



NOVEMBER 2026 MENU



Visit frederickhealth.org/SHARE to request a call-back for ordering.
For more information, call the Frederick Health SHARE hotline at 240-566-7427.

A Value Package: \$31

Whole chicken	Stuffing
Ground sausage	Cheddar cheese
Tilapia	Macaroni

Value package includes 8–10 pounds of fresh fruits and vegetables!



ALL SPECIALS *Limited quantity | All menu items subject to change*



B Holiday Protein Box

6 lbs Turkey breast
2 lbs Pork loin
2 lbs Salmon



C Holiday Meal Special

6 lbs Turkey breast	1 lb Carrots	
1 lb Green beans	Stuffing	1/2 lb Cheddar cheese
1 lb Corn	1 bag Macaroni	10-inch Apple pie

DASH (Dietary Approaches to Stop Hypertension) is a flexible and balanced eating plan that supports heart health. Prepare these items from this menu in DASH-friendly ways:

Fresh produce, chicken with skin removed, turkey breast, pork loin with fat trimmed, salmon, tilapia, green beans, corn, and carrots.

Scan the QR Code to learn more about DASH!



Everyone can SHARE! Will you?

1. Anyone can request a call-back to order at frederickhealth.org/SHARE (Credit card and EBT payments accepted).
2. For additional help with an order, call 240-566-7427 (SHAR).
3. Orders will be distributed from 8:30–10 a.m. on Saturday, November 21 at Frederick Health Village.
4. All orders are due by 12 p.m. on Friday, November 6.