


Regular Box \$30.00	Senior/Convenience Meals Box \$28	Allergen-Free Box \$23.00
<p>1.5 lb. Ribeye Steaks (3 x 8 oz.)* 1 lb. Boneless Center Cut Pork Chops (4 x 4 oz.) 2 lb. Chicken Fried Rice Skillet Meal (All White Chicken Meat, Rice, Vegetables with Egg and Gourmet Teriyaki Sauce) 22 oz. Lasagna with Meat Sauce 22 oz. Breaded Fish Patties (5 ct.) 1 lb. Lean Ground Beef 1.5 lb. Breaded Chicken Breast Fillet 1 lb. Frozen Zucchini 1 lb. Frozen Cauliflower Florets 1 lb. Frozen Broccoli Florets 1 lb. (approx.) Hash Brown Patties (7 ct.) 8 oz. Breakfast Cereal 2 lb. Bag Fresh Onions 32 oz. 2% Shelf Stable Milk Dozen Eggs Dessert</p> <p>*In an effort to provide more value and heartier more filling meals, Angel Food has switched to a thicker cut of meat</p>	<p>Sliced Turkey & Dressing with Gravy, corn and green bean/cranberry blend Turkey Tetrazzini with Brussels sprouts and zucchini Country Herb Chicken with mashed potatoes, broccoli and green bean blend Macaroni & Cheese with broccoli and lima beans Beef Stew with Carrots & Potatoes, Brussels sprouts and corn/red pepper blend Sweet & Sour Chicken with rice, sugar snap peas and carrots Mesquite Chicken with rice/black bean blend, carrots and green beans Chicken & Rice with Mushroom Sauce, green beans and black bean/corn blend Charbroiled Beef Patty with mashed potatoes, gravy, carrots and corn blend Lemon Pepper Baked Fish with rice, peas and zucchini/red pepper blend Desserts: Assorted Cookies, Mixed Fruit Cup, Apple-sauce, Nature Valley Bar, Cranberry Juice Cocktail, Pineapple Juice</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 Fillet Patties 1 lb. Breaded Chicken Tenders 1 lb. Breaded Chicken Nuggets 1 lb. Breaded Steak Fingers 1 lb. Breaded Chicken Wings</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. Breeding is pre-browned in Canola oil.</i></p> <div data-bbox="1226 693 1421 892" style="text-align: center;">  </div>

November Special — A \$23.00

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

November Special — C \$21.00

- 10 lbs. IQF Boneless/Skinless Chicken Breasts

November Special — D \$22.00

- Fresh Fruit and Veggie Box**
- 1 Stalk California Celery
 - 3 lb. New Crop North Carolina Sweet Potatoes
 - 3 lb. New Crop Idaho Potatoes
 - 1 head Fresh Leafy Green Cabbage
 - 1 lb. California Carrots
 - 3 lb. Tree Ripened Juice Oranges
 - 3 lb. New Crop Red Delicious Apples
 - 1 (8 oz.) bag New Crop Georgia Grown Shelled Pecan Halves
 - 4 Washington State Bosc Pears
 - 1 (12 oz.) 100% Pure Sweet Honey Bear
 - 2 New Crop Ruby Red Grapefruit

November Special — B \$22.00

- 2 lb. Sirloin Steak Strips (4 x 8 oz.)
- 1.5 lb. Bacon Wrapped Beef Fillet (4 x 6 oz.)
- 1.5 lb. Bacon Wrapped Chicken Fillet (4 x 6 oz.)

<u>In-Person Food Signup and Payment Dates</u>	<u>Online Ordering</u>	<u>Distribution Day</u>
<p>Fri. evening, November 06 from 5:00-7:00 p.m. Sat. morning, November 07 from 10:00 a.m.-Noon</p> <p>Trinity United Methodist Church 415 Bridge St., New Cumberland, PA</p> <p>CASH, CASHIER'S CHECK, MONEY ORDER, OR EBT CARD ONLY Sorry, no personal checks, debit or credit cards accepted.</p>	<p>www.wsfm.us</p> <p>Credit & Debit Cards Accepted <u>Online Only</u></p> <p><i>Online orders processed until noon November 9</i></p>	<p>Saturday, ** November 14 ** 09:30 a.m.-11:00</p> <p>Red Land Baptist Church 661 Big Spring Road, New Cumberland, PA</p> <p>**** Please bring a Medium Sized Box or Laundry Basket for Each Regular Unit Purchased ****</p>

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