

Regular Box \$30.00	Senior/Convenience Meals Box \$28	Allergen-Free Box \$25.00	Seafood Box \$35.00
1.5 lb. Ribeye Steaks (4 x 6 oz.) 2 lb. Homestyle Lasagna Diner Entrée 2 lb. Beef and Bean Burritos (8 x 4 oz.) 2 lb. Boneless/Skinless Chicken Breast Chunks 28 oz. Jumbo Beef Pattie Entrée with Gravy 1 lb. Lean Ground Beef 1 lb. All Meat Hotdog 10 oz. Individually Wrapped Sliced Cheese (16 slice) 20 oz. Shoestring Fries 1 lb. Broccoli Cuts 12 oz. Peanut Butter 1 lb. Rice 1 lb. Pinto Beans 1 lb. Margarine Tub (Zero Grams Trans Fat) 32 oz. 2% Shelf Stable Milk Dozen Eggs Dessert Item	Home-Style Meatloaf with Zesty Tomato Sauce , Diced Rutabagas and Lima Beans Beef Stroganoff with Sour Cream , Winter Blend Vegetables and Diced Apples with Cinnamon Sauce Sliced Roast Beef & Gravy with Vegetables , Diced Potatoes and Green Peas Breaded Veal Patty with Mixed Greens and Diced Sweet Potatoes Char-Broiled Beef Meatballs with Rice & Gravy, Peas & Carrots and Lima Beans Savory Seasoned Baked Chicken Leg Quarter with Broccoli and Black-Eyed Peas Chinese Style Chicken Chop Suey with Corn and Green Peas with Onions, Mushrooms and Red Peppers Grilled Chicken Strips with Tangy Sweet & Sour Sauce , Spinach and Mexicorn BBQ Pork Rib Patty with Sweet Potato Casserole and Green Peas Asian-Style Pork Fried Rice with Ginger Carrots and Cabbage 10 2-pack, individually-wrapped cookies	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. Breaded Chicken Tenders 1 lb. Breaded Chicken Breast Chunk (Boneless Wing) 1 lb. Breaded Chicken Nuggets 1 lb. Breaded Chicken Patties 1 lb. Breaded Steak Fingers	<i>Six pounds of the finest quality seafood assortment available.</i> 2 lb. Alaskan Salmon Fillets (8 x 4 oz. fillets) 2 lb. Breaded Flounder Fillets (5 oz.-8 oz. fillets) 2 lb. IQF Large Shrimp (E-Z Peel & Deveined — 26-31 per lb.)

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

June Special — A \$23.00	June Special — D \$22.00	June Special — E \$22.00
1.5 lb. New York Strip Steaks (2 x 12 oz.) 2 lb. Thick-Cut Boston Butt Chops (4 x 8 oz.) 2 lb. Baby Back Ribs 1.5 lb. Bratwurst with Cheese	Fresh Fruit and Veggie Box 1 each Sweet Vine-Ripened Red Seedless Watermelon 1 each Large Sweet Vine-Ripened Cantaloupe 2 each Large Tree-Ripened Mangoes 3 lb. Premium Tree-Ripened Valencia Oranges 1 lb. Premium Vine-Ripened Kiwi Fruit (5-6 Kiwis) 4 ears Premium Super-Sweet Yellow Corn 2 each Premium Fresh Zucchini Squash 2 each Premium Fresh Yellow Squash 2 lb. Premium Sweet Vidalia Onions 1 head Premium Fresh Green Cabbage 1 head Premium California Iceberg Lettuce 3 lb. Premium Idaho Baking Potatoes 1 Bottle Zesty Italian Salad Dressing and Marinade (16 oz.)	"Latin Flavors" Fresh Fruit and Veggie Box 1 each Premium Vine-Ripened Cantaloupe 4 each Premium California Hass Avocados 2 lb. Premium Fresh Key Limes 1 each Premium Gold Pineapple 2 each Premium Fresh Green Plantains 2 each Premium Tree-Ripened Mangoes 1 head Premium California Iceberg Lettuce 2 each Fresh Yucca Root 1 each Fresh Jicama 1 Package Premium Yellow Corn Tortillas (30 ct.) 2 lb. Premium Large-Medium White Onions 1 lb. Premium Fresh Cello-Pack Carrots 1 lb. Premium Fresh Jalapeño Peppers 5 ct. Premium Garlic
June Special — B \$22.00 1.5 lb. Bone-In Ribeye Steaks (2 x 12 oz.) 1.5 lb. Sirloin Strip Steaks (2 x 12 oz.) 1.5 lb. Bacon-Wrapped Chicken Breast (4 x 6 oz.)	June Special — C \$22.00 4.5 lb. (avg.) Perdue Whole Bird 3 lb. Split Chicken Breast 2 lb. Breaded Tenders 1.5 lb. Boneless/Skinless Chicken Breast	AFM June 2009 "Latin Flavors" Recipe Sheet

AFM June 2009 Fruit and Veggie Recipe Sheet

AFM June 2009 "Latin Flavors" Recipe Sheet

www.wsfm.us	WEST SHORE FOOD MINISTRIES	717-418-2591 admin@wsfm.us
<u>In-Person Food Signup and Payment Dates</u> Fri. evening, June 12 from 5:00-7:00 p.m. Sat. morning, June 13 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, ** June 20 ** 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