

FOOD \$ENSE



A monthly food buying program for anyone who wants to stretch their grocery dollars

PLEASE NOTE:

We only accept checks/money orders made payable to Food Bank of Central New York. Any customer checks must be approved by coordinator and be made out to your host site.

IMPORTANT DATES & REMINDERS FOR COORDINATORS:

- EBT Approvals: February 13
- Order Deadline: February 14
- Money due at Food Bank: February 18
- Delivery Dates: February 23-25

PLEASE NOTE: Please contact your participating host site for specific days and times.

- Payments not received by the deadline will result in your delivery not being shipped
- We only accept checks/money orders made payable to Food Bank of Central New York
- Please do not send paper clips or staples with your payments
- Envelopes should be labeled "re: Food Sense"

January Package (\$20.50)

Italian Meatballs, 1 lb.
Chicken Drumsticks, 3 lbs. (avg.)
Breaded Veal Patties, 12 oz.
Italian Sausage, 1 lb.
Mozzarella Cheese, 8 oz.
Spaghetti Sauce, 24 oz.
Cheese Ravioli, 13 oz.
Pizza Mac & Cheese, 6.8 oz.
Diced Tomatoes, 14.5 oz.
Fruit Cocktail, 15 oz.
Grape Tomatoes, 1 Pint
Iceberg Lettuce, 1 Head

February Package (\$20.50)

Ground Beef, 1 lb.
Pork Sirloin Pieces, 1 lb.
Kielbasa Sausage, 13 oz.
Fish Sticks, 1 lb.
Chicken Breast Portions, 1 lb.
Pierogi Cheddar, 13 oz.
Chunk Cheddar Cheese, 8 oz.
Diced Potatoes, 1 lb.
Applesauce, 15 oz.
White Rice, 1 lb.
Fresh Produce #1
Fresh Produce #2

February Specials

Strip Steak, 12 oz. for \$7.50: The steaks are a beef strip loin steak and are without the bone.

Lobster Bites, 15 oz. for \$6.50: The lobster bites can be deep fried or baked in the oven.

Breaded Chicken Chunks, 2.6 lbs. for \$8.00: The breaded chicken is a fully-cooked Tyson product and is slightly spicy.

Onion Rings, 2.5 lbs. for \$8.00: The onion rings are ready to cook and can be used in the oven or fryer.

Pantry Box, 10 lbs. for \$11.00: The Pantry Box includes: Pancake Mix (32 oz.), Toasted Oat Cereal (12 oz.), Spaghetti Sauce (15 oz.), Mac & Cheese (7.25 oz.), Canned Chicken (5 oz.), Egg Noodles (12 oz.), Peanut Butter (18 oz.), Strawberry Perseveres (18 oz.), Pears (15 oz.), Carrots (15 oz.)

Pork Ribs, 4.85 lbs. (avg.) for \$10.00: The pork ribs are a St. Louis style spare rib.

Hot Pockets, 12/8 oz. sandwiches for \$22.00: The Ham & Cheese Hot Pockets contain 12 sandwiches per special.

Veal Parmigiana

Serves 4

**Ingredient in Food ŞenŞe package*

- Veal Patties 12 oz.*
- Mozzarella Cheese*
- Tomato Sauce*
- Pasta of Choice (1 lb.)
- 1/2 Cup Chopped Onion
- 1/4 Teaspoon Italian Seasoning
- 3 Teaspoons Parmesan Cheese
- Salt and Pepper to taste



Directions

1. Sautee the onions in skillet with a little salt & pepper. Add the Italian seasoning, and tomato sauce.
2. Spray 9 x 13 pan with cooking spray.
3. Place veal patties in pan.
4. Sprinkle mozzarella cheese on top of the breaded veal.
5. Pour the tomato mix over everything veal patties.
6. Sprinkle with the Parmesan cheese.
7. Bake at 375°F degrees for 30 minutes.

Food ŞenŞe Contacts:

(315) 437-1899 or (800) 444-1562

Transportation: Nate O'Grady, ext. 274

Product Shortages: Adam Croteau, ext. 235

Quality Control: Andrew Katzer, ext. 231

Ordering/Billing: Allison Rood, ext. 230