Please print heading info clearly.	
TURN IN DEADLINE: Wednesday March	23rd PICK UP DATE:
NAME	NO. OF ITEMS
WORK PHONE EXT	AMT. OF ORDER
HOME PHONE	Less 3%
EMAII	FINAL COST

EMAIL

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.

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

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

51;	5.00 fee on returned checks. All products	COST			COST OF	RD ITEM		COST ORE
	Poultry Items	COSI			COSI OI		Eggplant Rollatini	COSI-OKI
1	Boneless Skinless Chicken Breasts Super tender flattened chicken breasts Totally trimmed, approx 25, 5lbs.	\$18.98 SPECIAL	24	Boneless N.Y. Strip Steaks Center cut, 10oz SOLD BY THE STEAK	\$5.98 SPECIAL	47	Rolled eggplant with delicious Italian cheeses. 10 large count. Add sauce and bake.	\$11.98
2	Breaded Chicken Breast Chunks Golden brown breaded, tender and tasty. Great buy! LARGE 5lb bag.	\$14.98 SPECIAL	25	Bigger N.Y. Strip Steaks Larger and thicker 12oz SOLD BY THE STEAK	\$6.98 SPECIAL	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	Fully Cooked Breakfast Patties Lean pork with country seasoning. 22 Large Patties - 3lbs.	\$11.98	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	, French Toast Sticks Our original. About 30ct. 2lbs.	\$5.19	50	Mozzarella sticks Bake or deep fry, large, 3lbs	\$11.98
5	Chicken breasts w/ Broccoli and Cheese (our original) Bakeable 8 - 4 oz. breasts.	\$12.98 SPECIAL	28	Ready Made Pancakes Bake or micro. 36 count.	\$6.88	51	Cheese Ravioli You get 3, 13oz bags.	\$5.78
6	Buffalo Chicken Breast Fillets Lightly breaded w/ tasty buffalo seasoning. Approx 20, 5lbs.	\$16.98 SPECIAL	29	Fully Cooked Breakfast Links Skinless. Same maker and taste as our patties. Approx. 40 links 2.75lbs	\$11.98	52	Cheese Filled Manicotti Approx 15 large manicotti. 2.5 lbs	\$6.88
7	Chicken Tenders Golden Brown Breaded, Large 5lb bag	\$16.98 SPECIAL	30	Breakfast Pockets By Hot Pockets Egg, sausage and cheese. 6 count	\$6.69	53	Buffalo Chicken Logs Eggroll shaped. All white meat with buffalo sauce. 12 count.	\$8.49
8	Breaded Chicken Breast Fillets Lightly breaded. Bake or deep fry. Approx. 25 count. 5lbs.	\$16.98 SPECIAL	31	Potato Items Potato Tater Tot Crowns Tasty potato nuggets. 3lb bag.	\$5.59	54	Pizza Dough 3 - 16oz. frozen dough balls.	\$5.88
9	Popcorn Chicken Golden-brown breaded, bake or deep fry. All breast meat. About 80, 5lb bag.	\$14.98 SPECIAL	32	Seasoned French Fries Made from delicious Idaho potatoes. 5lb bag.	\$7.98	55	Garlic Knots By Furlani. 2 -8oz boxes.12 count total. Simply bake or even micro.	\$5.88
10	Mini Chicken Cordon-Bleu NEW! Stuffed with ham and cheese. Great appetizer. Approx 32 count.	\$11.98	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.	\$7.49
11	Buffalo Chicken Wings Fully cooked wings w/ tasty buffalo seasoning. Big 5lb bag.	\$19.98 SPECIAL	34	Sweet Potato Fries Bake or deep fry. 3lb. Bag.	\$7.49	57	Veggie Spring Rolls Tasty oriental treats, 20 count	\$6.98
12	Steak and Meat Items Lean Ground Beef (our original) All natural, 85% lean. Sold by the pound.	\$5.39 PER POUND	35	Seasoned Diced Potatoes Pre-browned. Bake or pan fry. A top seller! Now LARGER 6lb bag.	\$8.49	58	NY Deli Style Hotdogs Best quality, large beef hot dogs. 18 count, 3lbs total	\$9.98 SPECIAL
13	Boneless Pork Chops All center cut, 14 to 16 count, 4lbs	\$14.88	36	Jersey Shore French Fries Battered, seasoned, finally back! 5lbs	\$8.49	59	Battered Mushrooms Bake, air fry or deep fry. About 40. 3lbs	\$11.98
14	Breaded Veal Patties Golden brown breaded. Fully cooked. Pan fry or bake, 10 - 4oz	\$11.98	37	Roasted Rosemary Redskin Potatoes Fully cooked. Delicious side dish. Try this product. 2.5lb. Bag	\$7.59	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.	\$7.59	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 total weight	\$15.98	39	Hash Brown Patties Approx 25. 3lbs	\$5.49	62	Cheddar Jalapeno Popper Filled w/ cheddar cheese. Bake/deep fry, about 30, 2lbs	\$12.49
17	Center Cut Ham Slices Boneless Buy 2 8oz slices, get 2 more free! For a total of 4!	\$4.98 BUY TWO GET TWO FREEI	4(Pizza Pizza Logs Eggroll shaped with pepperoni, sauce and cheese. Bake or deep fry.12ct	\$7.98	63	Bacon and Cheese Items Country Bacon Real hickory smoked bacon. 2 packs. 2lbs.	\$9.88
18	Garlic Herb Pork Tenderloins Approx 1.5lb each Buy one for 6.98 get one more free!	\$6.98 BUY ONE GET ONE FREEI	41	French Bread Cheese Pizza Individual size. 6ct.	\$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.	\$5.49 PER POUND	42	French Bread Cheese Pizza Individual size. 6ct, comes with a free pepperoni pack!	\$7.98	65	Sliced American Cheese Best quality. Sliced white. 120 slices, 5lbs. Special!	\$14.88
20	Country Style Spare Ribs Boneless. Lean and tender. 4lbs	\$11.88 SPECIAL	43	Appetizer and Dinner Items NEW! Cheese Pizza Breadsticks Filled with cheese and marinara. You get 10 large 7 inch breadsticks.	\$6.69 SPECIAL	66	Sliced Cheddar Cheese Delicious sharp cheddar. Sliced fresh daily 1 lb.	\$6.88
21	Sweet Italian Sausage Links Lean and flavorful, 3 1lb packs	\$11.98	44	Cream Cheese Jalapeno Popper Filled w/ cream cheese. Bake/deep fry, about 30, 2lbs	\$12.49	67	Shredded Mozzarella Cheese Large economy size bag. 5lbs.	\$15.49
22	Fully Cooked Italian Meatballs Great tasting. Simply heat and serve. 3.25lbs	\$12.98 SPECIAL	45	Lasagna Rollups Filled with delicious cheeses. 12 individual, 4oz. Just add sauce.	\$6.98	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	Lasagna Spinach Rollups Filled with cheese and spinach. 12 individual, 4oz. Just add sauce.	\$6.98	69	Fontina Sliced Cheese A cross between provolone and mozzarella. Great! A must try. 1lb sliced.	\$6.49

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	Grated Parmesan & Romano				Chicken + Veggie Dumplings				Snacks and More	
70	Best quality. Pure, no fillers. 1lb. \$9.95 Value	\$7.49		90	Tasty oriental dumplings, 40 count	\$15.98		110	Pork + Veggie Dumplings Tasty oriental dumplings, 40 count	\$15.98
71	Shaved Italian Cheeses Romano and parmesan cheese blend. Outstanding. 1lb. A 11.95 value.	\$7.49		91	Seafood Items Breaded Lobster Bites Bake or deep fry. 2 - 15oz bags.	\$9.98 SPECIAL		111	Lean Ground Turkey Meat 1 - 1lb, Sold By The Pound	\$2.89 PER POUND
72	Sliced Munster Cheese Sliced fresh daily 1 lb.	\$5.98		92	Breaded Crab + Cheese Bites Bake or deep fry. 2 - 15oz bags.	\$9.98 SPECIAL		112	Dorito Snack Mix Lunch pack size. 6 nacho cheese & 6 cool ranch. 12 total	\$4.95
73	Sweet Horseradish Pickle Slices Bread and butter style slices. By Adirondack pickle. 24oz jar.	\$6.49		93	Not Breaded Haddock Fillets All center cuts. 8-10 boneless, skinless wild caught fillets. All natural. 3lbs.	\$19.98		113	Frito Lays Variety Pack Lunch pack size. 12 count, 3 varieties to make up the 12 bags	\$4.95
74	Raspberry Melba Sauce Large 32oz jar.	\$8.29		94	Raw Shrimp Peeled & cleaned ready to cook large shrimp. About 50.	\$18.98 SPECIAL		114	Vegetable Pan Spray Multi purpose, large 17oz can.	\$5.69
75	American Cheese For those who do not want a 5lb brick. 1lb package.	\$4.49		95	NEW! Battered Shrimp Bites Bake or deep fry. 2 - 11oz bags.	\$9.98 SPECIAL		115	Grandma's Cookies Assorted flavors, peanut butter, oatmeal raisin, chocolate chip, vanilla cream, 9 count	\$4.89
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	Motts Fruit Snacks Real fruit flavors, the best! 20 lunch pack size	\$3.98 SPECIAL
77	Sliced Provolone Cheese Best quality. 1.50lb package.	\$6.98		97	Breaded Clam Strips Bake or deep fry. You get either 8 - 4oz bags or 2 - 16oz bags. Depending on inventory.	\$10.98		117	Annie's Organic Fruit Snacks NEW! USDA certified organic 20 lunch pack size	\$3.98 SPECIAL
78	Sliced Swiss Cheese Best quality. 1.50lb. package.	\$6.98		98	NEW! Breaded Calamari Rings Golden brown. Bake or deep fry. 2 - 11oz bags.	\$9.98		118	Deli Items Honey Baked Ham Best quality. Sliced fresh daily. 1lb. \$9.95 value.	\$6.98
79	Long Pepperoni Stick Approx 2 feet long.	\$11.49		99	Dessert Items Chocolate Eclair Pies Individual size, 4 inch, delicious, buy 4 and get 4 free, 8 total	\$4.49 BUY FOUR GET FOUR FREE!		119	Honey Smoked Turkey Breast Sliced fresh daily. 1lb. \$9.95 value.	\$7.49
80	Veggie Items Hearty Garlic Dill Pickles Bread and Butter style slices. By Adirondack Pickle. 24oz Jar.	\$6.49		100	Marble Chocolate Chip Cake Chocolate and white cake loaded with chocolate chips 10-12 slices, 1.5lbs	\$8.29		120	Boiled Ham Plain ham, not smoked. Best quality. Sliced fresh daily. 1lb. \$7.98 value.	\$5.29
81	Peppers and Onion Blend 2 lb. bag	\$3.98		101	Apple Cinnamon Cake Gourmet quality, 10-12 slices, 1.5lbs	\$8.49		121	Ham off the Bone Best quality. Fresh from our deli daily. 1lb pack	\$7.49
82	Cut Corn 2.50lb bag.	\$3.50		102	Pumpkin Pie Fully baked, 8 inch pie.	\$3.88		122	Roast Beef Sliced fresh daily. 1lb. \$11.95 value	\$8.98
83	Broccoli Florets Grade A fancy. 2lb bag.	\$3.98		103	Chocolate Chip Cookies Loads of chocolate chips. Ready to bake. Approx 40. 3lbs.	\$9.50		123	Virginia Baked Ham Sliced fresh daily. 1lb. \$9.95 value.	\$6.98
84	Cauliflower Florets Grade A fancy - 2lb. bag	\$3.98		104	Chocolate Cream Pie 9 inch, thaw and eat.	\$9.98		124	Capicola (Hot Ham) Sliced fresh daily. 1lb.	\$6.49
					Fully Cooked Meal Kits					
85	Brussel Sprouts Small and tender. Grade A fancy. 2lb bag.	\$3.98		105	Beef and Broccoli Meal Kit Tender beef steak, broccoli, white rice and vegetables in a savory soy sauce. 24 oz, serves 2-3.	\$6.19		125	Genoa Salami Best quality. Fresh from our deli daily. 1lb pack	\$6.98 SPECIAL
86	Prince Edward Blend Baby carrots, baby yellow and green beans. 2lb bag.	\$3.98		106	Chicken Stir Fry Meal Kit Tender chicken chunks, peas, carrots and broccoli with fried rice. 24 oz, serves 2-3.	\$6.19		126	Sliced Pepperoni Best quality. Fresh from our deli daily. Pizza size slices. 1lb. pack	\$6.98 SPECIAL
87	Peas and Carrots 2.5lb bag	\$3.98		107	Shrimp Scampi Meal Kit Shrimp, linguini pasta and deli- cious vegetables in a creamy garlic sauce. 24 oz, serves 2-3.	\$6.19		127	Corned Beef Sliced fresh daily. 1lb.	\$8.49
	Soup Items				Chicken Alfredo Meal Kit				Over Breef 17 1 7	
88	Roasted Chicken Noodle Soup NEW! Very best quality, 4lb tub, makes about 12 bowls.	\$6.98		108	White meat chicken, pasta and vegetables in a rich and creamy alfredo sauce. 24 oz, serves 2-3.	\$6.19		128	Oven Roasted Turkey Breast Sliced fresh daily. 1lb. \$9.95 value.	\$7.49
89	New England Clam Chowder White clam chowder. 4lb tub, makes about 12 bowls.	\$6.98		109	Shrimp Fried Rice Meal Kit Tasty oriental meal kit. Fully cooked. 24 oz, serves 2-3.	\$6.19		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.