



3610			
4 kg	Beefeater Onion Rings		22.75
3612			
4 kg	Battered Onion Rings		22.75
12483			
5 lb	Battered Mushrooms		22.45
14773			
5 lb	Battered Mozzarella Chees Sticks		38.75
15591			
6 x 2.5 lb	Brew City Beer Battered Onion Rings		56.95
15596			
4 x 4 lb	Breaded Roasted Garlic Mushrooms		70.45
22536			
2 x 2.5 lb	Beer Battered Onion Scoops		15.45



11590			
3 kg	Feta Cheese		28.25
22528			
11 kg	Feta Cheese		89.95
21036			
10 lt	Yogurt 5%		23.75



3687			
3 x 4 lb	Country Vegetable Soup		32.45
3690			
3 x 4 lb	Cream Of Chicken Soup		35.25
3693			
3 x 4 lb	Cream Of Spinach Soup		32.75
3694			
3 x 4 lb	Creole Chicken Gumbo Soup		32.95
3696			
3 x 4 lb	Creamy Garden Cauliflower Soup		36.45
3700			
3 x 4 lb	Hearty Beef Vegetable Soup		33.95
3702			
3 x 4 lb	Minestrone Soup		32.75
3704			
3 x 4 lb	Pasta Fagioli Soup		36.75
3705			
3 x 4 lb	Split Pea w/Ham Soup		34.45
3707			
3 x 4 lb	Hearty Beef Vegetable Barley Soup		33.45
5654			
3 x 4 lb	Tomato Garden Vegetable Rotini Soup		31.45



21666			
4 x 493 gr	Creamy Tomato & Rst Red Pepper Soup Mix		43.45
21667			
4 x 429 gr	Minestrone Soup Mix		42.45
23389			
4 x 1.2 kg	Hearty Beef Chili Mix		80.95



7048			
96 x 70 gr	Poppyseed Hot Dog Buns		34.75
14902			
16 x 672 gr	White Sliced Sandwich Bread		29.45
14903			
16 x 675 gr	Whole Wheat Sliced Sandwich Bread		29.45
15489			
16 x 675 gr	White Sliced Texas Toast		29.45
15490			
16 x 675 gr	Whole Wheat Sliced Texas Toast		29.45
18347			
8 x 12 ct	Whole Wheat Hamburger Buns		30.45
18819			
62 x 105 gr	Vienna Panini Bread		29.75
19647			
96 x 75 gr	Sesame Seed Hamburger Buns		31.75
19648			
96 x 80 gr	Sliced Kaiser Buns		39.75



11565			
12 x 12 ct	10" Flour Tortilla Combo (Tom/Spin/Fl)		47.95
12743			
12 x 12 ct	10" Flour Tortilla		35.75
12745			
12 x 12 ct	12" Flour Tortilla		43.25
18804			
6 x 100 oz	Sliced Jalapeno Peppers		49.45
19557			
24 x 7 oz	Chipotle Peppers In Adobo		67.95
24859			
12 x 1 lb	Chunky Picante Guacamole		59.75



Specials This Month

Prices in effect from:
January 30th - March 2nd, 2012



Welcome to luscious.

19718	4 x 12"	Big Blitz Pie w/Snickers	133.75
19719	4 x 12"	Chocolate Raspberry Bash	131.45
24085	4 x 24 ct	Bread Puddin Bar	87.45
25297	4 x 14 sl	Reese Peanut Butter Chocolate Pie	128.95
25298	4 x 14 sl	Oreo Cookie Bash	149.95

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15712	10 x 1000	Medium Poly Gloves (Deli-style)	67.75
15714	10 x 100	Large Latex Gloves (Powder Free)	75.25
15715	10 x 100	Medium Vinyl Gloves	41.75
15716	10 x 100	Medium Latex Gloves	69.25
15717	10 x 100	Large Latex Gloves	69.25
15744	12 ct	Medium Yellow Rubber Gloves	6.95
15745	12 ct	Large Yellow Rubber Gloves	6.95
18795	10 x 100	Medium Latex Gloves (Powder Free)	75.75
22985	20 x 500 ct	Large Poly Gloves (Deli-style)	69.95



14782	12 x 10 ct	7" Pita Bread No Pocket T&S	32.75
21463	10 x 10 ct	9" Pita Bread	31.25
23387	4 x 5 lb	Cooked Gyro Slices Beef/Lamb	94.45



14744	10 lb	Lasagna 20"	17.45
14745	20 lb	Linguine	26.75
14748	20 lb	Penne Rigate	26.75
14751	20 lb	Spaghetti	26.75
16463	10 lb	Whole Wheat Spaghetti	19.95
20095	10 lb	Whole Wheat Penne Rigate	19.95
21156	20 lb	Rotini	26.75



21106	3 x 1 kg	Walnut Pieces	52.25
21107	3 x 1 kg	Sliced Blanched Almonds	43.45
21108	3 x 1 kg	Pecan Halves	92.45
21109	3 x 1 kg	Pecan Pieces	88.95
22849	5 x 1 kg	Arborio Rice	29.95
23984	2 x 1.5 kg	Slivered Blanched Almonds	43.45



7525	5 kg	Meat Tortellini	36.45
7526	5 kg	Cheese Tortellini	36.45
11762	72 x 2.75 oz	Cheese Cannelloni	47.45
16924	72 x 78 gr	Beef Cannelloni	47.45
23668	4 x 2 kg	Classic Alfredo Sauce	63.75



10739	48 x 4 oz	Steak-eze	72.95
12684	40 x 4 oz	Steak-eze Flat	58.45



19693	6 x 4 lb	Soya Margarine Tubs	33.95
19876	13 kg	Soya Margarine	30.45
19878	4 x 4 kg	Soya Margarine Trays	39.75
19879	24 x 454 gr	Soya Margarine Tubs	30.45
21335	13 kg	White Margarine	30.45



11770	4 x 160's	10% Creamers	25.45
12593	24 x 500 ml	2% Milk	25.45
12594	24 x 500 ml	Chocolate Milk	26.95
12827	2 x 160's	2% Milkettes	11.25
12828	2 x 160's	18% Creamers	15.95
16269	20 x 1 lb	Butter Prints	94.75
11769	12 x 1 lt	35% Cream	62.25
11557	12 x 400 gr	Whipped Cream Topping Aerosol	54.95



12765	2 x 2.5 kg	Medium Shredded Cheddar Cheese	76.45
11945	4 x 2.3 kg	Medium Cheddar Cheese	122.75
17309	2 x 2.5 kg	Mont/Cheddar Shredded Cheese	67.25
11647	2 x 2.5kg	Mozz/Cheddar Shredded Cheese	68.95
1424	2 x 2 kg	Swiss Cheese Slices	48.95
1421	2 x 2 kg	Dari Farm Ribbon Cheese Slices	38.45

The History of Saint Valentine's Day



Valentine's Day started in the time of the Roman Empire. In ancient Rome, February 14th was a holiday to honour Juno – the Queen of the Roman Gods and Goddesses. The Romans also knew her as the Goddess of women and marriage. The following day, February 15th, began the Feast of Lupercalia.

The lives of young boys and girls were strictly separate. However, one of the customs of the young people was name drawing. On the eve of the festival of Lupercalia the names of Roman girls were written on slips of paper and placed into jars. Each young man would draw a girl's name from the jar and would then be partners for the duration of the festival with the girl whom he chose. Sometimes the pairing of the children lasted an entire year, and often, they would fall in love and would later marry.

Under the rule of Emperor Claudius II, Rome was involved in many bloody and unpopular campaigns. Claudius the Cruel was having a difficult time getting soldiers to join his military leagues. He believed that the reason was that Roman men did not want to leave their loves or families. As a result, Claudius cancelled all marriages and engagements in Rome. The good Saint Valentine was a priest at Rome in the days of Claudius II. He and Saint Marius aided the Christian martyrs and

secretly married couples, and for this kind deed Saint Valentine was apprehended and dragged before the Prefect of Rome, who condemned him to be beaten to death with clubs and to have his head cut off. He suffered martyrdom on the 14th day of February, about the year 270.

At that time it was the custom in Rome, a very ancient custom, indeed, to celebrate in the month of February the Lupercalia, feasts in honor of a heathen god. On these occasions, amidst a variety of pagan ceremonies, the names of young women were placed in a box, from which they were drawn by the men as chance directed.

The pastors of the early Christian Church in Rome endeavored to do away with some of the pagan elements of the feast of Lupercalia, including the drawing of young women's names from a jar. Instead, they began substituting the names of saints for those of maidens. And as the Lupercalia began about the middle of February, the pastors appear to have chosen Saint Valentine's Day for the celebration of this new feast. So it seems that the custom of young men choosing maidens for valentines, or saints as patrons for the coming year, arose in this way.