



NOVEMBER 2025 MENU



Visit www.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

- 5 lb. Whole Chicken
- 1 lb. Ground Sausage
- 1 lb. Rockfish
- 1 lb. Pork Strips

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



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



\$56

B Value Package + Turkey

10-12 lb. Turkey; 5 lb. Whole Chicken; 1 lb. Ground Sausage; 1 lb. Rockfish; 1 lb. Pork Strips; 8-10 lbs. Fresh Produce



\$49

C Thanksgiving Dinner

(Boxed/Frozen) 10-12 lb. Turkey; Green Bean Casserole; 2 lbs. Brussels Sprouts; 2 lbs. Carrots; 2 lbs. Stuffing; 3 lbs. Mac & Cheese and a Dessert!

- ★ DASH (Dietary Approaches to Stop Hypertension) is a flexible and balanced eating plan that supports heart health.
- ★ The following items on this menu can be prepared in DASH-friendly ways:
- ★ Fresh Produce
 - Chicken
 - Rockfish
 - Turkey
 - Brussels Spouts
 - Carrots
- ★ Scan this QR Code to learn more about DASH!



Everyone can SHARE! Will you?

1. Anyone can request a call-back to order at www.FrederickHealth.org/SHARE.
2. For EBT payments or help with an order, call 240.566.7427 (SHAR).
3. Orders will be distributed from 8:30-10 AM on Saturday, November 22nd at Frederick Health Village.
4. Orders are due by 12 noon on Friday, November 7th.