

ITEM	COST	ORD	ITEM	COST	ORD	ITEM	COST	ORD
70	\$7.29		90	\$15.98		Snacks and More		
Grated Parmesan & Romano Best quality. Pure, no fillers. 1lb. \$9.95 Value			Chicken + Veggie Dumplings Tasty oriental dumplings, 40 count			Veggie Spring Rolls Tasty oriental treats, 20 count		
71	\$7.29		91	\$8.98 SPECIAL		Pork + Veggie Dumplings Tasty oriental dumplings, 40 count		
Shaved Italian Cheeses Romano and parmesan cheese blend. Outstanding. 1lb. A 11.95 value.			Seafood Items					
			Breaded Lobster Bites Bake or deep fry. 2 - 17oz bags.					
72	\$5.98		92	\$8.98 SPECIAL		Lean Ground Turkey Meat 1 - 1lb, Sold By The Pound		
Sliced Munster Cheese Sliced fresh daily 1 lb.			Breaded Crab + Cheese Bites Bake or deep fry. 2 - 17oz bags.					
73	\$6.49		93	\$19.98		Dorito Snack Mix Lunch pack size. 6 nacho cheese & 6 cool ranch. 12 total		
Sweet Horseradish Pickle Slices Bread and butter style slices. By Adirondack pickle. 24oz jar.			Not Breaded Haddock Fillets All center cuts. 8-10 boneless, skinless wild caught fillets. All natural. 3lbs.					
74	\$8.29		94	\$18.98 SPECIAL		Frito Lays Variety Pack Lunch pack size. 12 count, 3 varieties to make up the 12 bags		
Raspberry Melba Sauce Large 32oz jar.			Raw Shrimp Peeled & cleaned ready to cook large shrimp. About 50.					
75	\$4.49		95	\$18.98		Grandma's Cookies Assorted flavors, peanut butter, oatmeal raisin, chocolate chip, vanilla cream, 9 count		
American Cheese For those who do not want a 5lb brick. 1lb package.			Breaded Coconut Shrimp Butterfly, deep fry or pan fry. About 60, 3lbs.					
76	\$9.50		96	\$14.98 SPECIAL		Soup Items		
Mozzarella String Cheese Land O Lakes Product Premium cheese stick. 30-1oz. sticks.			Ready Made Crab Cakes Lots of crab. Tasty. You get 12 large 3.5 oz crab cakes.			Corn Chowder Tasty corn chowder with bacon, potatoes, peppers, etc. 4lb tub, makes about 12 bowls.		
77	\$6.98		97	\$10.98		New England Clam Chowder Thick and hearty white clam chowder. 4lb tub, makes about 12 bowls.		
Sliced Provolone Cheese Best quality. 1.50lb package.			Breaded Clam Strips Bake or deep fry. You get either 8 - 4oz bags or 2 - 16oz bags. Depending on inventory.					
78	\$6.98		98	\$18.98 SPECIAL		Deli Items		
Sliced Swiss Cheese Best quality. 1.50lb. package.			Breaded Jumbo Shrimp Butterflied. Deep fry or pan fry. About 60, 3lb bag.			Honey Baked Ham Best quality. Sliced fresh daily. 1lb. \$9.95 value.		
79	\$11.49		99	\$7.98		Honey Smoked Turkey Breast Sliced fresh daily. 1lb. \$9.95 value.		
Long Pepperoni Stick Approx 2 feet long.			Dessert Items					
			Apple Cinnamon Coffee Cake Gourmet quality, 10-12 slices 1.5lbs					
80	\$6.49		100	\$7.98		Boiled Ham Plain ham, not smoked. Best quality. Sliced fresh daily. 1lb. \$7.98 value.		
Hearty Garlic Dill Pickles Bread and Butter style slices. By Adirondack Pickle. 24oz Jar.			Blueberry Coffee Cake Gourmet quality, 10-12 slices 1.5lbs					
81	\$3.98		101	\$8.49		Ham off the Bone Best quality. Fresh from our deli daily. 1lb pack		
Peppers and Onion Blend 2 lb. bag			Amish Carrot Cake Roll Filled with a delicious cream cheese filling. 21oz					
82	\$3.50		102	\$9.98		Roast Beef Sliced fresh daily. 1lb. \$11.95 value		
Cut Corn 2.50lb bag.			Chocolate Cream Pie Thaw and eat.					
83	\$3.98		103	\$9.50		Virginia Baked Ham Sliced fresh daily. 1lb. \$9.95 value.		
Broccoli Florets Grade A fancy. 2lb bag.			Chocolate Chip Cookies By Otis Spunkmeyer. Ready to bake. Approx 45 count. 3lbs.					
84	\$3.98		104	\$3.88		Capicola (Hot Ham) Sliced fresh daily. 1lb.		
Cauliflower Florets Grade A fancy - 2lb. bag			Apple Crumb Pie 8-Inch Fully baked..					
85	\$3.98		105	\$6.00		Genoa Salami Best quality. Fresh from our deli daily. 1lb pack		
Brussel Sprouts Small and tender. Grade A fancy. 2lb bag.			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.					
86	\$3.98		106	\$6.00		Sliced Pepperoni Best quality. Fresh from our deli daily. 1lb. pack		
Prince Edward Blend Baby carrots, baby yellow and green beans. 2lb bag.			Chicken Stir Fry Meal Kit Tender chicken chunks, peas, carrots and broccoli with fried rice. 24 oz, serves 2-3.					
87	\$3.98		107	\$6.00		Corned Beef Sliced fresh daily. 1lb.		
Peas and Carrots 2.5lb bag			Shrimp Scampi Meal Kit Shrimp, linguini pasta and delicious vegetables in a creamy garlic sauce. 24 oz, serves 2-3.					
88	\$6.65		108	\$6.00		Oven Roasted Turkey Breast Sliced fresh daily. 1lb. \$9.95 value.		
Hot Pocket Items			Chicken Alfredo Meal Kit White meat chicken, pasta and vegetables in a rich and creamy alfredo sauce. 24 oz, serves 2-3.					
Ham+Cheese Pockets By Hot Pockets. 6-4oz.								
89	\$6.65		109	\$6.00		Wunderbar Bologna Sliced fresh daily. 1lb. \$4.99 value.		
Pepperoni Pockets By Hot Pockets. With cheese, pepperoni & marinara. 6-4oz.			Shrimp Fried Rice Meal Kit Tasty oriental meal kit. Fully cooked. 24 oz, serves 2-3.					

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.

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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

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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