



**Triangle Meat Buying Club
Price List and Order Form – October 2008**

**Deadline for ordering:
FRIDAY October 10th BY 4PM**

**Delivery date is: Tuesday, October 14
Time – 4:00-6:00pm in Brookes Parking Lot**

**Return this form to:
Lisa Forehand via email: lisa@trianglembc.org or mail to: 506 Madison Ave, Cary 27513**

Contact Info

Name :		
Yes	Are you already a TMBC? Please place your order.	
No	Please fill out a membership application (http://trianglembc.org/membership.htm)	

NOOHEROOKA NATURAL BEEF ORDERING INFORMATION

NOOHEROOKA NATURAL BEEF strives to produce the highest quality beef possible. Our beef does not contain the vast amount of additives found in most other foods. We raise beef the way it was raised hundreds of years ago, with no hormones or antibiotics. Our product is totally natural. Our animals are offered a vegetarian diet designed to maximize tenderness and flavor. (<http://www.nooherooka.com/>)

PACKAGED BOX SPECIALS!!!	
GROUND BEEF SPECIAL (\$45) _____ # of boxes ordering 20 lbs. (80% Lean) <i>(Approximately 1 lb. packages)</i>	BONELESS ROAST SPECIAL (\$45) _____ # of boxes ordering 3 Large Boneless Roasts
GRILL BOX SPECIAL #1 (\$60) _____ # of boxes ordering 2 NY Strip Steaks 2 Sirloin Steaks 1 Boneless Roast 4lbs Ground Beef	GRILL BOX SPECIAL #2 (\$60) _____ # of boxes ordering 2 Ribeyes 2 Sirloin Steaks 1 Boneless Roast 4lbs Short Ribs
GRILL BOX SPECIAL #3 (\$60) _____ # of boxes ordering 2 – 1 lb Kabobs (Stew) 2 Top Round Steaks 1 lb Beef Liver 2 Shank Steaks 1 Boneless Roast	GRILL BOX SPECIAL #4 (\$60) _____ # of boxes ordering 2 filet Mignon 2 ground Chuck 1 Boneless Roast 2 Kabobs (stew)

NOOHEROOKA INDIVIDUAL CUTS

Quantity	Beef Cut	Avg. wt./pkg	Price per lb.
# pkg(s)	Ground Beef (80% Lean)	1lb	\$2.50
# pkg(s)	Ground chuck (90% Lean)	1lb	\$6.99
# pkg(s)	Ground Sirloin (98% Lean)	1lb	\$7.99
# pkg(s)	Sirloin Steak	8-9oz.	\$9.99
# pkg(s)	Cube Steak	1.5-2lbs	\$5.99
# pkg(s)	Short Ribs/Short Rib Meat	1.5-2lbs	\$2.50
# pkg(s)	Stew Beef	1lb	\$5.99
# pkg(s)	Kabobs	1lb	\$6.99
# pkg(s)	London Broil, () small or () large	1.5-3lbs	\$7.99
# pkg(s)	Shank Steak	2.5-3lbs	\$4.99
# pkg(s)	Flat Iron Steak (pair)	1.5-2lbs	\$5.99
# pkg(s)	Beef Liver	1.5-2lbs	\$4.99
# pkg(s)	Ox Tail	0.5-1lb	\$4.99

Picking Up Your Order

- 1) The Triangle Meat Buying Club (TMBC) Organizer (Lisa Forehand) will let you know where and when the pick-up will be at least one week in advance. All orders have been delivered to the NCSU Brooks Parking Lot at the corner of Brooks Avenue & Hillsborough Street, Raleigh from 4-6pm. If you are unable to make this pick-up time, please contact Lisa Forehand to make alternative arrangements (<mailto:lisa@trianglembc.org>) or with any questions. Thank you!!!

- 2) Payment will be made directly to **Nooherooka Natural** at the time of pick up for all meat purchases.