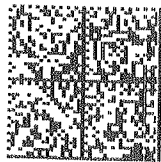


Maria Albert Jones K-23800
San Quentin, St Prison 136-117
San Quentin, CA 94974

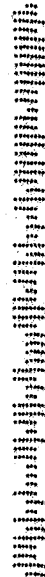


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GOD BLESS US!

Smiles,
KJ

STAY SAFE
STAY INSIDE

Hello Friend,

5-6-20

Hi how are you and team doing out there today?. I hope and pray well, as for myself I'm very much blessed and staying strong in the Lord words and in his arms we are safe.

THANK YOU! THANK YOU! for the gift that we got here on death row. I'm ever so grateful for this lovely gift and info on that killer virus.

This do make us feel that we are not forgotten out there with so much going on out there and for your team to send and pack us these gifts we are very happy thank you again.

here is a flyer of my two death row books. one is my death row cook book " OUR LAST MEALS" it is full of our cooking with prison food and package food. enjoy our spreads. The other book " I'M IN GOD'S CONFINEMENT" is my life on a spiritual level for 20 years on the row. You come into my life and my cell as I take you through this hell hole of a place and the maze that we are living in.

I do hope that your able to order these two books and tell friends and put on your web site because they are some good read at a time like this. Thank you for your support I'm doing all my marketing from my death row cell so your help is needed please.

So I say stay safe out there because that Covid 19 don't care about your color or age it's just a bad killer. But we have been safe in EAST BLOCK thank GOD :).

Thank you until next time do keep me in your positive thoughts and prayers because your in mines forever.

GOD BLESS YOU

MUCH RESPECT ALWAYS

IN CHRIST ALWAYS

ALBERT "RU-AL" JONES



STAY SAFE |
STAY INSIDE -

SAN QUENTIN DEATH ROW

I'm In God's Confinement
20 Years

PSALM
118-24

MATT
25:35-39

One
Bright
Light

ORDER BOOK: AMAZON

Albert "Ru-Al" Jones
70 - Prison University!
2020

Albert "Ru-Al" Jones

SAN QUENTIN

DEATH ROW

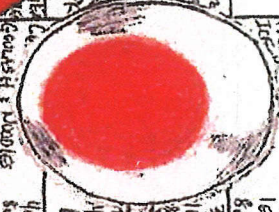
San Quentin Food Menu for January, 2015
12-18 Lunch

MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16	SATURDAY 17	SUNDAY 18
Breakfast Fruit Juice Cornmeal Muffin Pancakes Tuna Butter Spaghetti Diet Syrup Milk Fruit Tea	Oatmeal Die Cereal Scrambled Eggs Baked Tater Tots Walnut Bread MARGARINE Muffin Coffee	Banana Hummus Butter Scrambled Eggs Walnut Bread Milk Fruit Tea	Toast Fruit Diet Syrup Cereal Pancakes Tuna Butter Spaghetti Diet Syrup Milk Fruit Tea	Breakfast Fruit Diet Syrup Cereal Pancakes Tuna Butter Spaghetti Diet Syrup Milk Fruit Tea	Breakfast Fruit Diet Syrup Cereal Pancakes Tuna Butter Spaghetti Diet Syrup Milk Fruit Tea	Breakfast Fruit Diet Syrup Cereal Pancakes Tuna Butter Spaghetti Diet Syrup Milk Fruit Tea
Dessert Green Sand Tiramisu Squash Walnut Bread MARGARINE Muffin Coffee	Dessert Green Sand Tiramisu Squash Walnut Bread MARGARINE Muffin Coffee	Dessert Green Sand Tiramisu Squash Walnut Bread MARGARINE Muffin Coffee	Dessert Green Sand Tiramisu Squash Walnut Bread MARGARINE Muffin Coffee	Dessert Green Sand Tiramisu Squash Walnut Bread MARGARINE Muffin Coffee	Dessert Green Sand Tiramisu Squash Walnut Bread MARGARINE Muffin Coffee	Dessert Green Sand Tiramisu Squash Walnut Bread MARGARINE Muffin Coffee
Beef Patty Turkey Chicken Beef Turkey Chicken Beef Turkey Chicken Beef	Beef Patty Turkey Chicken Beef Turkey Chicken Beef Turkey Chicken Beef	Beef Patty Turkey Chicken Beef Turkey Chicken Beef Turkey Chicken Beef	Beef Patty Turkey Chicken Beef Turkey Chicken Beef Turkey Chicken Beef	Beef Patty Turkey Chicken Beef Turkey Chicken Beef Turkey Chicken Beef	Beef Patty Turkey Chicken Beef Turkey Chicken Beef Turkey Chicken Beef	Beef Patty Turkey Chicken Beef Turkey Chicken Beef Turkey Chicken Beef

COOK

BOOK

BY ALBERT 'RAT' JONES



Our Last Meal?

Order Book on Amazon

Albert Jones k-23800



Albert R. Jones

There are over 750 men and women on California's Death Row in San Quentin and Chowchilla State Prisons. The State is tasked to feed each condemned inmate two hot meals and one bag lunch each day. There is no other death row in this country, or the world, that feeds so many people who are sentenced to die. In this book you will read about many amazing meals that are being prepared behind these walls. You will laugh at some, and others you will have to taste yourself. The condemned inmates put a lot of joy and love into cooking because it could be our last meals.