

<p>Regular Box \$30.00</p> <p>4.5 lb. (avg.) Perdue Whole Chicken 28 oz. Fully Cooked Sliced Meatloaf with Home-style Tomato Sauce 2 lb. Lasagna with Meat Sauce 1 lb. Lean Ground Beef 1.5 lb. Hamburger Patties with Cheese in center (4 x 6 oz.) 12 in. Supreme Pizza 1 lb. All Meat Hot Dogs 2 lb. Frozen Vegetables (Green Beans, Mashed Potatoes, Corn or Peas with Carrots) 1 lb. Baby Carrots 15 oz. Baked Beans 6.5 oz. Skillet Meal Helper 1 head Cabbage 11 oz. (min. wt.) Breakfast Cereal 32 oz. 2% Shelf Stable Milk Dozen Eggs Dessert</p>	<p>Senior/Convenience Meals Box <i>(Diabetic Friendly)</i> \$28 new and improved Now with more food!</p> <p>Fish Sticks with a Rice/Bean Blend, Broccoli and Carrots Boneless Pork Patty with BBQ Sauce, Sweet Potatoes and Peas with Carrots Red Beans and Rice with Smoked Sausage (made with Pork), Carrots and Brussels Sprouts Meat Lasagna with Carrots and Green Beans Chicken Parmesan with Spaghetti, Corn/Red Pepper Blend and Zucchini Roasted Chicken with Red Wedge Potatoes, Lima Beans and a Carrot/Celery Blend Country Fried Steak with Gravy and Red Wedge Potatoes, Corn and Green Beans Salisbury Steak & Gravy with Red Wedge Potatoes, a Green Pea/Carrot Blend and Brussels Sprouts Swedish Meatballs with Noodles, Yellow Squash with Onions and Brussels Sprouts Country Herb Chicken with Mashed Potatoes, Green Peas and a Lima Bean/Red Pepper Blend</p>	<p>5 Lb. Allergen-Free Box \$23.00</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>1 lb. Breaded Chicken Breast Chunks 1 lb. Breaded Formed Chicken Tenders 1 lb. Breaded Cubed Steak 2 lb. Breaded Chicken Drumsticks</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>Just 4 Me After School Fruit Box \$16.00</p> <p>3 Red Delicious Apples 3 Granny Smith Apples 1 (6 ct.) Caramel Apple Dip 3 Pears 3 Navel Oranges 1 (6 ct.) Raisins 1 (8 oz.) Trail Mix 1 (1 lb.) Mini Carrots 4 Chewy Granola Bars</p> <p>Just 4 Me After School Box \$24.00</p> <p>1.5 lb. Fish Sticks 1.5 lb. Mini Corn Dogs 1 lb. Popcorn Chicken 2 6.5 oz. Pepperoni Pizza 2 2.8 oz. Peanut Butter and Jelly Jamwiches 14 oz. Stuffed Breadsticks 7.2 oz. Mini Moon Pies (6 ct.) 2 3.7 oz. Twin Charbroil Hamburgers with Cheese 2 2.2 oz. PBJ on Graham Wafer</p>
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July Special — A **\$23.00**

4.5 lb. Steak Grill Box

- 2.5 lb. Ribeye Steaks (4 x 10 oz.)
- 2 lb. Sirloin Strip Steaks (4 x 8 oz.)

July Special — B **\$22.00**

6.5 lb. Assorted Grill Box

- 1.5 lb. New York Strip Steaks (2 x 12 oz.)
- 2 lb. Chopped Beef Steaks (4 x 8 oz.)
- 2 lb. Boneless Pork Steaks (4 x 8 oz.)
- 1 lb. Chicken Sausage

July Special — C **\$21.00**

10 lbs. IQF* Chicken Breast Box

- 10 lbs. IQF* Chicken Breasts

July Special — D **\$21.00**

Fresh Fruit and Veggie Box

- 3 lb. Bag Idaho Potatoes
- 1 head California Cello Lettuce
- 1 lb. Plums
- 1 (16 oz.) Salad Dressing
- 1 (5 oz.) Salad Croutons
- 4 ears Fresh Yellow Corn
- 2 lb. bag Yellow Onions
- 1 Large Cantaloupe
- 1 Large Honey Dew Melon
- 1 lb. California Cello Carrots
- 4 Lemons
- 1 Golden Ripe Pineapple



AFM July 2010 Fruit and Veggie Recipe Sheet

July Special — E **\$21.00**

Bit O' Blessing Box

- 3 lb. Split Cornish Hens
- 2.5 lb. IQF* Split Chicken Breasts
- 1 lb. Smoked Sausage
- 1.5 lb. Country Fried Steak
- 1 lb. Broccoli Florets
- 1.3 lb. Frozen Fruit Medley Dessert

www.wsfm.us

WEST SHORE FOOD MINISTRIES

717-418-2591 admin@wsfm.us

In-Person Food Signup and Payment Dates

Fri. evening, **July 16** from 5:00-7:00 p.m.
Sat. morning, **July 17** from 10:00 a.m.-Noon



Trinity United Methodist Church 415 Bridge St., New Cumberland, PA

***** Now Accepting Debit/Credit cards at Trinity UMC sign-ups only.** Debit/Credit order is processed via on-site online ordering. **Please note:** Angel Food Ministries charges a \$2 convenience charge to cover the cost of the electronic transaction.

CASH, CASHIER'S CHECK, MONEY ORDER, OR EBT CARD accepted at all sign-up locations.
Sorry, no personal checks. Debit/Credit cards accepted at Trinity UMC Only.

Online Ordering

www.wsfm.us

Only Credit & Debit Cards Accepted

Online orders processed until 11:59 pm 7/20

Distribution Day

Saturday, July 24

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