

<b>Regular Box \$30.00</b>	<b>Senior/Convenience Meals Box \$28</b>	<b>Allergen-Free Box \$23.00</b>	<b>Seafood Box \$35.00</b>
1.5 lb. Choice Beef Roast 2 lb. Baby Back Ribs 2.5 lb. IQF Split Chicken Breast 2 lb. Mac & Beef Dinner Entrée 1.5 lb. Fully Cooked All White Meat Breaded Chicken Breast Patties 1 lb. Lean Ground Beef 1 lb. Bratwurst with Cheese 1 lb. Frozen Sliced Carrots 1 lb. Frozen Whole Kernel Corn 8 ct. Frozen Heat & Serve Buttermilk Pancakes 10 ct. Whole Wheat Dinner Rolls 3 lb. or 4 ct. Large Russet Baking Potatoes 32 oz. 2% Shelf Stable Milk Dozen Eggs Dessert	<b>Chicken Cacciatore</b> with rice, cauliflower & lima bean/corn blend <b>Fettuccini Alfredo</b> with Brussels sprouts & zucchini <b>Salisbury Steak &amp; Gravy</b> with cauliflower, peas & carrots <b>Breaded Fish Sticks</b> with wild rice, corn & peas <b>Chicken &amp; Noodles</b> with corn, Brussels sprouts <b>Spaghetti &amp; Meatballs</b> with corn, peas & carrots <b>Chicken Teriyaki</b> with rice blend, sugar snap peas & carrots <b>Meat Lasagna</b> with green beans & cauliflower <b>Chili with Beef &amp; Beans</b> with corn/red peppers & peas <b>Cheese Manicotti</b> with green beans, peas & carrots <b>Desserts:</b> Assorted Cookies, Strawberry Frozen Yogurt Cup, Pineapple Fruit Cup, Peach Fruit Cup, Orange Juice, Fruit Punch	Processed to eliminate the eight top serious allergens: <i>Peanuts, Soybeans, Milk, Eggs, Fish, Crustacea, Tree Nuts and Gluten (wheat, rye and barley)</i>  Great for children and adults!  1 lb. Breaded Chicken Breast Fillets 1 lb. Breaded Chicken Breast Nuggets 1 lb. Breaded Cubed Steak 1 lb. Breaded Chicken Wings 1 lb. Breaded Chicken Tenders  <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>	6 lbs. of the finest quality seafood assortment available.  2 lbs. Jumbo Lightly Breaded Shrimp – Bakeable (42-50 shrimp)  1 lb. Oven Baked Stuffed Flounder with Crab Stuffing - 4 stuffed Flounders (4 oz. each)  2 lbs. Tilapia Raw Fillets (2 - 1 lb. bags per box each bag contains 3-4 fillets which weigh 3-5 oz. each)  1.1 lb. (17 oz.) Oven Ready Crab Cakes 5 crab cakes (3-4 oz. each.)



<b>January Special — A</b>	<b>\$23.00</b>	<b>January Special — B</b>	<b>\$22.00</b>	<b>January Special — E</b>	<b>\$22.00</b>
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<b>7 lb. Assorted Meat Grill Box</b> 2 lb. Ribeye Steaks (4 x 8 oz.) 2 lb. Pork Roast 1.5 lb. Lean Hamburger Steak Patties (4 x 6 oz.) 1.5 lb. Italian Sausage with Cheese	<b>5 lb. Meat &amp; Chicken Combo</b> 2 lb. Sirloin Steak Strips (4 x 8 oz.) 1.5 lb. Bacon Wrapped Beef Fillets (4 x 6 oz.) 1.5 lb. Bacon Wrapped Chicken Fillets (4 x 6 oz.)	<b>Fresh Fruit and Veggie Box</b> 1 Large Golden-Ripe Pineapple 3 lb. Combo Pack (Washington State Red Delicious Apples, Granny Smith Apples And Tree-Ripened California Oranges) 2 Large Tree-Ripened Ruby Red Grapefruit 1 Large Premium Haas Avocado 1 lb. California Carrots (Cello Bag) 3 lbs. North Carolina Sweet Potatoes 2 lbs. New Crop Red A-Size Potatoes 2 lbs. Large-Medium Yellow Onions 1 head Large Green Cabbage 1 (8 oz.) Package New Crop Georgia Shelled Pecan Halves 1 Package Wiley's Sweet Potato and Yam Seasoning
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<b>January Special — C</b>	<b>\$18.00</b>	<b>January Special — D</b>	<b>\$32.00</b>
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<b>10 lb. Boneless Wing Box</b> 10 lbs. Boneless Battered White Meat Chicken Breast Chunks/Boneless Wings	<b>7 lb. Premium Meat Box</b> 3 lb. T-Bone Steaks (4 x 12 oz.) 2 lb. Boneless Pork Chops (4 x 8 oz.) 2 lb. Gourmet Flavored Chicken Breasts 1 lb. Italian Flavor (2 x 8 oz.) 1 lb. Honey Mustard Flavor (2 x 8 oz.)
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AFM January 2010 Fruit & Veggie Recipe Sheet

<b>www.wsfm.us</b>	<b>WEST SHORE FOOD MINISTRIES</b>	<b>717-418-2591 admin@wsfm.us</b>
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<b><u>In-Person Food Signup and Payment Dates</u></b>	<b><u>Online Ordering</u></b>	<b><u>Distribution Day</u></b>
Fri. evening, <b>January 8</b> from 5:00-7:00 p.m. Sat. morning, <b>January 9</b> from 9:00 a.m.-Noon Wed. evening, <b>January 13</b> from 5:00-7:00 p.m. Trinity United Methodist Church 415 Bridge St., New Cumberland, PA  <b>CASH, CASHIER'S CHECK, MONEY ORDER, OR EBT CARD ONLY</b> <b>Sorry, no personal checks, debit or credit cards accepted.</b>	www.wsfm.us  Credit & Debit Cards Accepted <u>Online Only</u>  <i>Online orders processed until noon January 14</i>	Saturday, <b>** January 23 **</b> 09:30 a.m.-11:00 a.m.  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