

Please print heading info clearly.

TURN IN DEADLINE: Tuesday February 22nd

PICK UP DATE:

NAME \_\_\_\_\_ NO. OF ITEMS \_\_\_\_\_

WORK PHONE \_\_\_\_\_ EXT. \_\_\_\_\_ AMT. OF ORDER \_\_\_\_\_

HOME PHONE \_\_\_\_\_ Less 3% \_\_\_\_\_

EMAIL \_\_\_\_\_ FINAL COST \_\_\_\_\_

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

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| ITEM                 |  | COST  | ORD | ITEM | COST   | ORD | ITEM | COST   | ORD            |
|----------------------|--|---|-----|------|--|-----|------|--|----------------|
| <b>Poultry Items</b> |  |   |     |      |  |     |      |  |                |
| 1                    | <b>Boneless Skinless Chicken Breasts</b><br>Super tender flattened chicken breasts<br>Totally trimmed, approx 20, 5lbs.      | <b>\$18.98</b><br><b>SPECIAL</b>                                  |     | 24   | <b>Boneless N.Y. Strip Steaks</b><br>Center cut, 10oz<br><b>SOLD BY THE STEAK</b>                                  |     | 47   | <b>Eggplant Rollatini</b><br>Rolled eggplant with delicious<br>Italian cheeses. 10 large count.<br>Add sauce and bake. | <b>\$11.98</b> |
| 2                    | <b>Breaded Chicken Breast Strips</b><br>Golden brown breaded, tender and<br>tasty. Great buy! <b>LARGE 5lb bag.</b>          | <b>\$14.98</b><br><b>SPECIAL</b>                                  |     | 25   | <b>Bigger N.Y. Strip Steaks</b><br>Larger and thicker 12oz<br><b>SOLD BY THE STEAK</b>                             |     | 48   | <b>Potato and Cheese Perogies</b><br><b>By Codino's.</b> 3-13 oz packs.  | <b>\$6.69</b>  |
| 3                    | <b>Chicken Nuggets</b><br>Taste just like a famous fast food<br>place. Approx. 75ct. <b>BIG 5lb bag.</b>                     | <b>\$14.98</b><br><b>SPECIAL</b>                                  |     | 26   | <b>Breakfast Items</b>   |     | 49   | <b>Battered Onion Petals</b><br>Top seller! Spicy delicious<br>onion petals. Large 2lb bag.                            | <b>\$6.79</b>  |
| 4                    | <b>Chicken Cordon Bleu</b><br>Stuffed w/ ham & cheese. Bakeable.<br>8 - 4oz. breasts.  | <b>\$12.98</b><br><b>SPECIAL</b>                                  |     | 27   | <b>French Toast Sticks</b><br>Our original. About 30ct. 2lbs.  |     | 50   | <b>Mozzarella sticks</b><br>Bake or deep fry, large, 3lbs  | <b>\$11.98</b> |
| 5                    | <b>Chicken breasts w/ Broccoli and<br/>Cheese (our original)</b><br>Bakeable 8 - 4 oz. breasts.                              | <b>\$12.98</b><br><b>SPECIAL</b>                                  |     | 28   | <b>Ready Made Pancakes</b><br>Bake or micro. 36 count.   |     | 51   | <b>Cheese Ravioli</b><br>You get 3, 13oz bags.   | <b>\$5.78</b>  |
| 6                    | <b>Buffalo Chicken Breast Fillets</b><br>Lightly breaded w/ tasty buffalo<br>seasoning. Approx 20, 5lbs.                     | <b>\$16.98</b><br><b>SPECIAL</b>                                  |     | 29   | <b>Fully Cooked Breakfast Links</b><br>Skinless. Same maker and taste as<br>our patties. Approx. 40 links 2.75lbs  |     | 52   | <b>Cheese Filled Manicotti</b><br>Approx 15 large manicotti. 2.5<br>lbs  | <b>\$6.88</b>  |
| 7                    | <b>Chicken Tenders</b><br>Golden Brown Breaded, Large 5lb bag  | <b>\$16.98</b><br><b>SPECIAL</b>                                  |     | 30   | <b>Turkey Breakfast Patties</b><br>Fully cooked. Tasty and lean.<br>40 count, 3lbs.                                |     | 53   | <b>Buffalo Chicken Logs</b><br>Eggroll shaped. All white meat<br>with buffalo sauce. 12 count.                         | <b>\$8.49</b>  |
| 8                    | <b>Breaded Chicken Breast Fillets</b><br>Lightly breaded. Bake or deep fry.<br>Approx. 20 count. 5lbs.                       | <b>\$16.98</b><br><b>SPECIAL</b>                                  |     | 31   | <b>Potato Items</b>  |     | 54   | <b>Pizza Dough</b><br>3 - 16oz. frozen dough balls.  | <b>\$5.88</b>  |
| 9                    | <b>Popcorn Chicken</b><br>Golden-brown breaded, bake or deep<br>fry. All breast meat. About 80, 5lb bag.                     | <b>\$14.98</b><br><b>SPECIAL</b>                                  |     | 32   | <b>Seasoned French Fries</b><br>Made from delicious Idaho<br>potatoes. 5lb bag.                                    |     | 55   | <b>Garlic Knots By Furlani.</b><br>2 -8oz boxes.12 count total.<br>Simply bake or even micro.                          | <b>\$5.88</b>  |
| 10                   | <b>Mini Chicken Cordon-Bleu</b><br><b>NEW!</b> Stuffed with ham and cheese.<br>Great appetizer. Approx 32 count.             | <b>\$11.98</b>  |     | 33   | <b>Extra Crispy Fries</b><br>Coated fries to get extra crispy.<br>Bake or deep fry. 4.50lbs.                       |     | 56   | <b>Large Whole Onion Rings</b><br><b>Our Original!</b> Bake or deep fry.<br>Great onion rings. 2.50lb bag.             | <b>\$6.98</b>  |
| 11                   | <b>Buffalo Chicken Wings</b><br>Fully cooked wings w/ tasty buffalo<br>seasoning. Big 5lb bag.                               | <b>\$19.98</b><br><b>SPECIAL</b>                                  |     | 34   | <b>Sweet Potato Fries</b><br>Bake or deep fry. 3lb. Bag.   |     | 57   | <b>Veggie Spring Rolls</b><br>Tasty oriental treats, 20 count  | <b>\$6.98</b>  |
| 12                   | <b>Steak and Meat Items</b>  |   |     | 35   | <b>Seasoned Diced Potatoes</b><br>Pre-browned. Bake or pan fry. A top<br>seller! Now <b>LARGER</b> 6lb bag.        |     | 58   | <b>Egg and Cheese Breadsticks</b><br>Bake or micro. 10 6-inch sticks.  | <b>\$4.88</b>  |
| 13                   | <b>Lean Ground Beef (our original)</b><br>All natural, 85% lean.<br>Sold by the pound.                                       | <b>\$5.39</b><br><b>PER</b><br><b>POUND</b>                       |     | 36   | <b>Jersey Shore French Fries</b><br>Battered, seasoned, finally back!<br>5lbs                                      |     | 59   | <b>Battered Mushrooms</b><br>Bake, air fry or deep fry.<br>About 40. 3lbs  | <b>\$11.98</b> |
| 14                   | <b>Boneless Pork Chops</b><br>All center cut, 14 to 16 count, 4lbs   | <b>\$14.88</b>  |     | 37   | <b>Roasted Rosemary Redskin<br/>Potatoes</b><br>Fully cooked. Delicious side dish.<br>Try this product. 2.5lb. Bag |     | 60   | <b>Garlic Texas Toast</b><br><b>Our original, By Furlani.</b> 18<br>count. 3-8oz boxes. Great buy.                     | <b>\$6.29</b>  |
| 15                   | <b>Jumbo Beef Burgers</b><br>Approx 14 count, 5lbs   | <b>\$20.98</b>  |     | 38   | <b>Roasted Baby Baker Potatoes</b><br>Lightly seasoned & roasted in olive<br>oil. Heat, Serve. 2.5lbs.             |     | 61   | <b>Mini Pretzels w/ Cheese</b><br>Micro or bake, 3 - 9oz bags.   | <b>\$5.98</b>  |
| 16                   | <b>Quarter LB Beef Burgers</b><br>85% lean. Simply the best. 20ct, 5lbs  | <b>\$20.98</b>  |     | 39   | <b>Yukon Gold Mashed Potatoes</b><br>Not always available. Hear & Serve.<br>The very best! 4lbs.                   |     | 62   | <b>Cheddar Jalapeno Popper</b><br>Filled w/ <b>cheddar cheese.</b><br>Bake/deep fry, about 30, 2lbs                    | <b>\$12.49</b> |
| 17                   | <b>Philly Steak Sandwiches</b><br>Made from real steak cuts. Thin sliced,<br>Approx. 13 ct. 3.5 lbs average total<br>weight  | <b>\$15.98</b>  |     | 40   | <b>Pizza</b>   |     | 63   | <b>Bacon and Cheese Items</b>  |                |
| 18                   | <b>All Beef Hot Dogs</b><br><b>By Ball Park.</b><br>Jumbo dogs. 3 - 14.5oz packs.<br>15 total dogs.                          | <b>\$8.98</b><br><b>SPECIAL</b>                                   |     | 41   | <b>Pizza Logs</b><br>Eggroll shaped with pepperoni, sauce<br>and cheese. Bake or deep fry.12ct                     |     | 64   | <b>Country Bacon</b><br>Real hickory smoked bacon.<br>2 packs. 2lbs.   | <b>\$9.88</b>  |
| 19                   | <b>Garlic Herb Pork Tenderloins</b><br>Approx 1.5lb each<br>Buy one for 6.98 get one more free!                              | <b>\$6.98</b><br><b>BUY ONE</b><br><b>GET ONE</b><br><b>FREE!</b> |     | 42   | <b>French Bread Cheese Pizza</b><br>Individual size. 6ct.  |     | 65   | <b>Jalapeno American Cheese</b><br>Deli-sliced daily. 1lb.   | <b>\$5.98</b>  |
| 20                   | <b>All Natural Ground Beef</b><br>90% lean. Grass fed. A \$8.99 per<br>pound value. Sold by the pound.                       | <b>\$5.49</b><br><b>PER</b><br><b>POUND</b>                       |     | 43   | <b>French Bread Cheese Pizza</b><br>Individual size. 6ct, comes with a<br><b>free pepperoni pack!</b>              |     | 66   | <b>Sliced American Cheese</b><br>Best quality. Sliced white. 120<br>slices, 5lbs. <b>Special!</b>                      | <b>\$14.88</b> |
| 21                   | <b>Boneless Beef Brisket</b><br><b>By Mortons of Omaha</b><br>Absolute best quality, USDA Choice,<br>perfectly trimmed, 3lbs | <b>\$14.98</b><br><b>SPECIAL</b>                                  |     | 44   | <b>Appetizer and Dinner Items</b>  |     | 67   | <b>Sliced Cheddar Cheese</b><br>Delicious sharp cheddar.<br>Sliced fresh daily 1 lb.                                   | <b>\$6.88</b>  |
| 22                   | <b>Sweet Italian Sausage Links</b><br>Lean and flavorful, 3 1lb packs  | <b>\$11.98</b>  |     | 45   | <b>Cream Cheese Jalapeno Popper</b><br>Filled w/ <b>cream cheese.</b><br>Bake/deep fry, about 30, 2lbs             |     | 68   | <b>Shredded Mozzarella Cheese</b><br>Large economy size bag. 5lbs.   | <b>\$15.49</b> |
| 23                   | <b>Fully Cooked Italian Meatballs</b><br>Great tasting. Simply heat and serve.<br>3.25lbs                                    | <b>\$12.98</b><br><b>SPECIAL</b>                                  |     | 46   | <b>Lasagna Rollups</b><br>Filled with delicious cheeses.<br>12 individual, 4oz. Just add sauce.                    |     | 69   | <b>Cooper Sharp Am. Cheese</b><br>Deli sliced daily, top seller! 1lb.  | <b>\$5.98</b>  |
| 24                   | <b>Sweet Bourbon Pork Chops</b><br>Boneless center cuts, 12 - 6oz chops,<br>BIG 4.5lb box.                                   | <b>\$14.98</b><br><b>SPECIAL</b>                                  |     | 47   | <b>Lasagna Spinach Rollups</b><br>Filled with cheese and spinach.<br>12 individual, 4oz. Just add sauce.           |     | 70   | <b>Fontina Sliced Cheese</b><br>A cross between provolone and<br>mozzarella. Great! A must try.<br>1lb sliced.         | <b>\$6.49</b>  |

| ITEM |  | COST    | ORD | ITEM | COST   | ORD                       | ITEM | COST | ORD   |                            |
|------|--|---------|-----|------|--|---------------------------|------|------|---|----------------------------|
| 70   | <b>Grated Parmesan &amp; Romano</b><br>Best quality. Pure, no fillers.<br>1lb. \$9.95 Value  | \$7.29  |     | 90   | <b>Chicken + Veggie Dumplings</b><br>Tasty oriental dumplings, 40 count  | \$15.98                   |      | 110  | <b>Snacks and More</b><br><b>Pork + Veggie Dumplings</b><br>Tasty oriental dumplings, 40 count                                    | \$15.98                    |
| 71   | <b>Shaved Italian Cheeses</b><br>Romano and parmesan cheese blend. Outstanding. 1lb. A 11.95 value.                                  | \$7.29  |     | 91   | <b>Seafood Items</b><br><b>Breaded Lobster Bites</b><br>Bake or deep fry. 2 - 15oz bags.   | \$9.98<br><b>SPECIAL</b>  |      | 111  | <b>Lean Ground Turkey Meat</b><br>1 - 1lb, <b>Sold By The Pound</b>   | \$2.89<br><b>PER POUND</b> |
| 72   | <b>Sliced Munster Cheese</b><br>Sliced fresh daily 1 lb.   | \$5.98  |     | 92   | <b>Breaded Crab + Cheese Bites</b><br>Bake or deep fry. 2 - 15oz bags.   | \$9.98<br><b>SPECIAL</b>  |      | 112  | <b>Dorito Snack Mix</b><br>Lunch pack size. 6 nacho cheese & 6 cool ranch. 12 total   | \$4.59                     |
| 73   | <b>Sweet Horseradish Pickle Slices</b><br>Bread and butter style slices.<br><b>By Adirondack pickle.</b> 24oz jar.                   | \$6.49  |     | 93   | <b>Not Breaded Haddock Fillets</b><br>All center cuts. 8-10 boneless, skinless wild caught fillets.<br><b>All natural. 3lbs.</b>                                       | \$19.98                   |      | 113  | <b>Frito Lays Variety Pack</b><br>Lunch pack size. 12 count, 3 varieties to make up the 12 bags                                   | \$4.59                     |
| 74   | <b>Raspberry Melba Sauce</b><br>Large 32oz jar.  | \$8.29  |     | 94   | <b>Raw Shrimp</b><br>Peeled & cleaned ready to cook large shrimp. About 50.  | \$18.98<br><b>SPECIAL</b> |      | 114  | <b>Vegetable Pan Spray</b><br>Multi purpose, large 17oz can.  | \$5.69                     |
| 75   | <b>American Cheese</b><br>For those who do not want a 5lb brick. 1lb package.  | \$4.49  |     | 95   | <b>NEW! Breaded Shrimp Bites</b><br>Bake or deep fry. 2 - 11oz bags.   | \$9.98<br><b>SPECIAL</b>  |      | 115  | <b>Grandma's Cookies</b><br>Assorted flavors, peanut butter, oatmeal raisin, chocolate chip, vanilla cream, 9 count               | \$4.49                     |
| 76   | <b>Mozzarella String Cheese</b><br>Land O Lakes Product Premium cheese stick. 30-1oz. sticks.  | \$9.50  |     | 96   | <b>Ready Made Crab Cakes</b><br>Lots of crab. Tasty. You get 12 large 3.5 oz crab cakes.   | \$14.98<br><b>SPECIAL</b> |      | 116  | <b>Soup Items</b><br><b>Corn Chowder</b><br>Tasty corn chowder with bacon, potatoes, peppers, etc. 4lb tub, makes about 12 bowls. | \$6.98                     |
| 77   | <b>Sliced Provolone Cheese</b><br>Best quality. 1.50lb package.  | \$6.98  |     | 97   | <b>Breaded Clam Strips</b><br>Bake or deep fry. You get either 8 - 4oz bags or 2 - 16oz bags. Depending on inventory.  | \$10.98                   |      | 117  | <b>New England Clam Chowder</b><br>Thick and hearty white clam chowder. 4lb tub, makes about 12 bowls.                            | \$6.98                     |
| 78   | <b>Sliced Swiss Cheese</b><br>Best quality. 1.50lb. package.   | \$6.98  |     | 98   | <b>NEW! Breaded Calamari Rings</b><br>Golden brown. Bake or deep fry. 2 - 11oz bags.   | \$9.98                    |      | 118  | <b>Deli Items</b><br><b>Honey Baked Ham</b><br>Best quality. Sliced fresh daily. 1lb. \$9.95 value.                               | \$6.98                     |
| 79   | <b>Long Pepperoni Stick</b><br>Approx 2 feet long.   | \$11.49 |     | 99   | <b>Dessert Items</b><br><b>Chocolate Peanut Butter Roll</b><br>Filled with a delicious peanut butter filling. 21oz, Amish made   | \$8.49                    |      | 119  | <b>Honey Smoked Turkey Breast</b><br>Sliced fresh daily. 1lb. \$9.95 value.   | \$6.98                     |
| 80   | <b>Veggie Items</b><br><b>Hearty Garlic Dill Pickles</b><br>Bread and Butter style slices.<br><b>By Adirondack Pickle.</b> 24oz Jar. | \$6.49  |     | 100  | <b>Blueberry Coffee Cake</b><br>Gourmet quality, 10-12 slices 1.5lbs   | \$7.98                    |      | 120  | <b>Boiled Ham</b><br>Plain ham, not smoked. Best quality. Sliced fresh daily. 1lb. \$7.98 value.                                  | \$5.29                     |
| 81   | <b>Peppers and Onion Blend</b><br>2 lb. bag  | \$3.98  |     | 101  | <b>Amish Carrot Cake Roll</b><br>Filled with a delicious cream cheese filling. 21oz  | \$8.49                    |      | 121  | <b>Ham off the Bone</b><br>Best quality. Fresh from our deli daily. 1lb pack  | \$7.49                     |
| 82   | <b>Cut Corn</b><br>2.50lb bag.   | \$3.50  |     | 102  | <b>Strawberry Rhubarb Pie 8-Inch</b><br>Fully baked.   | \$3.88                    |      | 122  | <b>Roast Beef</b><br>Sliced fresh daily. 1lb. \$11.95 value   | \$8.98                     |
| 83   | <b>Broccoli Florets</b><br>Grade A fancy. 2lb bag.   | \$3.98  |     | 103  | <b>Chocolate Chip Cookies</b><br>Loads of chocolate chips. Ready to bake. 3lbs.  | \$9.50                    |      | 123  | <b>Virginia Baked Ham</b><br>Sliced fresh daily. 1lb. \$9.95 value.   | \$6.98                     |
| 84   | <b>Cauliflower Florets</b><br>Grade A fancy - 2lb. bag   | \$3.98  |     | 104  | <b>White Chocolate Macadamia Nut Cookies</b><br>Ready to bake, 3lbs.   | \$9.50                    |      | 124  | <b>Capicola (Hot Ham)</b><br>Sliced fresh daily. 1lb.   | \$6.49                     |
| 85   | <b>Brussel Sprouts</b><br>Small and tender. Grade A fancy. 2lb bag.  | \$3.98  |     | 105  | <b>Fully Cooked Meal Kits</b><br><b>Beef and Broccoli Meal Kit</b><br>Tender beef steak, broccoli, white rice and vegetables in a savory soy sauce. 24 oz, serves 2-3. | \$6.00                    |      | 125  | <b>Genoa Salami</b><br>Best quality. Fresh from our deli daily. 1lb pack  | \$6.98<br><b>SPECIAL</b>   |
| 86   | <b>Prince Edward Blend</b><br>Baby carrots, baby yellow and green beans. 2lb bag.  | \$3.98  |     | 106  | <b>Chicken Stir Fry Meal Kit</b><br>Tender chicken chunks, peas, carrots and broccoli with fried rice. 24 oz, serves 2-3.  | \$6.00                    |      | 126  | <b>Sliced Pepperoni</b><br>Best quality. Fresh from our deli daily. Pizza size slices. 1lb. pack                                  | \$6.98<br><b>SPECIAL</b>   |
| 87   | <b>Peas and Carrots</b><br>2.5lb bag   | \$3.98  |     | 107  | <b>Shrimp Scampi Meal Kit</b><br>Shrimp, linguini pasta and delicious vegetables in a creamy garlic sauce. 24 oz, serves 2-3.  | \$6.00                    |      | 127  | <b>Corned Beef</b><br>Sliced fresh daily. 1lb.  | \$7.98                     |
| 88   | <b>Hot Pocket Items</b><br><b>Ham+Cheese Pockets</b><br><b>By Hot Pockets.</b> 6-4oz.  | \$6.65  |     | 108  | <b>Chicken Alfredo Meal Kit</b><br>White meat chicken, pasta and vegetables in a rich and creamy alfredo sauce. 24 oz, serves 2-3.                                     | \$6.00                    |      | 128  | <b>Oven Roasted Turkey Breast</b><br>Sliced fresh daily. 1lb. \$9.95 value.   | \$6.98                     |
| 89   | <b>Pepperoni Pockets</b><br><b>By Hot Pockets.</b> With cheese, pepperoni & marinara. 6-4oz.   | \$6.65  |     | 109  | <b>Shrimp Fried Rice Meal Kit</b><br>Tasty oriental meal kit. Fully cooked. 24 oz, serves 2-3.   | \$6.00                    |      | 129  | <b>Wunderbar Bologna</b><br>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](http://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