



AID FOR FRIENDS

12271 Townsend Rd., Phila. PA 19154 • 215-464-2224

This dinner was prepared on ___ / ___ / ___

Contents _____

Meal includes:

- Mushrooms
- Milk
- Eggs
- Onions
- Shellfish
- Tomatoes

Bread includes:

- Seeds
- Wheat
- Eggs

Dessert includes:

- Milk
- Eggs
- Nuts

Cooking instructions: Preheat oven to 350°. Remove plastic bag and menu sheet. Make four (4) small holes in the aluminum foil on top of the dinner. Place dinner in oven and heat for 35-40 minutes or until dinner is heated thoroughly. **DO NOT HEAT IN MICROWAVE OVEN.**



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