




Regular Box \$30.00	Senior/Convenience Meals Box \$28	Allergen-Free Box \$25.00	
1.5 lb. New York Strip Steaks (4 x 6 oz.) 1.5 lb. Boneless Pork Roast 1.5 lb. Lean Ground Beef 1 lb. Chicken Breast Fajita 2 lb. Chicken Stir-Fry Skillet Meal (All-White Chicken, Lo Mein Noodles, Vegetables Gourmet Teriyaki Sauce) 12 oz. Deli Sliced Ham 5 oz. Chunk Light Tuna in Water 25 oz. Pasta Sauce 1 lb. Pasta 1 lb. Frozen Sliced Carrots 12 ct. White Corn Tortillas 4 ct. Fresh Large Baking Potatoes 1 Fresh Fajita Veggie Kit (Tray Pack - 1 each — Red Bell Pepper, Green Bell Pepper, Jumbo Yellow Onion) 1 ct. Fresh Celery 32 oz. 2% Shelf Stable Milk Dozen Eggs Dessert Item	<b>New Orleans Style Chicken over Savory Rice</b> with Okra & Tomatoes and Diced Sweet Potatoes <b>Grilled Chicken Strips &amp; Penne Pasta with Creamy Tomato Basil Sauce</b> , Capri Blend Vegetables and Green Beans with Onions and Red Peppers <b>Beef &amp; Bowtie Pasta with Herbed Tomato Sauce</b> , Capri Blend Vegetables and Corn <b>Flame-Broiled Salisbury Steak with Brown Gravy</b> , Sour Cream & Chive Potatoes and Mixed Vegetables <b>Cheesy Chicken and Broccoli Casserole</b> with Rice, Green Beans and Squash Medley <b>Classic Chicken Tetrazzini</b> with Diced Carrots and Green Peas <b>Country Fried Steak with Cream Gravy</b> , Red Skin Whipped Potatoes and Mixed Vegetables <b>Spaghetti with Meatballs</b> , Green Beans and Cinnamon Applesauce <b>Chicken Parmesan</b> with Whipped Potatoes and Capri Blend Vegetables <b>Flame-Broiled Beef Patty with Onion Gravy</b> , Sour Cream & Chive Potatoes and Capri Blend Vegetables <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)	  <b>Please Note:</b>  <b>July &amp; August Distribution Hours:</b>  <b><u>9:30-11:00 a.m.</u></b>

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

<b>July Special — A</b> <b>\$23.00</b>	<b>July Special — D</b> <b>\$21.00</b>	<b>July Special — F</b> <b>\$22.00</b>
2 lb. Ribeye Steaks (4 x 8 oz.) 2 lb. Country Style Pork Ribs (4 x 8 oz.) 2 lb. Lean Hamburger Steaks (4 x 8 oz.) 1 lb. Bratwurst with Cheese	3.75 lb. T-Bone Steaks (5 x 12 oz.)  <b>July Special — E</b> <b>\$22.00</b>  <b>Fresh Fruit and Veggie Box</b> 1 each Vine-Ripened Personal Red Seedless Watermelon 1 lb. Premium California Red Seedless Grapes 1.5 lb. Premium California Tree-Ripened Plums 1 each Premium Vine-Ripened Cantaloupe 3 lb. Premium Washington State Granny Smith Apples 3 each Premium Large Fancy Limes 4 ears Premium Super Sweet White Corn 1 head Premium California Iceberg Lettuce 3 lb. Premium Idaho Baking Potatoes 1 lb. Premium California Carrots 2 lb. Premium Large-Medium Yellow Onions 1 pkg. Premium Fresh Jumbo Garlic (5 ct.)  <i>AFM July 2009 Fruit and Veggie Recipe Sheet</i>	<b>"Latin Flavors" Fresh Fruit and Veggie Box</b> 3 lb. California Premium Valencia Oranges 1 each California Premium Vine-Ripened Cantaloupe 1 each Premium Tree-Ripened Mango 6 each Premium Large Limes 4 ears Premium Super Sweet Yellow Corn 2 lb. Premium Large-Medium White Onions 1 head Premium California Iceberg Lettuce 1 lb. Premium California Carrots 1 lb. Premium Fresh Tomatillas 1 lb. Premium Fresh Jalapeño Peppers 1 lb. Premium Western-Grown Russet Baking Potatoes 1 Premium Yellow Corn Tortillas (30 ct.) 1 Premium Pinto Beans (12 oz. bag)  <i>AFM July 2009 Latin Flavors Recipe Sheet</i>
<b>July Special — B</b> <b>\$22.00</b>		
2.5 lb. Sirloin Strip Steaks (4 x 10 oz.) 2.5 lb. Bacon-Wrapped Beef Fillet (5 x 8 oz.)		
<b>July Special — C</b> <b>\$20.00</b>		
<b>4.5 lb. Gourmet Flavored Chicken Breast Fillets</b> <i>The Best Tasting Chicken You'll Ever Eat!!</i> 1.5 lb. Italian (4 x 6 oz.) 1.5 lb. Lemon Pepper (4 x 6 oz.) 1.5 lb. Honey Mustard (4 x 6 oz.)		

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>July 10</b> from 5:00-7:00 p.m. Sat. morning, <b>July 11</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>** July 18 **</b>  <b>09:30 a.m.-11:00</b>   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