

Fresh 'n Easy chicken is boned and freshly made on the premises and sold within 24 hours. It is not genetically modified, has not been raised in cages and has no added hormones.

Please email/fax the store you wish to collect your order from. Please allow two hours from the time of faxing to the time you nominate to pick up.

Name _____
 Address _____
 Phone _____ Pick-up time _____

- Centro Colonnades**
 (Opposite Woolworths)
 Tel/fax: 8382 9956
- Seaford Shopping Centre**
 Tel: 8327 4155
 Fax: 8327 4565
- Woodcroft Town Centre**
 (Opposite Foodland)
 Tel/fax: 8325 3005



Fresh 'N Easy Poultry Now there is a fresh choice SA owned and proud

<p>Product</p> <p>Easy Carve Roasts \$12.99 ea</p> <p>Honey Macadamia _____ Apricot Macadamia _____ Florentine _____ Sundried Tomato _____ Italian _____ Plain Seasoning _____ No Seasoning _____</p> <p>Mini Roasts \$6.90 ea or 2 for \$12.50</p> <p>Ham, Cheese & Chives _____ Mushroom & Bacon _____ Florentine _____ Sundried Tomato _____</p> <p>Whole Chickens \$6.99 kg</p> <p>1.0kg _____ 1.3kg _____ 2.0kg _____ Twin Pack \$9.99 _____ Size 8 Single Chickens \$5.50ea _____</p> <p>Half Birds \$2.99 ea</p> <p>Tandoori _____</p> <p>Skinless Chicken Fillets Please check prices daily</p> <p>Breast \$9.99-\$11.99 kg _____ Thigh \$10.99 kg _____</p> <p><i>At no extra cost, would you like your breast fillet or thigh fillet</i></p> <p><input type="checkbox"/> sliced? <input type="checkbox"/> diced? <input type="checkbox"/> minced? <input type="checkbox"/> cut into stir fry strips?</p> <p>Wingettes \$7.99 kg Special orders can be made up</p> <p>Chinese Honey _____ Satay _____ Thai King _____ Tandoori _____ Teriyaki & Garlic _____</p> <p>Roll Ups \$2.75 ea or 4 for \$10.00</p> <p>Italian _____ Apricot _____</p>	<p>Chicken Breast Kebabs \$1.20 ea or 10 for \$11.00</p> <p>Satay _____ Chinese Honey _____ Thai King _____ Teriyaki & Garlic _____</p> <p>Easy Chicken Choices</p> <p>Maryland \$6.99 kg _____ Drumsticks \$3.99 kg _____ Fresh Wings \$3.99 kg _____</p> <p>Breast Chicken</p> <p>Patties 20c ea or \$2 for 10 _____ Tenderloin Sticks 99c ea _____ Kiev \$3.20 ea _____ Romas \$3.20 ea _____ Cordon Bleu \$3.20 ea or 4 for \$12.00 _____</p> <p>Thigh Chicken</p> <p>Cordon Bleu \$2.60 ea _____ Caribbean \$2.60 ea _____ Hawaiians \$2.60 ea _____ Parmigiana \$2.60 ea _____ Kiev \$2.60 ea _____ or 4 for \$10.00 _____</p> <p>Breast Nuggets \$12.99 kg</p> <p>Cornflake or Kentucky _____ Plain _____ Garlic _____</p> <p>Sausage Rolls \$1.10 ea or 10 for \$10.00 _____</p> <p>Spring Rolls \$1.10ea _____</p> <p>Cornflake Chicken Sticks \$1.20 ea _____</p> <p>Stir Fry Chicken Breast \$12.99 kg</p> <p>Curry _____ BBQ _____ Thai King _____</p> <p>Sausages \$9.99 kg</p> <p>Garlic _____ Kiev _____ Lemon Pepper _____ Honey Macadamia _____ Sweet Chilli _____ Roasted Leek & Bacon _____ Spinach _____ Plain _____ Curry _____ Sundried Tomato _____</p>	<p>Schnitzels \$9.99 kg</p> <p>Herb & Garlic _____ Plain _____ Spicy _____ Sundried Tomato _____ Kentucky _____</p> <p>Skinless Breast Schnitzels \$12.99 kg</p> <p>Plain _____ Kentucky _____</p> <p>Skinless Thigh Schnitzels \$8.99 - \$9.99 kg</p> <p>Kentucky _____</p> <p>Mignons \$2.20 ea _____</p> <p>Shaslicks \$2.00 ea</p> <p>Apricot _____ BBQ _____</p> <p>Chicken Steaks \$3.25 ea</p> <p>Teriyaki & Garlic _____ Thai King _____ Honey Mustard _____ Apricot _____</p> <p>Breast on Bone \$3.25 ea</p> <p>Sundried Tomato _____ Honey Mustard _____ Tandoori _____ Peri Peri (HOT!!) _____</p> <p>Chicken Breast Stroganoff \$12.99 kg _____</p> <p>Cutlets \$1.99 ea</p> <p>Tandoori _____ Lemon _____</p> <p>Lean Chicken Loaves \$4.50 ea</p> <p>Lean chicken loaves _____</p> <p>Fresh Wings \$3.99kg _____</p> <p>Drumsticks \$3.99kg _____</p> <p>SA Large Free Range Eggs \$4.40/doz Dozens _____</p>	<p>Other</p> <p>Chicken Necks \$2.99 kg _____ Chicken Carcasses 2 large 80c per bag _____ Livers \$6.99kg _____</p> <p>Bags</p> <p>Environmentally Friendly Yellow Shopping Bags \$1.00 _____ Large thermal bags \$3.50 _____</p> <p>Budget Pack only \$25 _____</p> <p>2 Chicken Schnitzels 4 Chicken Kebabs 2 Chicken Steaks 1 Mini Easy Carve Roast</p> <p>Value Pack only \$35 _____</p> <p>3 Chicken Schnitzels 6 Chicken Kebabs 4 Chicken Cordon Bleu 1 Chicken Loaf 1kg Marinated Chicken Wingettes</p> <p>Family Pack only \$55 _____</p> <p>1 Large Easy Carve Roast 6 Chicken Mignons 2 Chicken Parmigiana 1kg Marinated Chicken Wingettes 1kg Chicken Sausages</p> <p>BBQ Pack only \$50 _____</p> <p>1 Kg Breast Fillet Sausage 4 Breast Shaslicks 4 Breast Steaks 6 Easy Burgers 4 Marinated Cutlets 4 Breast Kebabs</p> <p>Anything else?</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 80%;">Product</td> <td style="width: 20%;">Qty</td> </tr> <tr> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> </tr> </table> <p>Free Cooking Guide</p> <p><input type="checkbox"/> Please include a free cooking guide.</p> <p><small>Prices are correct at time of publishing. Prices may vary from store to store and change with daily and weekly specials, please check in store. May 2010</small></p>	Product	Qty	_____	_____	_____	_____	_____	_____	_____	_____
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