

Please print heading info clearly.

TURN IN DEADLINE: Tuesday July 20th

PICK UP DATE:

NAME _____ NO. OF ITEMS _____

WORK PHONE _____ EXT. _____ AMT. OF ORDER _____

HOME PHONE _____ Less 3% _____

EMAIL _____ FINAL COST _____

Pay with cash or check. Food stamps now accepted by payment in advance.

Make checks to Tri-City Foods, include your address and phone number.

Please record Pick Up date so you won't miss us!

\$15.00 fee on returned checks. All products guaranteed! 518-272-0898

ITEM	COST	ORD	ITEM	COST	ORD	ITEM	COST	ORD		
Poultry Items										
1	\$18.98 SPECIAL	24	Boneless Skinless Chicken Breasts Super tender flattened chicken breasts Totally trimmed, approx 20, 5lbs.	\$6.49 BUY ONE GET ONE FREE!	47	Apple Filled Breadsticks With apple pie filling, kids love these! 10 large 6 inch sticks.	\$5.98 SPECIAL			
2	\$14.98 SPECIAL	25	Jumbo Chicken Breast Chunks Golden brown breaded, tender and tasty. Great buy! LARGE 5lb bag.	\$14.88	48	Potato and Cheese Perogies By Codino's. 3-13 oz packs.	\$6.69			
3	\$14.98 SPECIAL	26	Chicken Nuggets Taste just like a famous fast food place. Approx. 75ct. BIG 5lb bag.	\$6.49 BUY ONE GET ONE FREE!	49	Battered Onion Petals Top seller! Spicy delicious onion petals. Large 2lb bag.	\$6.79			
4	\$12.98 SPECIAL	27	Chicken Cordon Bleu Stuffed w/ ham & cheese. Bakeable. 8 - 4oz. breasts.	\$4.98 PER POUND	50	Mozzarella sticks Bake or deep fry, large, 3lbs	\$11.49			
5	\$12.98 SPECIAL	28	Chicken breasts w/ Broccoli and Cheese (our original) Bakeable 8 - 4 oz. breasts.	Breakfast Items				51	Stuffed Shells Stuffed shells with cheese. Approx. 18 count. 3lb tray.	\$6.88
6	\$14.98 SPECIAL	29	Spicy Breaded Chicken Wings Great taste! Bake or deep fry. Large 5lbs	\$11.49	52	Cheese Filled Manicotti Approx 15 large manicotti. 2.5 lbs	\$6.88			
7	\$16.98 SPECIAL	30	Breaded Chicken Tenders Best quality. Bake or deep fry. About 50. LARGE 5lbs	\$5.19	53	Cream Cheese Jalapeno Popper Filled w/ cream cheese. Bake/deep fry, about 30, 2lbs	\$12.49			
8	\$15.98 SPECIAL	31	Breaded Chicken Breast Fillets Lightly breaded. Bake or deep fry. 18 count. 5lbs.	\$5.98	54	Pizza Dough 4 larger 20oz. frozen dough balls.	\$6.49			
9	\$14.98 SPECIAL	32	Popcorn Chicken Golden-brown breaded, bake or deep fry. All breast meat. About 80, 5lb bag.	Potato Items				55	Garlic Knots By Furlani. 2 -8oz boxes. 12 count total. Simply bake or even micro.	\$5.88
10	\$8.98 SPECIAL	33	Turkey Burgers By Perdue All breast meat. 15 count, 3lbs.	\$7.98	56	Large Whole Onion Rings Our Original! Bake or deep fry. Great onion rings. 2.50lb bag.	\$6.98			
11	\$13.98	34	Marinated Chicken Thighs Boneless, Garlic Peppercorn Marinade. 14 count, 4 lbs	\$6.98	57	Breaded Eggplant Slices Pre-browned. About 30 slices 2.50lb. Bag.	\$7.98			
12	\$11.49 SPECIAL	35	NEW! Boneless Ribeye Steaks Lean and tender, you get 4 - 5oz steaks in a pack. Great buy!	\$7.98	58	Mac & Cheese Bites Bake or deep fry. Approx 30. 2 lb. bag.	\$7.98			
13	\$19.98 SPECIAL	36	Jumbo Beef Burgers Thick and juicy lean burgers. 15 count, 5lbs.	\$7.49	59	Cheddar Jalapeno Poppers Filled w/ cheddar cheese. Bake/deep fry, about 30, 2lbs	\$12.49			
14	\$4.99 SPECIAL	37	Boneless Top Sirloin Steak Large center cut, choice 10 oz. Thick cut steak. Sold by the steak.	\$6.98	60	Garlic Texas Toast Our original, By Furlani. 18 count. 3-8oz boxes. Great buy.	\$6.29			
15	\$20.98	38	Quarter LB Beef Burgers 85% lean. Simply the best. 20ct, 5lbs	\$6.98	61	Mini Pretzels w/ Cheese Micro or bake, 3 - 9oz bags.	\$5.98			
16	8 OR MORE \$3.98 EACH	39	Value Pac Top Sirloins Boneless, center cut, 10oz BUY 8 or more for this special price	\$5.98	62	Bacon and Cheese Items				
17	\$5.98 SPECIAL	40	Boneless N.Y. Strip Steaks Center cut, 10oz SOLD BY THE STEAK	\$7.98	63	Pre-Cooked Bacon Large 150 count pack. Delicious.	\$22.98			
18	\$7.98 SPECIAL	41	All Beef Hot Dogs Best quality. NY Deli style. Great dogs. 3lbs, Great buy!	\$7.98	64	Country Bacon Thicker sliced, real hickory smoked bacon. 2 packs. 2lbs.	\$9.88			
19	\$4.98 PER POUND	42	All Natural Ground Beef 90% lean. Grass fed. A \$8.99 per pound value. Sold by the pound.	\$7.98	65	Sliced American Cheese Best quality. Sliced white. 120 slices, 5lbs. Special!	\$14.88			
20	\$4.98 BUY TWO GET TWO FREE!	43	Center Cut Ham Slices Boneless BUY 2 - 8oz Ham Slices, GET 2 MORE FREE for a total of 4.	Appetizer and Dinner Items				66	Sliced Canadian Bacon 97% fat free. Fully cooked. Sliced thin. About 25 slices. Large 18oz pack.	\$4.49 SPECIAL
21	\$11.49	44	Italian Sausage Links Seasoned medium to please all. Lean and flavorful, 3 1lb packs	10.98	67	Shredded Mozzarella Cheese Large economy size bag. 5lbs.	\$15.49			
22	\$14.98 SPECIAL	45	NEW! Italian Deluxe Meatballs Regular meatballs with Italian sausage added. Great taste. 32 count. 4 lbs	\$6.69	68	Cooper Sharp Am. Cheese Deli sliced daily, top seller! 1lb.	\$5.98			
23	\$14.98 SPECIAL	46	Sweet Bourbon Pork Chops Boneless center cuts, 12 - 6oz chops, BIG 4.5lb box.	\$5.98	69	Fontina Sliced Cheese A cross between provolone and mozzarella. Great! A must try. 1lb sliced.	\$5.98			

ITEM		COST	ORD	ITEM	COST	ORD	ITEM	COST	ORD			
70	Grated Parmesan & Romano Best quality. Pure, no fillers. 1lb. \$9.95 Value	\$6.98		90	Southwest Turkey Wraps Buy 3 for \$5.98. Get 3 more free! Oven-roasted turkey, pepper-jack cheese, chipotle mayo wrapped in chili tomato flour tortillas.			\$5.98 BUY THREE GET THREE FREE!		110	Chicken Alfredo Meal Kit White meat chicken, pasta and vegetables in a rich and creamy alfredo sauce. 24 oz, serves 2-3.	\$6.00
71	Shaved Italian Cheeses Romano and parmesan cheese blend. Outstanding. 1lb. A 11.95 value.	\$6.98		91	Seafood Items Breaded Lobster Bites Bake or deep fry. 2 - 17oz bags.			\$8.98 SPECIAL		111	Chicken Stir Fry Meal Kit Tender chicken chunks, peas, carrots and broccoli with fried rice. 24 oz, serves 2-3.	\$6.00
72	Sliced Sharp Cheddar Sliced fresh daily 1 lb.	\$6.50		92	Breaded Crab + Cheese Bites Bake or deep fry. 2 - 17oz bags.			\$8.98 SPECIAL		112	Shrimp Scampi Meal Kit Shrimp, linguini pasta and deli- cious vegetables in a creamy garlic sauce. 24 oz, serves 2-3.	\$6.00
73	Sweet Horseradish Pickle Slices Bread and butter style slices. By Adirondack pickle. 24oz jar.	\$5.98		93	Not Breaded Haddock Fillets All center cuts. 8-10 boneless, skinless wild caught fillets. All natural. 3lbs.			\$19.98		113	Turkey, Snacks and More Pork and Veggie Dumplings Tasty oriental dumplings, 40 count	\$15.98
74	Raspberry Melba Sauce Large 32oz jar.	\$8.29		94	Raw Shrimp Peeled & cleaned ready to cook large shrimp. About 50.			\$17.98 SPECIAL		114	Veggie Spring Rolls Tasty oriental treats, 20 count	\$6.98
75	American Cheese For those who do not want a 5lb brick. 1lb package.	\$4.49		95	Stuffed Sole Bakeable 8-5oz portions With crab meat and scallops			\$19.98		115	Chicken + Veggie Dumplings Tasty oriental dumplings, 40 count	\$15.98
76	Mozzarella String Cheese Land O Lakes Product Premium cheese stick. 30-1oz. sticks.	\$9.50		96	Ready Made Crab Cakes Lots of crab. Tasty. You get 12 large 3.5 oz crab cakes.			\$14.98 SPECIAL		116	Ground Turkey Meat Very lean, 3 - 1lb packs	\$8.98 SPECIAL
77	Sliced Provolone Cheese Best quality. 1.50lb package.	\$6.98		97	Breaded Clam Strips Bake or deep fry. 8 - 4oz bags			\$10.49		117	Turkey Breakfast Patties Very lean, fully cooked. About 35, 3lbs	\$9.98 SPECIAL
78	Sliced Swiss Cheese Best quality. 1.50lb. package.	\$6.98		98	Breaded Jumbo Shrimp Butterflied. Deep fry or pan fry. About 60, 3lb bag.			\$16.98 SPECIAL		118	Dorito Snack Mix Lunch pack size. 6 nacho cheese & 6 cool ranch. 12 total	\$4.59
79	Long Pepperoni Stick Approx 2 feet long.	\$10.98		99	Battered Haddock Bites Delicious, bakeable. Kids love these. 50 count			\$14.98		119	Motts Fruit Snacks Real fruit flavors and tropical flavors, the best! 30 lunch pack size	\$4.98
80	Veggie Items Hearty Garlic Dill Pickles Bread and Butter style slices. By Adirondack Pickle. 24oz Jar.	\$5.98		100	Dessert Items Lemon Meringue Pie Simply thaw, eat, delicious.			\$9.98		120	Frito Lays Variety Pack Lunch pack size. 12 count, 3 varieties to make up the 12 bags	\$4.59
81	Peppers and Onion Blend 2 lb. bag	\$3.98		101	Apple Cinnamon Coffee Cake Gourmet quality. 10-12 slices. 1.5lb			\$7.98		121	Grandma's Cookies Assorted flavors, peanut butter, oatmeal raisin, chocolate chip, vanilla cream, 9 count	\$4.49
82	Cut Corn 2.50lb bag.	\$3.50		102	Blueberry Coffee Cake Gourmet quality, 10-12 slices 1.5 1.5lbs			\$7.98		122	Deli Items Roast Beef Sliced fresh daily. 1lb. \$10.95 value	\$7.88
83	Broccoli Florets Grade A fancy. 2lb bag.	\$3.98		103	Banana Cream Pie Simply thaw, eat, delicious.			\$8.98		123	Virginia Baked Ham Sliced fresh daily. 1lb. \$9.95 value.	\$5.98
84	Cauliflower Florets Grade A fancy - 2lb. bag	\$3.98		104	Oatmeal Raisin Cookies By Otis Spunkmeyer. Ready to bake. Approx 45 count. 3lbs.			\$8.98		124	Capicola (Hot Ham) Sliced fresh daily. 1lb.	\$6.49
85	Brussel Sprouts Small and tender. Grade A fancy. 2lb bag.	\$3.98		105	Chocolate Cream Pie Simply thaw, eat, delicious.			\$8.98		125	Genoa Salami Best quality. Fresh from our deli daily. 1lb pack	\$6.49 SPECIAL
86	Prince Edward Blend Baby carrots, baby yellow and green beans. 2lb bag.	\$3.98		106	Chocolate Chip Cookies By Otis Spunkmeyer. Ready to bake. Approx 45 count. 3lbs.			\$8.98		126	Sliced Pepperoni Best quality. Fresh from our deli daily. 1lb. pack	\$6.49 SPECIAL
87	Cut Green Beans 2lb bag	\$2.98		107	White Chocolate Macadamia By Otis Spunkmeyer. Approx 24 larger cookies, 2lbs.			\$6.98		127	Corn Beef Sliced fresh daily. 1lb.	\$7.98
88	Hot Pocket Items Ham+Cheese Pockets By Hot Pockets. 6-4oz.	\$6.49		108	Delicious Custard Pie Simply thaw and eat, delicious. Great summer time dessert!			\$5.98 BUY ONE GET ONE FREE!		128	Oven Roasted Turkey Breast Sliced fresh daily. 1lb. \$9.95 value.	\$6.98
89	Pepperoni Pockets By Hot Pockets. With cheese, pepperoni & marinara. 6-4oz.	\$6.49		109	Fully Cooked Meal Kits Beef and Broccoli Meal Kit Tender beef steak, broccoli, white rice and vegetables in a savory soy sauce. 24 oz, serves 2-3.			\$6.00		129	Wunderbar Bologna Sliced fresh daily. 1lb. \$4.99 value.	\$3.98

Dear Customers,

We made a special purchase of choice, center cut, very tender well trimmed steaks. All steaks are cryo-vac which means they can be kept frozen for 6 months or more and still be perfect. This is a great stock up opportunity.

Remember all our deli items are sliced fresh the same day of the co-op. Always fresh, always the best quality, and, of course, always great prices. We are always adding new items, so read the list carefully! All products as always are guaranteed.

Remember to let your relatives, friends, co-workers and neighbors know about us. Like Tri City Foods on Facebook.

Order online at www.tricityfoods.com.

If there is an item you ordered before that is not on the list, call us for availability. **518-272-0898**

Thank you for your business.

WEIGHTS ARE CORRECT, COUNTS MAY VARY - NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS

We now accept FOOD STAMP payments- Must prepay by phone 24 or more hours in advance. Call 518-272-0898

You may also Mail your order directly to: Tri-City Foods 618 Third Ave. Watervliet, NY 12189