

<p>Regular Box \$30.00</p> <p>1.5 lb. Ribeye Steaks (4 x 6 oz.) 3 lb. IQF Split Chicken Breast 1 lb. Boneless Center Cut Pork Chops 2 lb. Mac & Beef Dinner Entrée 1.5 lb. Breaded All White Meat Chicken Nuggets 1 lb. 80/20 Lean Ground Beef 1 lb. Bake or Fry Fish Sticks (32 sticks) 1 lb. Frozen Corn 1 lb. Frozen Baby Lima Beans 1 ct. Cello-Wrapped Iceberg Lettuce 2 lb. Sweet Potatoes 15 oz. Pork & Beans 1 lb. Rice 32 oz. 2% Shelf Stable Milk Dozen Eggs Dessert Item</p>	<p>Senior/Convenience Meals Box \$28</p> <p>Chicken Cacciatore with Rice, Cauliflower and Vegetable Medley Macaroni & Beef with Noodles, Carrots, Zucchini and Red Peppers Chicken & Noodles with Corn and Brussels Sprouts Meat Lasagna with Green Beans and Cauliflower Chili with Beef & Beans, Corn, Red Peppers and Peas Macaroni & Cheese with Broccoli and Lima Beans Boneless Pork Patty with Roasted Sweet Potato, Sugar Snap Peas, Broccoli & Cauliflower Sweet & Sour Chicken with Rice, Sugar Snap Peas and Carrots Spaghetti & Meatballs with Corn, Peas & Carrots Fettuccini Alfredo with Broccoli/Carrots, Zucchini/Red Peppers and Brussels Sprouts</p> <p>Desserts: 5 Cookies or Cracker Variety, 4 oz. Pear Fruit Cup, 4 oz. Pineapple Fruit Cup, 4 oz. Regular Applesauce, 2.8 oz. Frozen Orange Juice, 2.8 oz. Frozen Apple Juice</p>	<p>Allergen-Free Box \$40.00</p> <p>Processed to eliminate the eight top serious allergens: <i>Peanuts, Soybeans, Milk, Eggs, Fish, Crustacea, Tree Nuts and Gluten (wheat, rye and barley)</i></p> <p>Allergen Free Frozen Food Products</p> <p>2 lb. Breaded Chicken Drumsticks 1 lb. Breaded Chicken Tenders 1 lb. Breaded Chicken Nuggets 1 lb. Breaded Cube Steak</p> <p><i>Battered with: water, white rice, brown rice, modified tapioca starch, flax seed, sugar, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika.</i> <i>Breaded with: white rice, brown rice, modified tapioca starch, flax seed, sugar, dextrose, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika.</i> <i>Breading is pre-browned in Canola oil.</i></p> <p>Allergen Free Dry Mix Products</p> <p>1 lb. Pancake/Waffle Mix 1 lb. Blueberry Muffin Mix 1 lb. Pizza Crust/Flat Bread Mix 1 lb. Breading Mix 8 oz. White Gravy Mix</p>	<p>BREAKING NEWS!</p> <p>Angel Food August Menu: No Need to Order a Standard Box to Purchase a Special</p> <p>In an effort to better serve our participants, ANY "Special" box may be ordered without the requirement of first ordering a "Standard." Also please note, that this information is not reflected in the July issue of <i>The Servant</i> on the back page menu.</p> <p>NEW</p> <p>Please Note:</p> <p>August Distribution Hours:</p> <p>9:30-11:00 a.m.</p>
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August Special — A \$23.00

- 1.5 lb. Bone-In New York Strip Steaks (2 x 12 oz.)
- 2 lb. Boston Butt Pork Chops (4 x 8 oz.)
- 2 lb. Lean Hamburger Steaks (4 x 8 oz.)
- 1 lb. Italian Sausage with Cheese

August Special — B \$22.00

- 2.5 lb. Ribeye Steaks (4 x 10 oz.)
- 2 lb. Sirloin Steak (4 x 8 oz.)

August Special — C \$22.00

- 5 lb. IQF Boneless Skinless Chicken Breast
- 4 lb. Leg Quarters
- 17 oz. Ready to Cook Cornbread Dressing

August Special — D \$22.00

- Fresh Fruit and Veggie Box**
- 3 lb. Premium Fresh Idaho Baking Potatoes
 - 2 lb. Premium New Crop Large-Medium Yellow Onion
 - 1 head Premium Fresh California Sleeve Romaine Lettuce
 - 1 bag Fresh Gourmet Caesar Salad Croutons (5 oz.)
 - 1 pint Premium Fresh Vine-Ripened Grape Tomatoes
 - 1 head Premium Fresh Green Cabbage
 - 1 lb. Premium Sweet Cello-Pack Carrots
 - 6 Premium Tree-Ripened Peaches
 - 1 lb. Premium Fresh California White Seedless Grapes
 - 1 Premium Fresh California Vine-Ripened Honeydew Melon
 - 1 Premium Fresh California Vine-Ripened Cantaloupe
 - 4 Premium California Valencia Oranges
 - 4 Premium California Large Juicy Lemons

www.wsfm.us **WEST SHORE FOOD MINISTRIES** 717-418-2591 admin@wsfm.us

In-Person Food Signup and Payment Dates

Fri. evening, **August 14** from 5:00-7:00 p.m.
Sat. morning, **August 15** 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.

Online Ordering

www.wsfm.us

Credit & Debit Cards Accepted Online Only

Orders processed until midnight August 16

Distribution Day

Saturday, **** August 22 ****

NEW 09:30 a.m.-11:00 NEW

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