

Please print heading info clearly.

TURN IN DEADLINE: Thursday October 21st

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	<b>Poultry Items</b>			24	<b>\$5.29 PER POUND</b>	47	<b>Apple Filled Breadsticks</b> With apple pie filling, kids love these! 10 large 6 inch sticks.	<b>\$6.98 SPECIAL</b>	
	<b>Boneless Skinless Chicken Breasts</b> Super tender flattened chicken breasts Totally trimmed, approx 20, 5lbs.	<b>\$18.98 SPECIAL</b>							
2	<b>Breakfast Items</b>			25	<b>\$5.19</b>	48	<b>Potato and Cheese Perogies</b> By Codino's. 3-13 oz packs.	<b>\$6.69</b>	
	<b>Jumbo Chicken Breast Chunks</b> Golden brown breaded, tender and tasty. Great buy! <b>LARGE 5lb bag.</b>	<b>\$15.98 SPECIAL</b>							
3	<b>NEW! Turkey Breakfast Patties</b> By Jimmy Dean Fully cooked, approx. 40, 3lbs			26	<b>\$10.98</b>	49	<b>Battered Onion Petals</b> Top seller! Spicy delicious onion petals. Large 2lb bag.	<b>\$6.79</b>	
	<b>Chicken Nuggets</b> Taste just like a famous fast food place. Approx. 75ct. <b>BIG 5lb bag.</b>	<b>\$14.98 SPECIAL</b>							
4	<b>French Toast Sticks</b> Our original. About 30ct. 2lbs.			29	<b>\$5.19</b>	52	<b>Cheese Filled Manicotti</b> Approx 15 large manicotti. 2.5 lbs	<b>\$6.88</b>	
	<b>Chicken Cordon Bleu</b> Stuffed w/ ham & cheese. Bakeable. 8 - 4oz. breasts.	<b>\$12.98 SPECIAL</b>							
5	<b>Fully Cooked Breakfast Patties</b> Lean pork with country seasoning. 22 Large Patties - 3lbs.			28	<b>\$11.98</b>	51	<b>Stuffed Shells</b> Stuffed shells with cheese. Approx. 18 count. 3lb tray.	<b>\$6.88</b>	
	<b>Chicken breasts w/ Broccoli and Cheese (our original)</b> Bakeable 8 - 4 oz. breasts.	<b>\$12.98 SPECIAL</b>							
6	<b>French Toast Sticks</b> Our original. About 30ct. 2lbs.			29	<b>\$5.19</b>	52	<b>Cheese Filled Manicotti</b> Approx 15 large manicotti. 2.5 lbs	<b>\$6.88</b>	
	<b>Lean Ground Turkey Meat</b> 3 - 1lb	<b>\$8.98 SPECIAL</b>							
7	<b>NEW! Egg + Cheese Breadstick</b> Buy 5 - 6inch sticks and get 5 <b>MORE FREE.</b> Tasty. Total of 10.			30	<b>\$5.98</b>	53	<b>Cream Cheese Jalapeno Popper</b> Filled w/ cream cheese. Bake/deep fry, about 30, 2lbs	<b>\$12.49</b>	
	<b>Chicken Tenders</b> Golden Brown Breaded, Large 5lb bag	<b>\$16.98 SPECIAL</b>							
8	<b>Fully Cooked Breakfast Links</b> Skinless. Same maker and taste as our patties. Approx. 40 links 2.75lbs			31	<b>\$11.98</b>	54	<b>Pizza Dough</b> 4 larger 20oz. frozen dough balls.	<b>\$6.49</b>	
	<b>Breaded Chicken Breast Fillets</b> Lightly breaded. Bake or deep fry. Approx. 16 - 18 count. 5lbs.	<b>\$16.98 SPECIAL</b>							
9	<b>Potato Items</b>			32	<b>\$7.98</b>	55	<b>Garlic Knots</b> By Furlani. 2 -8oz boxes.12 count total. Simply bake or even micro.	<b>\$5.88</b>	
	<b>Popcorn Chicken</b> Golden-brown breaded, bake or deep fry. All breast meat. About 80, 5lb bag.	<b>\$14.98 SPECIAL</b>							
10	<b>Seasoned Potato Wedges</b> Made from delicious Idaho potatoes. <b>BIG 6lb bag.</b>			32	<b>\$7.98</b>	55	<b>Garlic Knots</b> By Furlani. 2 -8oz boxes.12 count total. Simply bake or even micro.	<b>\$5.88</b>	
	<b>Buffalo Chicken Breast Fillets</b> Large battered w/ buffalo sauce flavor, very tasty, about 20, 5lbs	<b>\$16.98</b>							
11	<b>Extra Crispy Fries</b> Coated fries to get extra crispy. Bake or deep fry. 4.50lbs.			33	<b>\$6.98</b>	56	<b>Large Whole Onion Rings</b> Our Original! Bake or deep fry. Great onion rings. 2.50lb bag.	<b>\$6.98</b>	
	<b>Steak and Meat Items</b>								
12	<b>Boneless N.Y. Strip Steaks</b> Center cut, 10oz <b>SOLD BY THE STEAK</b>			34	<b>\$6.98</b>	57	<b>Breaded Eggplant Slices</b> Pre-browned. About 30 slices 2.50lb. Bag.	<b>\$7.98</b>	
	<b>Ribs in BBQ Sauce</b> Baby Back Ribs. Pre cut in tasty sauce. Fully cooked. 3.25lbs	<b>\$13.50</b>							
13	<b>Seasoned Diced Potatoes</b> Pre-browned. Bake or pan fry. A top seller! Now <b>LARGER 6lb bag.</b>			35	<b>\$7.98</b>	58	<b>Mac &amp; Cheese Bites</b> Bake or deep fry. Approx 30. 2 lb. bag.	<b>\$7.98</b>	
	<b>Boneless Pork Chops</b> All center cut, 14 to 16 count, 4lbs	<b>\$14.88</b>							
14	<b>Jersey Shore French Fries</b> Battered, seasoned, finally back! 5lbs			36	<b>\$7.98</b>	59	<b>Cheddar Jalapeno Poppers</b> Filled w/ cheddar cheese. Bake/deep fry, about 30, 2lbs	<b>\$12.49</b>	
	<b>Jumbo Beef Burgers</b> 15 count, 5lbs	<b>\$20.98</b>							
15	<b>Roasted Rosemary Redskin Potatoes</b> Fully cooked. Delicious side dish. Try this product. 2.5lb. Bag			37	<b>\$7.49</b>	60	<b>Garlic Texas Toast</b> Our original, By Furlani. 18 count. 3-8oz boxes. Great buy.	<b>\$6.29</b>	
	<b>Quarter LB Beef Burgers</b> 85% lean. Simply the best. 20ct, 5lbs	<b>\$20.98</b>							
16	<b>Roasted Baby Baker Potatoes</b> Lightly seasoned & roasted in olive oil. Heat, Serve. 2.5lbs.			38	<b>\$7.49</b>	61	<b>Mini Pretzels w/ Cheese</b> Micro or bake, 3 - 9oz bags.	<b>\$5.98</b>	
	<b>Philly Steak Sandwiches</b> Made from real steak cuts. Thin sliced. Approx. 13 ct. 3.5 lbs average total weight	<b>\$15.98</b>							
17	<b>Potato Nugget Crowns</b> Silver dollar size, like mini hash browns, about 45. 3lbs			39	<b>\$5.98</b>	62	<b>Gnocchi Pasta</b> Mini potato pasta. Great side dish. 3 - 13oz packs.	<b>\$5.98</b>	
	<b>Top Sirloin Steak</b> Center cut, lean, tender <b>Sold by the steak</b> 10oz each	<b>\$4.99</b>							
18	<b>Pizza</b>			40	<b>\$7.98</b>	63	<b>Bacon and Cheese Items</b>	<b>\$9.88</b>	
	<b>Hot Italian Sausage Links</b> 3 - 1lb packs	<b>\$11.98</b>							
19	<b>French Bread Cheese Pizza</b> <b>NEW!</b> Individual size. 6ct, comes with a <b>free pepperoni pack!</b>			41	<b>\$7.98</b>	64	<b>Jalapeno American Cheese</b> Deli-sliced daily. 1lb.	<b>\$5.98</b>	
	<b>All Natural Ground Beef</b> 90% lean. Grass fed. A \$8.99 per pound value. Sold by the pound.	<b>\$5.39 PER POUND</b>							
20	<b>Country Bacon</b> Real hickory smoked bacon. 2 packs. 2lbs.			42	<b>\$7.98</b>	65	<b>Sliced American Cheese</b> Best quality. Sliced white. 120 slices, 5lbs. <b>Special!</b>	<b>\$14.88</b>	
	<b>Center Cut Ham Slices</b> Boneless <b>BUY 2 - 8oz Ham Slices, GET 2 MORE FREE</b> for a total of 4.	<b>\$4.98 BUY TWO GET TWO FREE!</b>							
21	<b>Appetizer and Dinner Items</b>			43	<b>\$6.69</b>	66	<b>Sliced Canadian Bacon</b> 97% fat free. Fully cooked. Sliced thin. About 25 slices. Large 18oz pack.	<b>\$4.49 SPECIAL</b>	
	<b>Sweet Italian Sausage Links</b> Lean and flavorful, 3 1lb packs	<b>\$11.98</b>							
22	<b>Lasagna Spinach Rollups</b> Filled with cheese and spinach. 12 individual, 4oz. Just add sauce.			44	<b>\$7.98</b>	67	<b>Shredded Mozzarella Cheese</b> Large economy size bag. 5lbs.	<b>\$15.49</b>	
	<b>Italian Deluxe Meatballs</b> Regular meatballs with Italian sausage added. Great taste. 32 count. 4 lbs	<b>\$14.98 SPECIAL</b>							
23	<b>Cheese Filled Breadsticks</b> w/ mozzarella, Simply bake or air fry. 12 large, 7 inch, really good			45	<b>\$6.69</b>	68	<b>Cooper Sharp Am. Cheese</b> Deli sliced daily, top seller! 1lb.	<b>\$5.98</b>	
	<b>Sweet Bourbon Pork Chops</b> Boneless center cuts, 12 - 6oz chops, BIG 4.5lb box.	<b>\$14.98 SPECIAL</b>							
	<b>Lasagna Rollups</b> Filled with delicious cheeses. 12 individual, 4oz. Just add sauce.			46	<b>\$5.98</b>	69	<b>Fontina Sliced Cheese</b> A cross between provolone and mozzarella. Great! A must try. 1lb sliced.	<b>\$6.49</b>	

ITEM	COST	ORD	ITEM	COST	ORD	ITEM	COST	ORD		
70	\$6.98		<b>Grated Parmesan &amp; Romano</b> Best quality. Pure, no fillers. 1lb. \$9.95 Value		90	<b>Southwest Turkey Wraps</b> Turkey, pepper jack cheese, chopotle mayo in a tortilla.	\$1.29	110	<b>Chicken Alfredo Meal Kit</b> White meat chicken, pasta and vegetables in a rich and creamy alfredo sauce. 24 oz, serves 2-3.	\$6.00
71	\$6.98		<b>Shaved Italian Cheeses</b> Romano and parmesan cheese blend. Outstanding. 1lb. A 11.95 value.		91	<b>Seafood Items</b>	\$8.98 <b>SPECIAL</b>	111	<b>Chicken Stir Fry Meal Kit</b> Tender chicken chunks, peas, carrots and broccoli with fried rice. 24 oz, serves 2-3.	\$6.00
72	\$5.98		<b>Sliced Munster Cheese</b> Sliced fresh daily 1 lb.		92	<b>Breaded Lobster Bites</b> Bake or deep fry. 2 - 17oz bags.	\$8.98 <b>SPECIAL</b>	112	<b>Shrimp Scampi Meal Kit</b> Shrimp, linguini pasta and deli- cious vegetables in a creamy garlic sauce. 24 oz, serves 2-3.	\$6.00
73	\$5.98		<b>Sweet Horseradish Pickle Slices</b> Bread and butter style slices. <b>By Adirondack pickle.</b> 24oz jar.		93	<b>Breaded Crab + Cheese Bites</b> Bake or deep fry. 2 - 17oz bags.	\$8.98 <b>SPECIAL</b>	113	<b>Shrimp Fried Rice Meal Kit</b> Tasty oriental meal kit. Fully cooked. 24 oz, serves 2-3.	\$6.00
74	\$8.29		<b>Raspberry Melba Sauce</b> Large 32oz jar.		94	<b>Not Breaded Haddock Fillets</b> All center cuts. 8-10 boneless, skinless wild caught fillets. <b>All natural. 3lbs.</b>	\$19.98	114	<b>Shrimp + Veggie Dumplings</b> Tasty oriental dumplings, 40 count	\$15.98
75	\$4.49		<b>American Cheese</b> For those who do not want a 5lb brick. 1lb package.		95	<b>Raw Shrimp</b> Peeled & cleaned ready to cook large shrimp. About 50.	\$18.98 <b>SPECIAL</b>	115	<b>Snacks and More</b>	
76	\$9.50		<b>Mozzarella String Cheese</b> Land O Lakes Product Premium cheese stick. 30-1oz. sticks.		96	<b>Stuffed Sole</b> Bakeable 8-5oz portions With crab meat and scallops	\$19.98	116	<b>Veggie Spring Rolls</b> Tasty oriental treats, 20 count	\$6.98
77	\$6.98		<b>Sliced Provolone Cheese</b> Best quality. 1.50lb package.		97	<b>Ready Made Crab Cakes</b> Lots of crab. Tasty. You get 12 large 3.5 oz crab cakes.	\$14.98 <b>SPECIAL</b>	117	<b>Cheddar Cheese Chips</b> <b>By Pringles</b> 12 lunch pack containers	\$6.98
78	\$6.98		<b>Sliced Swiss Cheese</b> Best quality. 1.50lb. package.		98	<b>Breaded Clam Strips</b> Bake or deep fry. You get either 8 - 4oz bags or 2 - 16oz bags. Depending on inventory.	\$10.98	118	<b>NEW! Honey Bun Donuts</b> You get 12, double sized, indi- vidually wrapped, absolutely delicious glazed donuts. You will not find a better donut.	\$5.49
79	\$10.98		<b>Long Pepperoni Stick</b> Approx 2 feet long.		99	<b>Breaded Jumbo Shrimp</b> Butterflied. Deep fry or pan fry. About 60, 3lb bag.	\$18.98 <b>SPECIAL</b>	119	<b>Dorito Snack Mix</b> Lunch pack size. 6 nacho cheese & 6 cool ranch. 12 total	\$4.59
80	\$5.98		<b>Veggie Items</b>		100	<b>Battered Haddock Bites</b> Delicious, bakeable. Kids love these. 50 count	\$14.98	120	<b>Motts Fruit Snacks</b> Real fruit flavors and tropical flavors, the best! 20 lunch pack size	\$3.98
81	\$3.98		<b>Hearty Garlic Dill Pickles</b> Bread and Butter style slices. <b>By Adirondack Pickle.</b> 24oz Jar.		101	<b>Dessert Items</b>	\$6.95 <b>BUY ONE GET ONE FREE!</b>	121	<b>Frito Lays Variety Pack</b> Lunch pack size. 12 count, 3 varieties to make up the 12 bags	\$4.59
82	\$3.50		<b>Peppers and Onion Blend</b> 2 lb. bag		102	<b>Apple Cinnamon Coffee Cake</b> Gourmet quality. 10-12 slices. 1.5lb	\$7.98	122	<b>Grandma's Cookies</b> Assorted flavors, peanut butter, oatmeal raisin, chocolate chip, vanilla cream, 9 count	\$4.49
83	\$3.98		<b>Cut Corn</b> 2.50lb bag.		103	<b>Blueberry Coffee Cake</b> Gourmet quality, 10-12 slices 1.5 1.5lbs	\$7.98	123	<b>Deli Items</b>	
84	\$3.98		<b>Broccoli Florets</b> Grade A fancy. 2lb bag.		104	<b>Pumpkin Pie</b> <b>Fully baked, buy one for \$6.95 get one free!</b> Eight inch pies	\$6.95 <b>BUY ONE GET ONE FREE!</b>	124	<b>Roast Beef</b> Sliced fresh daily. 1lb. <b>\$10.95 value</b>	\$8.49
85	\$3.98		<b>Cauliflower Florets</b> Grade A fancy - 2lb. bag		105	<b>Oatmeal Raisin Cookies</b> <b>By Otis Spunkmeyer.</b> Ready to bake. Approx 45 count. 3lbs.	\$8.98	125	<b>Virginia Baked Ham</b> Sliced fresh daily. 1lb. <b>\$9.95 value.</b>	\$6.49
86	\$3.98		<b>Brussel Sprouts</b> Small and tender. Grade A fancy. 2lb bag.		106	<b>Apple Crumb Pie</b> <b>Fully baked, buy one for \$6.95 get one free!</b> Eight inch pies	\$6.95 <b>BUY ONE GET ONE FREE!</b>	126	<b>Capicola (Hot Ham)</b> Sliced fresh daily. 1lb.	\$6.49
87	\$3.98		<b>Prince Edward Blend</b> Baby carrots, baby yellow and green beans. 2lb bag.		107	<b>Chocolate Chip Cookies</b> <b>By Otis Spunkmeyer.</b> Ready to bake. Approx 45 count. 3lbs.	\$8.98	127	<b>Genoa Salami</b> Best quality. Fresh from our deli daily. 1lb pack	\$6.49 <b>SPECIAL</b>
88	\$6.49		<b>Hot Pocket Items</b>		108	<b>White Chocolate Macadamia</b> <b>By Otis Spunkmeyer.</b> Approx 24 larger cookies, 2lbs.	\$6.98	128	<b>Sliced Pepperoni</b> Best quality. Fresh from our deli daily. 1lb. pack	\$6.49 <b>SPECIAL</b>
89	\$6.49		<b>Ham+Cheese Pockets</b> <b>By Hot Pockets.</b> 6-4oz.		109	<b>Marble Chocolate Chip Cake</b> Vanilla and chocolate cake with loads of chocolate chips. 10-120 slices, 1.5lbs	\$7.98	129	<b>Corn Beef</b> Sliced fresh daily. 1lb.	\$7.98
			<b>Pepperoni Pockets</b> <b>By Hot Pockets.</b> With cheese, pepperoni & marinara. 6-4oz.			<b>Fully Cooked Meal Kits</b>	\$6.00		<b>Oven Roasted Turkey Breast</b> Sliced fresh daily. 1lb. <b>\$9.95 value.</b>	\$6.98
						<b>Beef and Broccoli Meal Kit</b> Tender beef steak, broccoli, white rice and vegetables in a savory soy sauce. 24 oz, serves 2-3.	\$6.00		<b>Wunderbar Bologna</b> Sliced fresh daily. 1lb. <b>\$4.99 value.</b>	\$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