

Regular Box \$30.00	Senior/Convenience Meals Box \$28	Allergen-Free Box \$25.00	Seafood Box \$35.00
2.5 lb. Lean Chopped Beef Steaks (5 x 8 oz.) 5 lb. Leg Quarters 2 lb. Chicken and Corn Bread Stuffing Casserole (Ready to Cook) 28 oz. Salisbury Steak Dinner Entrée 1 lb. Boneless Pork Chops (4 x 4 oz.) 1 lb. Corn Dogs (6 ct.) 12 oz. Deli Sliced Ham 5 oz. Chunk Light Tuna in Water 32 oz. French Fries 1 lb. Sweet Corn 15 oz. Musselman's Apple Sauce 15 oz. Pears (Product of U.S.A.) 8 oz. Dinner Roll Mix (Makes 8 Nice Rolls) 7.5 oz. Mac 'n Cheese 32 oz. 2% Shelf Stable Milk Dozen Eggs Dessert	<b><i>Creamy Chicken Fettuccine Alfredo with Corn and Capri Blend Vegetables</i></b> <b><i>Beef Chili Macaroni Casserole with Diced Carrots and Green Beans</i></b> <b><i>Grilled Chicken Strips &amp; Penne Pasta with Creamy Tomato Basil Sauce, Capri Blend Vegetables and Green Beans with Onions and Red Peppers</i></b> <b><i>Three Cheese Ravioli with Garlic Tomato Meat Sauce, Rosemary Roasted Potatoes with Zucchini and Tomatoes</i></b> <b><i>New Orleans Style Chicken over Savory Rice with Okra &amp; Tomatoes and Diced Sweet Potatoes</i></b> <b><i>Flame Broiled BBQ Chicken Breast with Diced Sweet Potatoes and Broccoli</i></b> <b><i>Seasoned Beef Meatballs &amp; Shell Pasta with Creamy Alfredo Sauce, Green Bean Casserole and Squash Medley</i></b> <b><i>Pot Roast and Gravy with Vegetables, Diced Potatoes and Green Peas</i></b> <b><i>Home-Style Meatloaf with Zesty Tomato Sauce, Diced Rutabagas and Lima Beans</i></b> <b><i>Breaded Chicken Patty with Baked Beans and Mixed Vegetables</i></b> <b>10 2-pack, individually-wrapped cookies</b>	Processed to eliminate the eight top serious allergens: <i>Peanuts, Soybeans, Milk, Eggs, Fish, Crustacea, Tree Nuts and Gluten (wheat, rye and barley)</i>  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 Fried Steak)	2 lb. Boneless/Skinless Ocean Perch Fillets (6 oz.-8oz. Fillets) 2 lb. IQF Boneless/Skinless Tilapia (4 oz.-6 oz. Fillets) 3 lb. Ocean Haddock Fillets (3- 1 lb. bags)

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

May Special — A \$22.00	May Special — E \$22.00	May Special — F \$22.00
1.5 lb. Bone-in Strip Steaks (2 x 12 oz.) 2 lb. Thick-Cut Pork Chops (4 x 8oz.) 1.5 lb. Bacon-Wrapped Beef Patties (4 x 6 oz.) 1 lb. Bratwurst with Cheese	1 head Premium Fresh California Iceberg Lettuce 1 head Premium Fresh California Romaine Lettuce 1 5 oz. Package Fresh Gourmet Classic Caesar Croutons 1 Pkg Wiley's Citrus Garlic Salad Seasoning 1 lb. California Cello-Pack Carrots 2 each Premium Jumbo Vidalia Sweet Onions 1 each Premium Jumbo Red Onion 1 6 oz. Bag Premium Fresh Florida Red Radishes 1 head Premium Fresh Green Cabbage 3 lb. Premium Idaho Baking Potatoes 3 lb. Premium Tree-Ripened Valencia Oranges 3 lb. Premium Washington State Red Delicious Apples 1 each Premium Large Vine Ripened Honeydew Melon AFM May 2009 Fruit and Veggie Recipe Sheet	6 Large Roma Tomatoes (Pink Color) 4 pack Premium California Hass Avocados 1 head Premium Fresh Green Cabbage 2 lb. Premium Fresh Key Limes 1 lb. Premium Fresh Jalapeno Peppers 2 lb. Premium Fresh New Crop B Size Red Potatoes 1 lb. Premium Fresh California Cello-Pack Carrots 1 5 ct. Premium Fresh Garlic 2 lb. Premium Fresh Large-Medium White Onions 2 each Premium Fresh Chayote Squash 4 each Premium Calabacita Squash 1 each Premium Fresh Celery Stems 1 each Premium Sweet Red Seedless Watermelon AFM May 2009 "Latin Flavors" Recipe Sheet
<b>May Special — B \$21.00</b> 4 lb. Sirloin Strip Steaks (8 x 8 oz.)	<b>May Special — C \$21.00</b> 2-1 lb. Steak Fajita Strip Packs 2-1 lb. Chicken Breast Fajita Strip Packs 1 lb. Onions & Bell Peppers 20 ct. 8" Flour Tortillas	<b>May Special — D \$23.00</b> 10 lb. IQF Ready-to-Cook <b>Unbreaded</b> Chicken Tenders (80 pieces per box avg.)

www.wsfm.us	WEST SHORE FOOD MINISTRIES	717-418-2591 admin@wsfm.us
<b><u>In-Person Food Signup and Payment Dates</u></b>  Fri. evening, <b>May 8</b> from 5:00-7:00 p.m. Sat. morning, <b>May 9</b> from 9:00 a.m.-Noon  Trinity United Methodist Church 415 Bridge St., New Cumberland, PA  <b>CASH, CASHIER'S CHECK, MONEY ORDER, OR EBT CARD ONLY</b> <b>Sorry, no personal checks, debit or credit cards accepted.</b>	<b><u>Online Ordering</u></b>  www.wsfm.us  Credit & Debit Cards Accepted <u>Online Only</u>	<b><u>Distribution Day</u></b>  Saturday, <b>** May 16 **</b> 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