


<p><b>Regular Box</b> <b>\$30.00</b></p> <p>1.5 lb. New York Strip Steaks (4 x 6 oz.) 1.5 lb. Pork Chops (4 x 6 oz.) 28 oz. Salisbury Steak &amp; Gravy Dinner Entrée 1 lb. Lean Ground Beef 1.5 lb. Fully Cooked Breaded Chicken Breast Chunks 1 lb. Smoked Turkey &amp; Pork Sausage 1 lb. Frozen Carrots 1 lb. Corn 1 lb. French Cut Green Beans 1 lb. Rice 1 lb. Pasta 25 oz. Marinara Pasta Sauce 3 lb. Fresh Baking Potatoes 32 oz. 2% Shelf Stable Milk Dozen Eggs Dessert</p>	<p><b>Senior/Convenience Meals Box</b> <i>(Now Diabetic Friendly)</i> <b>\$28</b></p> <p><b>Roasted Chicken</b> - Roasted Chicken Breast Pieces in sauce with Red Skin Potatoes and Sugar Snap Peas and Carrots <b>Chicken Broccoli Alfredo</b> - Chicken Breast Pieces with Broccoli, Fettucini Noodles and Alfredo Sauce with Carrots, Zucchini and Red Peppers <b>Chicken Chow Mein</b> - Chicken Breast Pieces over Lo-Mein Noodles, Mixed Vegetables with Sauce, Sugar Snap Peas and Cauliflower <b>Chicken Teriyaki</b> - Chicken Breast Pieces over Fried Rice Blend with Teriyaki Sauce with Sugar Snap Peas and Carrots <b>Sweet and Sour Chicken</b> - Chicken Breast Pieces over Rice with Vegetables and Pineapple in a Sweet and Sour Sauce with Sugar Snap Peas and Carrots <b>Salisbury Steak and Gravy</b> - Salisbury Steak Patty with Red Skin Potatoes and Gravy with Peas and Carrots and Cauliflower <b>Chili with Beef and Beans</b> - Beef, Beans, and Tomato-based Chili with Corn and Red Peppers and Peas <b>Beef Stew</b> - Hearty Beef Chunks with Potatoes, Carrots, Celery and Onions with Brussels Sprouts, Corn and Red Pepper Blend <b>Fiesta Chicken with Rice</b> - Chicken Breast with Fiesta sauce over White Rice with Corn and Cauliflower <b>Macaroni and Beef</b> - Macaroni and Beef with Noodles, Carrots and Zucchini Blend <b>Assorted Sugar-Free Desserts</b></p>	<p><b>Allergen-Free Box</b> <b>\$23.00</b></p> <p>Processed to eliminate the eight top serious allergens: Peanuts, Soybeans, Milk, Eggs, Fish, Crustacea, Tree Nuts and Gluten( wheat, rye and barley)</p> <p>Great for children and adults!</p> <p>1 lb. Breaded Chicken Breast Fillets 1 lb. Breaded Chicken Breast Nuggets 1 lb. Breaded Cubed Steak 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 and oleoresin paprika. Breading is pre-browned in Canola oil.</i></p> <p><b>Just 4 Me After School Box</b> <b>\$24.00</b></p> <p>1 lb. String Cheese (16 1 oz. servings) 1.5 lb. Chicken Fingers 4 White Castle Chicken Sandwiches (2 pkg. w/2 x 2.6 oz. sandwiches) 1.5 lb. Mini Corn Dogs (Approximately 36 count) 9 oz. Hot Pockets (2 x 4.5 oz.) 6 oz. Pizza Bites (12 count) 4 White Castle Hamburgers (2 packages with 2 x 2.6 oz. sandwiches) 2 Peanut Butter and Jelly Jamwich Sandwiches (no crust - 2 oz. each)</p>	<p><b>6 Lbs. Premium Seafood Box</b> <b>\$35.00</b></p> <p><i>6 lbs. of the finest quality seafood assortment available.</i></p> <p>2 lb. Alaskan Snow Crab Legs 1 lb. Large EZ Peel Shrimp 1 lb. Stuffed Crab in Natural Shell (8 ct.) 2 lb. Oven-Ready Popcorn Shrimp</p> <p><b>Just 4 Me After School Fruit Box</b> <b>\$16.00</b></p> <p>3 Red Delicious Apples 3 Navel Oranges 1 6 pack Apple Sauce 1 2.5 oz. bag Sweet Potato Chips 1 2.5 oz. bag Apple Chips 1 6 oz. bag Banana Chips 3 Granny Smith Apples 3 D'Anjou Pears 1 3 pack Apple Juice</p> 
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**April Special — A** **\$23.00**

**April Special — D** **\$35.00**

**April Special — F** **\$22.00**

**6 lb. Assorted Meat Grill Box**

1.5 lb. T-Bone Steaks (2 x 12 oz.)  
2 lb. Pork Chops (4 x 8 oz.)  
1.5 lb. Hamburger Steaks with Cheese  
1 lb. Bratwurst with Cheese

**4x4 Family Kit Meals**  
*4 meal kits. Each kit feeds a family of 4.*

**Fresh Fruit and Veggie Box**

**April Special — B** **\$22.00**

**Turkey Kit** - 1.5 lb. Boneless Turkey Breast, 1.5 lb. Potato Medley (Potatoes, Carrots, Onions and Celery), 1 lb. Green Beans  
**Split Whole Chicken Kit** - 3 lb. (avg) Whole Split Chicken (2 individually wrapped halves), 1.5 lb. Potato Medley, 1 lb. Green Beans  
**Beef Tips & Gravy Kit** - 1.5 lb. Choice Beef Tips in Gravy, 1.5 lb. Rice Medley (Rice with Red & Green Peppers)  
**Pork Roast Kit** - 1.5 lb. Boneless Pork Roast, 1.5 lb. Potato Medley, 1 lb. Corn

1 Large Golden Ripe Pineapple  
1 3 lb. Bag Valencia Oranges  
2 Rio Red Grapefruit  
4 Washington State D'Anjou Pears  
4 California Lemons  
4 Honey Tangerines  
1 2 lb. Bag Red Delicious Apples  
1 Head Green Cabbage  
1 1 lb. Bag California Mini Carrots  
1 3 lb. Bag Red Potatoes (A-size)  
1 2 lb. Bag New Crop Yellow Onions

**April Special — C** **\$21.00**

**April Special — E** **\$32.00**

**10 lb. IQF Unbreaded Poultry Box**

3 lb. IQF Split Cornish Hens  
2 lb. IQF Chicken Tenders  
2.5 lb. IQF Thighs  
2.5 lb. IQF Split Breasts

**7 Lb. Premium Box**

3 lb. T-Bone Steaks (4 x 12 oz.)  
2 lb. Pork Chops (4 x 8 oz.)  
2 lb. Boneless Flavored Chicken Breasts (1 lb. each flavor-Italian and Honey Mustard)

AFM April 2010 Fruit & Veggie Recipe Sheet

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

Fri. evening, **April 09** from 5:00-7:00 p.m.  
Sat. morning, **April 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](http://www.wsfm.us)

Credit & Debit Cards Accepted Online Only

*Online orders processed until 5:00 pm 4/13*

**Distribution Day**

Saturday, April 17  
**10:30 a.m.-12:00 p.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