



May
2010

Findlay

Foods (Kingston) Ltd.

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Product of the Month

#25646 Lesters

7" All Beef Wieners

5/Lb - 2/3kg

Dates to remember:

*Mother's Day May 9

*Victoria Day May 24

*Memorial Day (USA) May 31

May is :

-National BBQ Month

-National Egg Month

-National Hamburger Month

-National Salad Month

-National Asparagus Month

-National Salsa Month

Findlay's Monthly Features

Prices in effect while quantities last

- 1) 27173 BBQ Pork Ribette-Cooked 42/3.75oz New Food Co.
- 2) 18100 Asparagus Spears 4/1kg Alaska
- 3) 38313 Focaccia Rosemary Bread 12/390gm Ace
- 4) 06379 Peppercorn BBQ Sauce 1/4lt Select/Culin
- 5) 02677 Hollandaise La Min 1/800gm Knorr
- 6) 23405 Meatballs (Cooked) 2oz 2/5lb Rosina
- 7) 76200 Antimicrobial White Lotion Hand Soap 1/4L Tri-Clean



Gina's Corner

Saving \$\$\$\$

- Switch to energy efficient light bulbs
This will save up to \$22.00 per bulb per year.
- Turn off some lights, when it's not busy.
- Fix a leaky faucet as soon as possible.
- Install low flow faucets and toilets. This will save between 20-40 percent of water usage.
- Ask staff to bring in their own take-home containers instead of using the restaurant take-outs.

"A penny saved is a penny earned!"

Helpful Hints! When it's Too Much

Too Salty:

*For soup or stew, add cut raw potatoes and discard once they've cooked and absorbed the salt.

*Add sugar.

Too Sweet:

*Add salt.

*Add a teaspoon of cider vinegar.

Too Much Garlic:

*Place parsley flakes in a tea ball and set it in the stew or soup pot until it soaks up the excess garlic.

Too Much Mayo:

*If you put too much mayo in tuna salad and have no more tuna, add some bread crumbs.

Tomato Sauce for Meatballs:

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INGREDIENTS

- 12 Rosina Meat Balls (#23405)
- 3/4 cup chopped onion
- 5 cloves garlic, minced (#05225)
- 1/4 cup olive oil
- 2 (28 oz) cans whole tomatoes (#00722)
- 2 teaspoons salt
- 1 teaspoon white sugar (#09580)
- 1 bay leaf (#13875)
- 1 (6 oz) can tomato paste (#00710)
- 3/4 teaspoon dried basil (#13870)
- 1/2 teaspoon ground black pepper (#14030)

PROFIT POTENTIAL

Approx. Cost - \$2.75/serving*
Suggested sell - \$10.99
Profit - \$8.24/serving
*Includes a provision of
\$0.55 for spaghetti.



DIRECTIONS

In a large saucepan over medium heat, saute onion and garlic in olive oil until onion is translucent. Stir in tomatoes, salt, sugar and bay leaf. Cover, reduce heat to low, and simmer 90 minutes. Stir in tomato paste, basil, 1/2 teaspoon pepper and meatballs and simmer 30 minutes more. Serve over top spaghetti. Four servings.

Brunch Eggs

INGREDIENTS

- 12 slices peameal bacon (#27136)
- 12 slices swiss cheese (#20768)
- 12 eggs (#33520)
- 1 cup whipping cream (#44126)
- 1/3 cup grated parmesan cheese (#20690)
- 12 slices toast (#38347)



DIRECTIONS

Place peameal bacon in a greased 13-in. x 9-in. x 2-in. baking dish; top with Swiss cheese. Carefully break an egg over each piece of cheese. Pour cream over eggs and sprinkle with Parmesan cheese. Bake, uncovered, at 375 degrees F for 20-25 minutes or until eggs reach desired doneness. Let stand for 5 minutes. Cut between each egg; serve on toast if desired. Great for a buffet brunch!

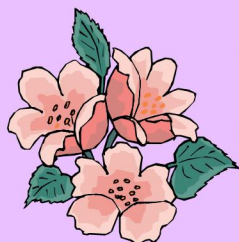
Asparagus with Almonds & Parmesan

INGREDIENTS

- 2 tbsp butter (#44110)
- 20oz asparagus (#18100)
- 1/3 cup sliced almonds (#11660)
- 1/3 cup parmesan cheese (#20690)
- salt & pepper to taste

DIRECTIONS

Melt butter in a large skillet over medium-high heat. Add the asparagus, and cook, stirring throughout, about 3 minutes. Stir in almonds and parmesan, cook until the cheese is slightly browned, about 3 to 5 minutes.



Go online and check
out our new website:
www.findlayfoods.co

Happy Mother's Day!

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