



SEPTEMBER 2022 MENU



Visit the Frederick Health SHARE page at www.LiveWellFrederick.com/SHARE
Place orders online by Friday, September 9th.

A Value Package \$26

- 5 lb. Drumsticks
- 1 lb. Ground Turkey
- 1 lb. Diced Pork Cubes

Value Package includes
8-10 pounds of fresh fruits and vegetables!



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



\$30

B Seafood Box

- 1.5 lb. Tuna Steaks
- 1.5 lb. Salmon Filets
- 1.5 lb. Breaded Shrimp



\$38

C Sirloin Steak Box

- 8 – 8 oz. Sirloin Steaks



\$14

D Boneless Chicken Breast Fillets

- 2 – 20 oz. Bags of Chicken Breast Fillets

Everyone can SHARE! Will you?

- 1 Anyone can order online at www.LiveWellFrederick.com/SHARE.
- 2 For EBT payments or assistance with ordering, call **240.566.7427 (SHAR)**.
- 3 Orders will be distributed from 8:30-10 AM on Saturday, September 24th at Frederick Health Village.
- 4 All orders are due by Friday, September 9th.

