


Regular Box \$30.00	Senior/Convenience Meals Box \$28	Allergen-Free Box \$23.00
<p>2 lb. New York Strip Steaks (4 x 8 oz.)* 1.5 lb. Boneless Pork Roast 1 lb. Chicken Breast Fajita Strips 1 lb. Lean Ground Beef 1.5 lb. All White Meat Chicken Tenders 1 lb. Bake or Fry Fish Sticks (32 count) 1 lb. Hickory Smoked Center Cut Ham 1 lb. Frozen Baby Lima Beans 1 lb. Frozen Green Beans 2 lb. French Fries 2 lb. Bag Fresh Apples 10 ct. Flour Tortillas 32 oz. 2% Shelf Stable Milk Dozen Eggs Dessert</p> <p>*Steaks in a box of Angel Food are now thicker than ever before. Though there may be fewer steaks in a box, it's the same amount of meat with improved quality and tenderness.</p>	<p>Roasted Chicken with red skin potatoes, sugar snap peas & carrots Swedish Meatballs with pasta, broccoli carrots & red peppers Meatloaf & Gravy with mashed potatoes, peas, carrots, cauliflower Sliced Turkey & Dressing with gravy, corn and green bean/cranberry blend Chicken & Broccoli Alfredo with carrots, zucchini/red peppers Chili with Beef & Beans, corn/red peppers and peas Boneless Pork Patty with roasted sweet potatoes, sugar snap peas and broccoli/cauliflower blend Chicken Parmesan and Pasta with Brussels sprouts and zucchini Macaroni & Beef with noodles, carrots zucchini/red peppers Chicken & Noodles with corn, Brussels sprouts</p> <p>Dessert: Assorted Cookies, Pineapple Fruit Cup, Strawberry Applesauce, Mixed Fruit Cup, Apple Juice, Cranberry 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 Breast Chunks 1 lb. Breaded Formed Tenders 2 lbs. Breaded Chicken Drumsticks 1 lb. Breaded Cube Steak</p> <p><i>Battered/Breaded with water, white rice, brown rice, modified tapioca starch, flax seed, sugar, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika. Breading is pre-browned in Canola oil.</i></p> <div data-bbox="1226 688 1425 892" style="text-align: center;">  </div>

<p>December Special — A \$22.00</p> <p>6 lb. Assorted Meat Grill Box 1.5 lb. T-Bone Steaks (2 x 12 oz.) 1.5 lb. Bacon-Wrapped Hamburger Steaks (4 x 6 oz.) 2 lb. Pork Chops (4 x 8 oz.) 1 lb. Mild Italian Sausage with Cheese</p>	<p>December Special — B \$21.00</p> <p>4.5 lb. Steak Combo 2.5 lb. Ribeye Steaks (4 x 10 oz.) 2 lb. Sirloin Strip Steaks (4 x 8 oz.)</p>	<p>December Special — C \$20.00</p> <p>10 lb. IQF Unbreaded Poultry Box 3 lbs. Split IQF Tyson Cornish Hens 2.5 lb. IQF Split Chicken Breast 2.5 lb. IQF Chicken Thigh Quarters 2 lb. IQF Chicken Tenders (Unbreaded)</p>
<p>December Special — D \$18.00</p> <p>Holiday Meat and Cheese Special</p> <p>3 9 oz. Sausage Variety (1 Beef Summer Sausage, 1 Beef Salami, 1 Summer Sausage) 3 7 oz. Wisconsin Cheese Bars (1 Cheddar, 1 Swiss and 1 Smokey)</p>	<p>December Special — E \$22.00</p> <p>Fresh Fruit and Veggie Box</p> <p>3 lb. New Crop North Carolina Sweet Potatoes 4 Large Russet Baking Potatoes 3 lb. bag Large-Medium Yellow Onions 1 head Fresh Green Cabbage 1 lb. Fresh Cello-Packed Carrots 1 stalk Fresh Cello-Packed Celery 4 California Lemons 6 Large Tree-Ripened Oranges 4 Large Premium Grapefruit 1 Large Tree-Ripened Mango 1 Large Premium Haas Avocado 1 lb. California Kiwi Fruit</p>	<p>December Special — F \$26.00</p> <p>Assorted Holiday Fruit Special</p> <p>5 Ruby Red Grapefruit 12 Tree-Ripened Navel Oranges 5 Tree-Ripened Tangerines 5 Extra Fancy Red Rome Apples 4 Extra Fancy Golden Delicious Apples 4 Extra Fancy Red Delicious Apples 4 Extra Fancy Granny Smith Apples 4 Extra Fancy Gala Apples 4 Extra Fancy Red Anjou Pears 6 Sun Kist Fruit Gem Candies</p>

www.wsfm.us	WEST SHORE FOOD MINISTRIES	717-418-2591 admin@wsfm.us
<p><u>In-Person Food Signup and Payment Dates</u></p> <p>Fri. evening, December 04 from 5:00-7:00 p.m. Sat. morning, December 05 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><u>Online Ordering</u></p> <p>www.wsfm.us</p> <p>Credit & Debit Cards Accepted <u>Online Only</u></p> <p><i>Online orders processed until noon December 7</i></p>	<p><u>Distribution Day</u></p> <p>Saturday, ** December 12 ** 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