

Please print heading info clearly.

TURN IN DEADLINE: Monday September 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
1	Poultry Items								
	Boneless Skinless Chicken Breasts Super tender flattened chicken breasts Totally trimmed, approx 20, 5lbs.	\$18.98 SPECIAL		24	Lean Ground Beef (our original) All natural, 85% lean. Sold by the pound.	\$4.98 PER POUND	47	Apple Filled Breadsticks With apple pie filling, kids love these! 10 large 6 inch sticks.	\$6.98 SPECIAL
2	Jumbo Chicken Breast Chunks Golden brown breaded, tender and tasty. Great buy! LARGE 5lb bag.	\$14.98 SPECIAL		Breakfast Items					
				25	Cinnamon French Toast Sticks About 30, 2lbs.	\$5.19	48	Potato and Cheese Perogies By Codino's. 3-13 oz packs.	\$6.69
3	Chicken Nuggets Taste just like a famous fast food place. Approx. 75ct. BIG 5lb bag.	\$14.98 SPECIAL		26	Eggo Buttermilk Pancakes Bake or micro. 36 count.	\$6.95	49	Battered Onion Petals Top seller! Spicy delicious onion petals. Large 2lb bag.	\$6.79
4	Chicken Cordon Bleu Stuffed w/ ham & cheese. Bakeable. 8 - 4oz. breasts.	\$12.98 SPECIAL		27	Eggo Homestyle Waffles Bake or micro. 36 count.	\$6.95	50	Mozzarella sticks Bake or deep fry, large, 3lbs	\$11.49
5	Chicken breasts w/ Broccoli and Cheese (our original) Bakeable 8 - 4 oz. breasts.	\$12.98 SPECIAL		28	Fully Cooked Breakfast Patties Lean pork with country seasoning. 24-2oz 3lbs.	\$11.98	51	Stuffed Shells Stuffed shells with cheese. Approx. 18 count. 3lb tray.	\$6.88
6	Lean Ground Turkey Meat 3 - 1lb	\$9.98		29	French Toast Sticks Our original. About 30ct. 2lbs.	\$5.19	52	Cheese Filled Manicotti Approx 15 large manicotti. 2.5 lbs	\$6.88
7	Crunchy Chicken Tenders Medium size, very tender and delicious 5lbs	\$14.98		30	NEW! Egg + Cheese Breadstick Buy 5 - 6inch sticks and get 5 MORE FREE. Tasty. Total of 10.	\$5.98	53	Cream Cheese Jalapeno Popper Filled w/ cream cheese. Bake/deep fry, about 30, 2lbs	\$12.49
8	Breaded Chicken Breast Fillets Lightly breaded. Bake or deep fry. 18 count. 5lbs.	\$15.98 SPECIAL		31	Fully Cooked Breakfast Links Skinless. Same maker and taste as our patties. Approx. 45 links, 3lbs.	\$11.98	54	Pizza Dough 4 larger 20oz. frozen dough balls.	\$6.49
9	Popcorn Chicken Golden-brown breaded, bake or deep fry. All breast meat. About 80, 5lb bag.	\$14.98 SPECIAL		Potato Items					
				32	Seasoned Potato Wedges Made from delicious Idaho potatoes. BIG 6lb bag.	\$7.98	55	Garlic Knots By Furlani. 2 -8oz boxes. 12 count total. Simply bake or even micro.	\$5.88
10	Spicy Breaded Chicken Fillets Seasoned medium. Just like the fast food places, about 20. 5lbs.	\$16.98		33	Extra Crispy Fries Coated fries to get extra crispy. Bake or deep fry. 4.50lbs.	\$6.98	56	Large Whole Onion Rings Our Original! Bake or deep fry. Great onion rings. 2.50lb bag.	\$6.98
11	Steak and Meat Items								
	Boneless N.Y. Strip Steaks Center cut, 10oz SOLD BY THE STEAK	\$5.98 SPECIAL		34	Sweet Potato Fries Bake or deep fry. 3lb. Bag.	\$6.98	57	Breaded Eggplant Slices Pre-browned. About 30 slices 2.50lb. Bag.	\$7.98
12	Ribs in BBQ Sauce Baby Back Ribbs. Pre cut in tasty sauce. Fully cooked. 3.25lbs	\$13.50		35	Seasoned Diced Potatoes Pre-browned. Bake or pan fry. A top seller! Now LARGER 6lb bag.	\$7.98	58	Mac & Cheese Bites Bake or deep fry. Approx 30. 2 lb. bag.	\$7.98
13	Boneless Pork Chops All center cut, 14 to 16 count, 4lbs	\$14.88		36	Not Seasoned Diced Potatoes NEW! Pre-browned. You get just real potato taste. 5lbs.	\$7.49	59	Cheddar Jalapeno Poppers Filled w/ cheddar cheese. Bake/deep fry, about 30, 2lbs	\$12.49
14	Grilled Seasoned Steakburgers w/ onion and green pepper flavor. Fully cooked. Grill, air fry, pan fry to heat. Approx 13 large ones. 4lbs	\$11.95		37	Roasted Rosemary Redskin Potatoes Fully cooked. Delicious side dish. Try this product. 2.5lb. Bag	\$6.98	60	Garlic Texas Toast Our original, By Furlani. 18 count. 3-8oz boxes. Great buy.	\$6.29
15	Quarter LB Beef Burgers 85% lean. Simply the best. 20ct, 5lbs	\$20.98		38	Roasted Baby Baker Potatoes Lightly seasoned & roasted in olive oil. Heat, Serve. 2.5lbs.	\$6.98	61	Mini Pretzels w/ Cheese Micro or bake, 3 - 9oz bags.	\$5.98
16	Philly Steak Sandwiches Made from real steak cuts. Thin sliced, approx 13 ct. 3.5 lbs average weight	\$15.98		39	Potato Nugget Crowns Silver dollar size, like mini hash browns, about 45. 3lbs	\$5.98	62	Gnocchi Pasta Mini potato pasta. Great side dish. 3 - 13oz packs.	\$5.98
17	Garlic Peppercorn Pork Tenderloin Always tender with great taste 20oz each Buy one Get One Free	\$6.95 BUY ONE GET ONE FREE		Pizza				Bacon and Cheese Items	
				40	Pizza Logs Eggroll shaped with pepperoni, sauce and cheese. Bake or deep fry. 12ct	\$7.98	63	Country Bacon Real hickory smoked bacon. 2 packs. 2lbs.	\$9.88
18	Stuffed Boneless Pork Chops w/ Apple Cranberry Bread Stuffing 4 BIG 8oz chops. 2lbs	\$7.98		41	French Bread Cheese Pizza NEW! Individual size. 6ct, comes with a free pepperoni pack!	\$7.98	64	Jalapeno American Cheese Deli-sliced daily. 1lb.	\$5.98
19	All Natural Ground Beef 90% lean. Grass fed. A \$8.99 per pound value. Sold by the pound.	\$4.98 PER POUND		42	Deep Dish Cheese Pizza Individual size. 6ct.	\$7.98	65	Sliced American Cheese Best quality. Sliced white. 120 slices, 5lbs. Special!	\$14.88
20	Center Cut Ham Slices Boneless BUY 2 - 8oz Ham Slices, GET 2 MORE FREE for a total of 4.	\$4.98 BUY TWO GET TWO FREE!		Appetizer and Dinner Items					
				43	Lasagna Spinach Rollups Filled with cheese and spinach. 12 individual, 4oz. Just add sauce.	\$6.69	66	Sliced Canadian Bacon 97% fat free. Fully cooked. Sliced thin. About 25 slices. Large 18oz pack.	\$4.49 SPECIAL
21	Italian Sausage Links Seasoned medium to please all. Lean and flavorful, 3 1lb packs	\$11.49		44	Cheese Filled Breadsticks w/ mozzarella, Simply bake or air fry. 12 large, 7 inch, really good	\$7.98	67	Shredded Mozzarella Cheese Large economy size bag. 5lbs.	\$15.49
22	NEW! Italian Deluxe Meatballs Regular meatballs with Italian sausage added. Great taste. 32 count. 4 lbs	\$14.98 SPECIAL		45	Lasagna Rollups Filled with delicious cheeses. 12 individual, 4oz. Just add sauce.	\$6.69	68	Cooper Sharp Am. Cheese Deli sliced daily, top seller! 1lb.	\$5.98
23	Sweet Bourbon Pork Chops Boneless center cuts, 12 - 6oz chops, BIG 4.5lb box.	\$14.98 SPECIAL		46	Battered Corn Nuggets Kids love these. Bake or deep fry. Great appetizer. 2lbs.	\$5.98	69	Fontina Sliced Cheese A cross between provolone and mozzarella. Great! A must try. 1lb sliced.	\$6.49

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	Philly Steak+Cheese Pockets By Hot Pockets. 6-4oz	\$6.49		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	Shrimp Fried Rice Meal Kit Tasty oriental meal kit. Fully cooked. 24 oz, serves 2-3.	\$6.00
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	Shrimp Florentine Meal Kit Pasta, spinach, and shrimp seasoned perfectly. 24 oz, serves 2-3.	\$6.00
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	Snacks and More Sour Cream and Onion Chips By Pringles 12 lunch pack containers	\$6.98
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	Cheddar Cheese Chips By Pringles 12 lunch pack containers	\$6.98
77	Sliced Provolone Cheese Best quality. 1.50lb package.	\$6.98		97	Breaded Clam Strips Bake or deep fry. 8 - 4oz bags	\$10.98		117	NEW! Honey Bun Donuts You get 12, double sized, indi- vidually wrapped, absolutely delicious glazed donuts. You will not find a better donut.	\$5.49
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	\$8.49
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.	\$6.49
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	Marble Chocolate Chip Cake Vanilla and chocolate cake with loads of chocolate chips. 10-120 slices, 1.5lbs	\$7.98		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,

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