

<p><b>Regular Box</b> <b>\$30.00</b></p> <p>1.5 lb. New York Strips Steaks (3 x 8 oz.) 1 lb. Steak Fajita Strips 2 lb. Chicken Stir Fry Skillet Meal 1 lb. Lean Ground Beef 1.5 lb. Breaded White Meat Chicken Tenders 1 lb. avg. Center Cut Ham Steaks (Hickory Smoked) 1 lb. Bake or Fry Fish Sticks (32 sticks) 1 lb. Pasta 25 oz. Marinara Sauce 1 lb. Frozen Baby Lima Beans 1 lb. Frozen Mixed Vegetables 2 lb. bag Fresh Apples (8-10 ct.) 10 ct. Flour Tortilla Wraps 32 oz. 2% Shelf Stable Milk Dozen Eggs Dessert</p>	<p><b>Senior/Convenience Meals Box</b> <b>\$28</b></p> <p><b>Roasted Chicken</b> with red skin potatoes, sugar snap peas &amp; carrots <b>Meat Lasagna</b> with green beans and cauliflower <b>Salisbury Steak and Gravy</b> with red skin potatoes, cauliflower and peas/carrots <b>Meatloaf and Gravy</b> with mashed potatoes, peas, carrots, cauliflower <b>Chicken Chow Mein</b> with sugar snap peas, cauliflower <b>Cheese Manicotti</b> with green beans, peas, carrots <b>Chili with Beef and Beans</b> with corn/red peppers, peas <b>Boneless Pork Patty</b> with roasted sweet potatoes, sugar snap peas, broccoli/cauliflower blend <b>Fettuccini Alfredo</b> with Brussels sprouts, zucchini <b>Lemon Pepper Baked Fish</b> with rice, peas and zucchini/red pepper blend <b>Desserts:</b> Assorted Cookies, Sugar-Free Applesauce, Vanilla Pudding Cup, Apple Juice, Orange Juice and Diced Pineapple</p>	<p><b>Allergen-Free Box</b> <b>\$25.00</b></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>1 lb. Breaded Chicken Breast Fillets (4 x 4 oz.) 1 lb. Breaded Chicken Breast Nuggets 1 lb. Breaded Cubed Steak (4 x 4 oz.) 1 lb. Breaded Wings 1 lb. Breaded Chicken Tenders</p> <p><i>Battered/Breaded with water, white rice, brown rice, modified tapioca starch, flax seed, sugar, salt, spices, dehydrated garlic, spice extractives/Breaded and oleoresin paprika. Breading is pre-browned in Canola oil.</i></p>	<p><b>Available For Pre-Order Now!!!</b> <b>Thanksgiving Holiday Box</b> <b>\$36</b> <b>*** Delivery is 11/14 ***</b></p> <p>7 lb. (avg.) Perdue Roaster 2 lb. Frozen Green Beans 4.5 oz. Brown Gravy Mix 2.5 lb. Boneless Netted Ham 2 lb. Frozen Diced Sweet Potatoes 17 oz. Ready to Cook Corn Bread Dressing 1 Recipe Sheet with scripture 3.5 lb. (avg.) Frozen Corn Cobettes (12) 8 ct. Heat and Serve Large Dinner Roll 1 lb. Frozen Cranberries 1 Dessert Item (Pie or Cake)</p> <p><b>*** Order Deadline 10/28 ***</b></p>
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**October Special — A \$23.00**

- 1.5 lb. Ribeye Steaks (3 x 8 oz.)
- 2 lb. Pork Chops (4 x 8 oz.)
- 2 lb. Lean Hamburger Steaks (4 x 8 oz.)
- 1.5 lb. Bratwurst Sausage with Cheese

**October Special — C \$20.00**

- 4 lb. Breaded Chicken Pieces
- 2 lb. Breaded Chicken Tenders
- 2 lb. Breaded Chicken Breast Fillet
- 2 lb. Breaded White Meat Chicken Nuggets

**October Special — D \$22.00**

**Fresh Fruit and Veggie Box**

- 1 Premium Sweet Golden Ripe Pineapple
- 3 lb. bag New Crop Florida Tangerines
- 1 Premium Vine Ripened Cantaloupe
- 4 Premium Washington State Bosc Pears
- 4 Premium Juicy Limes
- 3 lb. bag Premium New Crop Large Red Potatoes
- 2 lb. bag Premium New Crop Yellow Onions
- 1 head Premium Green Cabbage
- 2 bulbs Premium Jumbo Garlic
- 2 ct. Premium Large Green Bell Pepper
- 3 lb. bag Premium Bagged Idaho Potatoes
- 1 lb. bag Premium California whole Peeled Baby Carrots

**October Special — B \$22.00**

- 1.5 lb. Bone In Ribeye Steaks (2 x 12 oz.)
- 1.5 lb. Kansas City Strip Steaks (2 x 12 oz.)
- 1.5 lb. T-Bone Steaks (2 x 12 oz.)

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

Fri. evening, **October 09** from 5:00-7:00 p.m.  
Sat. morning, **October 10** 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

*Online orders processed until noon October 12*

**Distribution Day**

Saturday, **\*\* October 17 \*\***  
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