoes 1 head Premium Florida Green Cabbage 1 lb. Premium California Carrots (cello-packed) 2 lb. Premium Western Grown Yellow Onions 2 pack Premium Fresh Jumbo Garlic (2 pack tube) 1 Large Premium Sweet Cantaloupe 3 lb. Premium Tree-ripened Valencia Oranges 4 each Premium Tree-ripened Honey Tangerines 4 Large Premium Washington State Granny Smith Apples 3 lb. Large Premium Washington State Fuji Apples 1 each Premium Tree-ripened Mango
March Special — B \$21.00 3 lb. Sirloin Strip Steaks (6 x 8 oz.) 1.5 lb. Bacon-Wrapped Chicken Filet (4 x 6 oz.)	March Special — E \$18.00 10 lb. Breaded Chicken Tenders	
March Special — C \$22.00 2 lb. Mom's Favorite Recipe Meatloaf (Pure Beef Seasoned with Vegetables) 2 lb. Choice Cut Beef Roast 2 lb. Boneless Pork Roast		

www.wsfm.us	WEST SHORE FOOD MINISTRIES	717-418-2591 admin@wsfm.us
<u>In-Person Food Signup and Payment Dates</u> Fri. evening, March 13 from 5:00-7:00 p.m. Sat. morning, March 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.	<u>Online Ordering</u> www.wsfm.us Credit & Debit Cards Accepted <u>Online Only</u>	<u>Distribution Day</u> Saturday, ** March 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