



FRESH FORK MARKET  
 Winter Share 2019/20: Week 11  
*Just Like the Weather, Bag Contents Subject to Change*

OMNIVORE

- Pumpkin Bisque Soup\*
- Croutons
- Potatoes
- Turnips
- Frozen Strawberries
- Frozen Blueberries
- Beef Chuck Roast
- Chicken Backs

VEGETARIAN

- Pumpkin Bisque Soup\*
- Croutons
- Potatoes
- Turnips
- Frozen Strawberries
- Frozen Blueberries
- Frozen Sweet Corn
- Lettuce
- Flat Rock Cheese
- Eggs

\*contains dairy

**CARNIVORE**

	A	B	C	D	E
Beef	Ground Beef	Ground Beef	Ground Beef	Ground Beef	Ground Beef
Pork	Bones	Bones	Bones	Bones	Bones
Processed	Bacon	Bacon	Bacon	Bacon	Bacon
Poultry	Whole Chicken	Whole Chicken	Whole Chicken	Whole Chicken	Whole Chicken
Misc	Lard	Eggs	Milk	Stock	Kraut