



# November 2021 MENU



Visit the Frederick Health SHARE page at [www.LiveWellFrederick.com/SHARE](http://www.LiveWellFrederick.com/SHARE)  
Place orders online by noon on Friday, November 5<sup>th</sup>.

**A Value Package (No Turkey) \$23**  
5 lb. Whole Chicken  
1 lb. Surimi (imitation crab meat)  
1 lb. Breakfast Sausage  
1 lb. Elbow Macaroni

**PLUS**  
8-10 pounds of fresh fruits and vegetables!



## ALL SPECIALS *Limited Quantity | All Menu Items Subject to Change*



**\$42**

**B**

**PLUS**  
8-10 pounds of fresh fruits and vegetables!

**Value Package + Turkey**  
10-12 lb. Turkey  
5 lb. Whole Chicken  
1 lb. Surimi (imitation crab meat)  
1 lb. Breakfast Sausage  
1 lb. Elbow Macaroni



**\$38**

**C**

**Thanksgiving Dinner**  
10-12 lb. Turkey  
1 lb. Cauliflower  
1 lb. Green Beans  
2 lbs. Red-Skinned Potatoes  
2 lbs. Diced Sweet Potatoes  
1 - Apple Pie

## Everyone can SHARE! Will you?

- 1 Anyone can order online at [www.LiveWellFrederick.com/SHARE](http://www.LiveWellFrederick.com/SHARE).
- 2 For EBT payments or assistance with ordering, call **240.566.7427 (SHAR)**.
- 3 Orders will be distributed from 9-11 AM on Saturday, November 20<sup>th</sup> at Frederick Health Village.
- 4 All orders are due by noon on Friday, November 5<sup>th</sup>.

