

| Regular Box<br>\$30.00  | Senior/Convenience Meals Box<br>\$28   | Allergen-Free Box<br>\$35.00  | Available For<br>Pre-Order Now!!!<br>Thanksgiving Holiday Box<br>\$36<br>*** <u>Delivery is 11/14</u> ***   |
|---|--|---|---|
| 1.5 lb. Rib eye Steaks (3 x 8 oz.)<br>1.81 lb. (avg.) Perdue Tray Pack Split Chicken Breast (2 large breasts)<br>4 lb. Chicken Thighs<br>1.5 lb. Pork Chops (4 x 6 oz.)<br>1 lb. 80/20 Lean Ground Beef<br>1.5 lb. 100% White Meat Turkey Burgers (4 x 6 oz.)<br>12 oz. Deli Ham<br>1 lb. Frozen Sweet Potatoes<br>1 lb. Frozen Green Beans<br>15 oz. Pears (Product of U.S.A.)<br>12 oz. Orange Juice Concentrate (100% juice, no sugar added)<br>3 lb. bag Fresh Idaho Potatoes<br>2 lb. bag Fresh Onions<br>32 oz. 2% Shelf Stable Milk Dozen Eggs Desert Item | <b>Country Herb Chicken with Mashed Potatoes, Broccoli &amp; Green Bean Blend</b><br><b>Beef Stew With Carrots &amp; Potatoes, Brussels Sprouts, Corn/Red Pepper Blend</b><br><b>Chicken Parmesan with Fettuccini Noodles, Brussels Sprouts &amp; Zucchini</b><br><b>Mesquite Chicken with Rice/Black Bean Blend, Carrots, Green Beans</b><br><b>Swedish Meatballs with Pasta, Broccoli Carrots &amp; Red Pepper</b><br><b>Chicken &amp; Broccoli Alfredo with Carrots, Zucchini/Red Peppers</b><br><b>Macaroni &amp; Beef with Noodles, Carrots Zucchini/Red Peppers</b><br><b>Chicken &amp; Rice With Mushroom Sauce, Green Beans, Black Bean/Corn Bread</b><br><b>Breaded Baked Fish with Wild Rice, Corn &amp; Peas</b><br><b>Spaghetti &amp; Meatballs with Corn, Peas &amp; Carrots</b><br><b>Dessert: Assorted Cookies, Strawberry Applesauce, Mixed Fruit Cup, Pineapple Fruit Cup, Grape Juice, Fruit Punch</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><br><br><b>Allergen Free Frozen Food Products</b><br>1 lb. Breaded Chicken Breast Chunks<br>1 lb. Breaded Chicken Tenders<br>1 lb. Breaded Chicken Wings<br>1 lb. Breaded Steak Fingers<br>1 lb. Breaded Chicken Fillet Patty<br><br><i>Battered with: water, white rice, brown rice, modified tapioca starch, flax seed, sugar, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika.</i><br><i>Breaded with: white rice, brown rice, modified tapioca starch, flax seed, sugar, dextrose, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika.</i><br><i>Breading is pre-browned in Canola oil.</i><br><br><b>Allergen Free Dry Mix Products</b><br>1 lb. Pancake/Waffle Mix<br>1 lb. Vanilla Cake Mix<br>1 lb. Blueberry Muffin Mix<br>1 lb. Cobbler Crust Mix | 7 lb. (avg.) Perdue Roaster<br>2 lb. Frozen Green Beans<br>4.5 oz. Brown Gravy Mix<br>2.5 lb. Boneless Netted Ham<br>2 lb. Frozen Diced Sweet Potatoes<br>17 oz. Ready to Cook Corn Bread Dressing Recipe Sheet with scripture<br>1<br>3.5 lb. (avg.) Frozen Corn Cobquettes (12)<br>8 ct. Heat and Serve Large Dinner Roll<br>1 lb. Frozen Cranberries<br>1 Dessert Item (Pie or Cake) |

**September Special — A \$23.00**

- 1.5 lb. Bone In New York Strip Steaks (2 x 12 oz.)
- 2 lb. Baby Back Pork Rib
- 2 lb. Lean Hamburger Steaks (4 x 8 oz.)
- 1.5 lb. Italian Sausage with Cheese

**September Special — C \$21.00**

- 11 lb. Split Chicken Breast (20-24 ct.)

**September Special — D \$22.00**

**Fresh Fruit and Veggie Box**

- 1 head Premium New York State Green Cabbage
- 3 lb. Premium Idaho Baking Potatoes
- 2 lb. Premium Western Grown Yellow Onions
- 1 lb. Premium New Crop Carrots
- 1 Premium Extra Large New Crop Butternut Squash
- 4 Premium New Crop Bartlett Pears
- 3 lb. Premium New Crop Golden Delicious Apples
- 3 lb. Premium New Crop McIntosh Apples
- 1 Premium California Vine-Ripened Cantaloupe
- 1 Premium Haas Avocado
- 1 Premium Tree Ripened Mango
- 6 1.5 oz. Package California Seedless Raisins
- 1 pkg. Uncle Wiley's Homemade Apple Pie Spice

**September Special — B \$22.00**

- 2 lb. New York Strip Steaks (4 x 8 oz.)
- 1.5 lb. Bacon Wrapped Ribeye (4 x 6 oz.)
- 1.5 lb. Bacon Wrapped Chicken Filet (4 x 6 oz.)

**In-Person Food Signup and Payment Dates**

Fri. evening, **September 11** from 5:00-7:00 p.m.  
Sat. morning, **September 12** from **10:00** 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 September 16*

**Distribution Day**

Saturday, \*\* **September 19** \*\*  
**09:30 a.m.-11:00**

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