

please
update
my addy

M. Singh, T-22165
Rjd (A4-126)
480 Alta Rd.
San Diego, CA 92179

5/1/24

To Reply "ID": KJJY

The only real food in here is
fruits & veggies!

Everything else is processed
& same meals served 3-4x a week

i.e. skinless chicken patty
(as they were bought in bulk)
<at a low, low price>

Any questions about food or
anything "re prison life"
please drop me a line
or text me by registering at

① getting out.com

② Navigate to: ^{PRISON NAME}
R.J DONOVAN

③ Enter my info: ^{name} Michael M. Singh, ^{cdcr#} T-22165