# Valley Royals Track and Field Club

Chicken, Beef, Burgers & MORE

Fundraiser



ORDER DEADLINE - Monday May 20th, 2019

DELIVERY DATE – Thursday May 30<sup>th</sup> at 6:30 p.m. @ Rotary Stadium Parking Lot

Sellers are responsible for their customers' orders



#### Pass this on to family and friends!!

r ass this on to running and internasin		
FROZEN PRODUCT	CASE SIZE	COST
SKEWERS ** Nothing says summer like a sizzling satay on the	ne BBQ!! **	
<ol> <li>Honey Garlic Satays – No need to fuss, your work is already done with these perfectly marinated chicken breast skewers. A flavor the whole family will enjoy. Approx. 27 – 30.</li> </ol>	2 kg.	\$ 39.00
2. Souvlaki Satays – These are a Top Seller!! Tender chicken breast marinated in a Greek Souvlaki marinade, woven onto a skewer. Serve with Tzatziki & pita! Approx. 27 - 30.	2 kg.	\$ 39.00
3. Peppered Steak Skewers – Seasoned steak pieces with lots of cracked pepper! This top Quality steak skewer is quick in the OVEN or on the grill! 2 pkgs of 10 x 2.5 oz. frozen togeth	20 skwrs ner.	\$ 38.00
4. Shrimp Skewers – These succulent skewers can be broiled, baked, grilled, or pan fried! Ea Skewer contains six raw peeled and deveined shrimp. Great compliment to a steak or salad	ch 20 skwrs	\$ 26.00
CHICKEN ** Canada Grade A, from our Fraser Valley Fari	mers **	
Individually frozen, free run and hormone free!		

Individually frozen, free run and hormone free!		
<ol> <li>Chicken Breasts, Boneless Skinless – Tender and juicy every time!! Marinate these as you like, or just smother in BBQ Sauce. Individually frozen, free run, hormone free. Seasoned.</li> </ol>	4 kg.	\$ 42.00
6. Heritage Breasts, Boneless Skinless – Specialty grain fed, all vegetable diet, non-medicate Individually frozen, free run, hormone free. Seasoned.	d. <b>4 kg.</b>	\$ 50.00
7. Thighs, Boneless Skinless - Juicy & moist, serve with your favorite veggies & baked potato	. 2 kg.	\$ 31.00
8. Turkey Breast Fillets – The tenderloin of the turkey! Low stress, high flavor! Try these oven roasted or use your Instant Pot, you're going to love them! Seasoned, boneless skinles.	<b>2 kg.</b> s.	\$ 22.00
9. Clucks Chicken Fingers – These have become a fast favorite! Pre-browned, just bake or fry and serve with your favorite dipping sauce. Seasoned breading. Kid friendly!	4 kg.	\$ 40.00
<b>10. Chicken Nuggets</b> – Juicy 100% white meat breaded and ready for dipping! Not just for the Kids! Add them to your appy buffet with assorted dips and watch them disappear!	2 kg.	\$ 26.00
<b>11. GLUTEN FREE Chicken Strips</b> * <b>NEW</b> * –Yum! These breaded chicken strips are tender on the inside & crispy on the outside! They are already getting rave reviews! Top quality!	2 kg.	\$ 42.00
<b>12. Cordon Swiss 'Country Style'</b> – Breast meat hand rolled with Swiss cheese and smoked ham. Lightly seasoned and breaded. Makes a delicious but easy entrée. Oven ready.	32/4 oz.	\$ 55.00
<b>13. Pulled Pork Chicken Cordon 'Country Style' –</b> Breast meat hand rolled and filled with BBQ sauced Pulled Pork! A surprise combination that really hits the spot! Lightly breaded.	18/4oz.	\$ 40.00
<b>14. Honey Garlic Wings –</b> Lots of flavor, always a favorite! Fully cooked. Approx. 55-60 pcs.	2 kg.	\$ 34.00
15. Sea Salt & Cracked Pepper Wings - Fully cooked. Simple but so good! Approx. 55-60 pcs.	2 kg.	\$ 34.00
<b>16. Chicken and Turkey Breakfast Sausage –</b> A healthy choice!! Very lean, but tasty too.	2.27 kg	\$ 21.00
<b>17. Ground Turkey, Lean –</b> Make a heart healthy choice! Great for spaghetti, tacos, chili and more! Your options are endless! Packaged in 1 pound chubs. Finely ground.	8/1 lb.	\$ 29.00
<b>18. Chicken Pot Pies</b> - Chicken, potatoes, veggies and gravy in a gourmet crust. 4 inch pies.	12/6 oz.	\$ 33.00

## BURGERS & GRILLERS \*\* Our handpicked selection. Be ready, summer is coming!! \*\*

19. Sirloin Beef Burgers - These gourmet burgers are tasty and juicy!! Definitely a cut above!!	24/5 oz.	\$ 37.00
<b>20. Mini Angus Beef Burgers –</b> A fun way to serve burgers! Keep it simple, kids will love them!	40/2 oz.	\$ 31.00
<b>21. Chicken Breast Burgers –</b> Breast meat only, no breading!! Great on BBQ, a healthy choice.	40/4 oz.	\$ 36.00
22. Sante Fe Turkey Burgers – Very lean with lots of flavor! A burger with a kick! Our favorite!	22/5 oz.	\$ 40.00
23. Gourmet Halibut Burgers – Top of the Seafood Burger line, breaded for a crisp finish.	8/4.5 oz.	\$ 34.00
24. Wild Salmon Burgers – These lightly seasoned burgers are made from tender, sustainably	12/3.5 oz.	\$ 32.00
sourced wild salmon. Try a new flavor combo and add bacon, lettuce & tomato! So good!		
25. Veggie Burgers A delicious burger alternative! Filled with whole mixed veggies. (Peas, corn,	20/4 oz.	\$ 25.00
carrots, and green beans). Contains no meat or dairy products. Perfect on the grill!		
<b>26. Sizzlin' Smokies -</b> Just grill them!! 2 pkg. of Grimm's Original and 2 pkg. of Grimm's Cheddar.	4/6x75 gr.	\$ 26.00
27. Bavarian Bratwurst - This Award Winning German raw pork sausage is juicy and delicious!	20/115 gr.	\$ 30.00
Best on the BBQ! Grill and serve in a bun with grilled onions or as an entrée with corn on the co	ob.	

### SURF AND TURF \*\* Every day is gourmet! \*\*

All beef is Grade AA-AAA \*\* Sustainable Seafood Practices

<b>28. N.Y. Striploin Steaks</b> –The perfect steak for your backyard barbecue! Sear on the grill and top with Steak Spice! Delicious! Center cut, grass fed, grain finished. Individually sealed.	9/8 oz.	\$ 57.00
29. Bacon Wrapped Tenderloin – Tender steaks wrapped in delicious bacon, indulge yourself.  A gourmet meal made simple! Individually sealed.	8/6 oz.	\$ 46.00
<b>30. Shaved Prime Rib</b> – Just thaw & simmer in beef jus (not included) and serve on a crusty roll for a deliciously tender beef dip! Or stir fry with peppers for a Philly Cheesesteak. Yum!	12/5 oz.	\$ 44.00
31. Lean Ground Beef — Very lean ground beef, from our BC Farms & Ranches. 1 lb chubs.	10/1 lb.	\$ 41.00
<b>32. Seasoned Beef Meatballs</b> – Fully cooked 1/2 oz. beef meatballs, lightly seasoned with parsley, onion and garlic powder. Serve as an appetizer or with your favorite pasta & sauce.	2.27 kg.	\$ 31.00
33. Maui Beef Ribs - BBQ ready!! These 8 inch strips of beef are 1/4 inch thick, and are	3/800 gr.	\$ 51.00
marinated in Maui sauce. Now in three packages, no need to use the whole pail anymore!  34. Wild Sockeye Salmon Fillets – Skin On. Caught in the Pacific Ocean, certified sustainable,	8/6 oz.	\$ 50.00
excellent flavor. A gourmet entertaining idea and a perfect option for a healthy lifestyle. <b>35. Garlic &amp; Herb Butterflied Shrimp –</b> Jumbo shell on shrimp marinated in garlic & herb butter. Serve an elegant meal in minutes, just sauté, broil, or grill! 26-30 shrimp per package.	908 gr.	\$ 33.00
<b>36. Cheddar &amp; Chive Breaded Cod –</b> A natural cut of moist and flaky cod fillet, crusted with potato, cheddar cheese & chives for added crunch. A delicious way to add fish to your menu.	8/5.5 oz.	\$ 32.00
37. Lobster Cakes – Taste the delicate sweet flavor of North American Cold Water Lobster in these gourmet homestyle seafood cakes. Serve as an appetizer or with a side salad for lunch!	13/3 oz.	\$ 33.00
38. Bacon, fully cooked – 100 Individual slices of ready to eat bacon. Never fry bacon again!	100 pcs.	\$ 29.00
<b>39. Maple Pork Breakfast Sausage –</b> Natural pork sausage with a hint of maple. A great breakfast sausage, perfect for your camping menu!! Natural pork casing. 55 pcs	2.27 kg.	\$ 24.00
<ul> <li>40. Baby Back Ribs –Try the recipe included for 'fall off the bone' tender barbecue pork ribs.</li> <li>Low and slow for 4 hours, then slather in BBQ sauce and finish on the grill! (6 to 7 racks)</li> </ul>	3.2 kg.	\$ 43.00

## QUICK, DELICIOUS & ALL LOCALLY MADE \*\* because we love to support local! \*\*

41. Helmi's Premium Homemade Perogies – 2 bags of potato, cheddar cheese & onion, and	4/1 kg.	\$ 32.00
2 bags of potato, bacon and onion. 2 doz. per bag.		
42. Breakfast Burrito - A hearty burrito filled with scrambled eggs, ham, bacon, veggies &	16/135 gr.	\$ 35.00
Cheese! Microwave or bake for your early morning breakfast on the go!		
43. Pizza Variety Pack - 6 cheese pizza, 6 pepperoni pizza, 6 ham and pineapple. Personal size.	18/6 inch	\$ 36.00
44. Pepperoni & Sausage Calzones *NEW* - Pizza crust filled with tomato sauce, Italian	12/8 inch	\$ 36.00
sausage, pepperoni, four cheeses, and pizza sauce folded over to make an 8 inch pocket.		
45. Meat Sauce Lasagna with 4 Cheese - Fresh pasta layered with meat sauce, mozzarella,	8/330 gr.	\$ 28.00
Cottage, Romano, and Parmesan cheeses! Personal size serving trays.		
46. Beef Teriyaki Bowls *NEW* - Sweet Teriyaki and tender beef with broccoli, peppers and	12/225 gr.	\$ 33.00
carrots, over steamed long grain rice. So much flavor! Microwavable, Individual Servings.	_	

Valley Royals Track and Field Club Order Form - Name

Please make cheques payable to							eufeld Fa	
'Valley Royals Track and Field Club'						$\mathscr{G}_{f}$	undrais	
Products	Size	Price					TOTALS	
1 Honey Garlic Satays	2 kg.	\$39.00						1
2 Souvlaki Satays	2 kg.	\$39.00						2
3 Peppered Steak Skewers	20 skewers	\$38.00						3
4 Shrimp Skewers	20 skewers	\$26.00						4
5 Chicken Breasts, Boneless Skinless	4 kg.	\$42.00						5
6 Heritage Breasts, boneless skinless	4 kg.	\$50.00						6
7 Thighs, boneless skinless	2 kg.	\$31.00						7
8 Turkey Breast Fillets	2 kg.	\$22.00						8
9 Clucks Chicken Fingers	4 kg.	\$40.00						9
10 Chicken Nuggets	2 kg.	\$26.00						10
11 Gluten Free Chicken Strips	2 kg.	\$42.00						11
12 Cordon Swiss, country style	32/4 oz.	\$55.00						12
13 Pulled Pork Chicken Cordon	18/4 oz.	\$40.00						13
14 Honey Garlic Wings	2 kg.	\$34.00						14
15 Sea Salt & Cracked Pepper Wings	2 kg.	\$34.00						15
16 Chicken Turkey Breakfast Sausage	2.27 kg.	\$21.00						16
17 Ground Turkey, Lean	8/1 lb.	\$29.00						17
18 Chicken Pot Pies	12/6 oz.	\$33.00						18
19 Sirloin Beef Burgers	24/5 oz.	\$37.00						19
20 Mini Angus Beef Burgers	40/2 oz.	\$31.00						20
21 Chicken Breast Burgers	40/4 oz.	\$36.00						21
22 Sante Fe Turkey Burgers	22/5 oz.	\$40.00						22
23 Gourmet Halibut Burgers	8/4.5 oz.	\$34.00						23
24 Wild Salmon Burgers	12/3.5 oz.	\$32.00						24
25 Veggie Burgers	20/4 oz.	\$25.00						25
26 Sizzlin' Smokies	4/6x75 gr.	\$26.00						26
27 Bavarian Bratwurst	20/115 gr.	\$30.00						27
28 NY Striploin Steaks	9/8 oz.	\$57.00						28
29 Bacon Wrapped Tenderloin	8/6 oz.	\$46.00						29
30 Shaved Prime Rib	12/5 oz.	\$44.00						30
31 Lean Ground Beef	10/1 lb.	\$41.00						31
32 Seasoned Beef Meatballs	2.27 kg.	\$31.00						32
33 Maui Beef Ribs	3/800 gr.	\$51.00						33
34 Wild Sockeye Salmon Fillets	8/6 oz.	\$50.00						34
35 Garlic & Herb Butterflied Shrimp	908 gr.	\$33.00						35
36 Cheddar & Chive Breaded Cod	8/5.5 oz.	\$32.00						36
37 Lobster Cakes	13/3 oz.	\$33.00						37
38 Bacon, fully cooked	100 pcs	\$29.00						38
39 Maple Pork Breakfast Sausage	2.27 kg.	\$24.00						39
40 Baby Back Ribs	3.2 kg.	\$43.00						40
41 Helmi's Premium Perogies Variety	3.2 kg. 4/1 kg.	\$32.00						41
42 Breakfast Burrito		\$35.00						42
43 Pizza Variety Pack	16/135 gr. 18/6 inch	\$36.00						43
44 Pepperoni & Sausage Calzones		\$36.00						44
45 Meat Lasagna with 4 Cheeses	12/8 inch 8/330 gr.	\$28.00						45
46 Beef Teriyaki Bowls	12/225 gr.	\$33.00						46
Total Cases	12/223 yr.	ψ55.00						70
								<del> </del>
Total Money								