

The logo for Schiff's Food Service, Inc. (SFS) is prominently displayed in the upper center. It features the letters 'SFS' in a bold, stylized font with a red fill and a white outline, set against a dark background. The background of the entire advertisement is a photograph of a plate of fried fish and french fries on a wooden table, with a knife and fork visible in the upper left corner.

SUPPLYING FOODSERVICE SOLUTIONS

SCHIFF'S FOOD SERVICE, INC.

Lenten Special

Schiff's Food Service reserves the right to limit quantities & correct typographical errors. Promotional prices & allowances valid from 2.12.18 - 3.30.18

Lenten Lunch Specials

The Perfect Tuna Sandwich



For the perfect Tuna Fish Sandwich, you want to keep it simple. Start with quality water packed tuna (#240022). Stir in finely-chopped celery (#510240), chopped fresh parsley (#510490), a few hits of lemon juice (#208201), and a good bit of mayonnaise (#210040), which will bind it all together and add lusciousness. Then for building the sandwich: go with an untoasted whole wheat multigrain bread (#290655). Top the tuna salad with thin slices of red onion (#540140), juicy tomato (#510745), and romaine lettuce (#510455). What makes a Tuna Sandwich extra indulgent? Double down on the mayo. Add an extra slather to the bread when making your sandwich. Whether you make your sandwich this way, or with your own twist, a Tuna Fish Sandwich is a great lunch item for Lent!

White Garlic Pizza Flatbreads

Garlic Balsamic Flatbread

Grill Naan bread (#290326), and score on both sides. Brush 1 ½ oz. Ken's White Pizza sauce (#216449) onto the grilled NAAN. Sprinkle 2 oz. shredded mozzarella cheese (#430075) over the top. Bake at 350° for 12 minutes. Remove, scatter finely chopped fresh basil (#510320) over top, and drizzle Ken's Balsamic vinaigrette (#210129) over the top.

Garlic & Blue Cheese

Grill Naan (#290326), and score on both sides. Brush 1 ½ oz. Ken's White Pizza sauce (#216449) onto the Naan. Top with caramelized onions (#540010) and blue cheese (#450210), and then with 2 oz. shredded mozzarella cheese (#430075). Bake at 350° for 12 minutes.

Schreiber Foods International

Chunk Light Skipjack Tuna in Water
(#240012, 6/66.5 oz)...\$46.98/cs

Chunk Light Tongol Tuna in Water
(#240019, 6/66.5 oz)...\$71.73/cs

Solid White Albacore Tuna in Water
(#240022, 6/66.5 oz)...\$87.62/cs

Chunk White Albacore Tuna in Water
(#240031, 6/66.5 oz)...\$76.79/cs

Chunk Yellow Fin Tuna in Water
(#240051, 6/66.5 oz)...\$62.25/cs

Pomace Olive Oil
(#256511, 4/3 L)...\$58.88/cs

Extra Virgin Olive Oil
(#256510, 4/3 L)...\$91.75/cs

Unilever Food Solutions

Hellman's Extra Heavy Mayonnaise
(#210040, 4/1 gal)...\$56.23/cs

Hellman's Light Mayonnaise
(#210042, 4/1 gal)...\$57.23/cs

Hellman's Mayonnaise Sticks
(#262299, 210/.38 oz)...\$25.40/cs

Promise Margarine Cups, Gluten Free*
(#415461, 600/5 g)...\$27.69/cs

Country Crock Margarine Cups
(#415463, 300/5 g)...\$10.89/cs

Ken's Food Company

White Garlic Pizza Sauce
(#216449, 4/1 gal)...\$45.95/cs

Plates Under \$5

We know menu planning isn't easy. That's why we've given you four budget-friendly ideas for Lent to keep your bottom line in check and your customers happy. Check out our blackboard specials.

Fish & Chips Platter

Corona Beer Batter Cod, 4 oz (#346298)
McCain Original Chips, 4 oz (#302534)
Cole Slaw, 4 oz (#810018)
Manhattan Clam Chowder, 8 oz (#312434)

Total Food Cost: \$3.17



Fish Sandwich & Cup of Chili

Fishery Natural Breaded Haddock Fillet, 4 oz (#346139)
Felix Roma Hard Roll (#290230)
Great Lakes American Cheese (#425143)
Ken's Tartar Sauce, 2 oz (#216290)
McCain Spiral Fries Red Stone Canyon, 4 oz (#302158)
Sea Watch Key West Clam Chili, 8 oz (#312461)

Total Food Cost: \$3.92



Plates Under \$10

Parmesan Tilapia Dinner

Fishery Parmesan Tilapia, 5 oz (#346314)
Par Boiled Rice, 6 oz (#220711)
Normandy Blend, 6 oz (#300381)
Salad Mix (#560070) with Cucumber (#510260), Onion (#540010), Carrot (#510183) and Crouton (#246261)
Felix Roma Dinner Roll, 2 ea (#290203)
Chef Fran Pasta Fagioli Soup, 16 oz (#312437)

Total food cost: \$6.21

Roasted Cod over Pasta

Fresh Cod Fillet, 6 oz (#880001)
Zerega Linguine, 8 oz (#220322)
California Blend, 6 oz (#300345)
Felix Roma Dinner Roll, 2 ea (#290205)
Salad Mix (#560070) with Cucumber (#510260), Onion (#540010), Carrot (#510183) and Crouton (#246261)
French Onion Soup, 16 oz (#312175)

Total Food Cost: \$6.00

Try Something Fresh! Pan Seared Salmon w/ Kale & Apple Salad



Ingredients

Four 5-ounce center-cut salmon fillets (#342096)
3 tbsp fresh lemon juice (#208201)
3 tbsp olive oil (#256511)
Kosher salt (#264715)
1 bunch kale, ribs removed, leaves very thinly sliced (about 6 cups) (# 510351)
1/4 cup Raisins (#206810)
1 apple (#500054)
1/4 cup finely grated pecorino (#435628)
3 tbsp toasted slivered almonds (#260023)
Freshly ground black pepper (#264283)
4 dinner rolls (#290205)

Bring the salmon to room temperature 10 minutes before cooking.

Meanwhile, whisk together the lemon juice, 2 tablespoons of the olive oil and 1/4 teaspoon salt in a large bowl. Add the kale, toss to coat and let stand 10 minutes.

While the kale stands, cut the apple into matchsticks. Add the raisins, apples, cheese and almonds to the kale. Season with pepper, toss well and set aside.

Sprinkle the salmon all over with 1/2 teaspoon salt and some pepper. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-low heat. Raise the heat to medium-high. Place the salmon, skin-side up in the pan. Cook until golden brown on one side, about 4 minutes. Turn the fish over with a spatula, and cook until it feels firm to the touch, about 3 minutes more.

Divide the salmon, salad and rolls evenly among four plates.

**Recipe adapted from Food Network.*

Go Light!

Salads are a great way to offer seafood in a way that strays from the traditional "fish fry" we often associate with Lent. Whether it's shrimp, salmon, haddock, or a tuna steak, seafood is a great way to bulk up a salad and still offer a "lighter" option.

Arctic Seafood

6-8 Skinless Boneless Haddock (#342054, 1/10 lb)...\$1.00 off/cs

10-12 oz Skinless Boneless Haddock (#342055, 1/10 lb)...\$1.00 off/cs

8-10 Skinless Boneless Haddock (#342056, 1/10 lb)...\$1.00 off/cs

5 oz Haddock Loins (#346274, 1/10 lb)...\$1.00 off/cs

Highliner

Sole Elites Shrimp and Garlic (#344090, 32/5 oz)...\$1.00 off/cs

Sole Elites Scallop & Crab (#344092, 32/5 oz)...\$1.00 off/cs

Potato Crusted Cod Cheddar & Chive (#346300, 32/5 oz)...\$1.00 off/cs

Coconut Crusted Tilapia (#346302, 32/5 oz)...\$1.00 off/cs

Tortilla Crusted Tilapia (#346303, 32/5 oz)...\$1.00 off/cs

Rustic Italian Cod Fire Roasted (#346325, 32/5 oz)...\$1.00 off/cs

Applewood Smoked Salmon Fillet (#346326, 32/5 oz)...\$1.00 off/cs

Major Products

Major Pan Asian Vegetable Base
(#460136, 2/2.5 lb)...\$41.34/cs

Premier Clam Base, Gluten Free*
(#460114, 2/2.5 lb)...\$36.19/cs

Elite Lobster Base, Paste, Gluten Free*
(#460124, 2/2.5 lb)...\$77.07/cs

Elite Seafood Base, Paste, Gluten Free*
(#460130, 2/2.5 lb)...\$55.43/cs

Major French Onion Soup Base
(#242395, 12/8 oz)...\$42.40/cs

Oasis Foods Co.

Extra Heavy Mayonnaise
(#210011, 4/1 gal)...\$23.95/cs

Extra Heavy Mayonnaise
(#210012, 1/4 gal)...\$25.95/cs

Marino's Garlic Spread
(#415016, 3/56 oz)...\$33.97/cs

Jolina White Cooking Wine
(#224215, 4/1 gal)...\$16.95/cs

Jolina Sherry Cooking Wine
(#224217, 4/1 gal)...\$16.95/cs

Jolina Marsala Cooking Wine
(#224219, 4/1 gal)...\$16.95/cs

Now Trending: Baja Fish Tacos

With the want for both international cuisine and street food on the rise, tacos continue to be a booming trend. Why not lighten things up with fish tacos? Try this fresh dish that will satisfy any taco craving.



Ingredients

Vegetable oil, for frying (#256705)
1/4 red cabbage, thinly sliced (about 1
1/2 cups) (#510171)
1/2 cup fresh cilantro, roughly chopped -
(#510324)
Juice of 1 lime, plus wedges for serving -
(#500602)
2 tbsp honey (#252900)
1/2 cup mayonnaise (#210011)
Kosher salt (#264715)
12 corn tortillas (#410610)
3/4 cup all-purpose flour (#226027)
1/2 tsp chili powder (#264095)
Freshly ground pepper (#264283)
1 1/4 pounds skinless halibut fillet, cut
into 2-by-1/2-inch pieces (#880022)
1 avocado (#500100)
1/2 cup pico de gallo (#560027)

Heat about 3 inches vegetable oil in a medium pot over medium-low heat until a deep-fry thermometer registers 375 degrees F. Meanwhile, toss the cabbage, cilantro, lime juice, honey and mayonnaise in a bowl. Season the slaw with salt.

Warm the tortillas in a skillet over medium-low heat or wrap in a damp cloth and microwave 25 seconds. Wrap in a towel to keep warm.

Mix the flour and chili powder in a shallow bowl with salt and pepper to taste. Dredge the fish in the flour mixture, then fry in batches until golden and just cooked through, 2 to 3 minutes. Transfer with a slotted spoon to a paper-towel-lined plate to drain. Season with salt.

Halve, pit and slice the avocado. Fill the tortillas with the fish, avocado, slaw and pico. Serve with lime wedges.

**Recipe adapted from Food Network.*

Don't forget the pasta!

Gluten Free Cheese Ravioli w/ Arugula Pesto



Ingredients

24 Gluten Free Cheese Ravioli (#320450)

Arugula Pesto:

2 tbsp almonds (#260023)

2 cups arugula (#560040)

1/4 cup basil (#510320)

2 tbsp EVOO (#256510)

2 tbsp Parmesan (#435660)

1/4 tsp lemon zest (#500591)

1/2 tsp lemon juice (#208201)

1/2 tsp garlic, minced (#510345)

Salt (#264367) & Pepper (#264283)

Roasted Grape Tomatoes:

12 oz grape tomatoes (#510872)

1 tbsp EVOO (#256510)

1 ea. garlic clove, sliced (#510345)

Salt (#264367) & Pepper (#264283)

1/4 cup vegetable broth (#242382)

Parmesan cheese to taste (#435660)

Arugula Pesto:

Place all ingredients in the food processor.

Blend until smooth.

Roasted Grape Tomatoes:

Place washed tomatoes, EVOO, garlic, salt and pepper in a baking pan. Roast at 350° for 12 minutes. Remove from oven and add vegetable broth.

To Serve:

Cook the GF cheese ravioli according to package instructions. Place the pesto in a large sauté pan that can hold the pesto and cooked ravioli for tossing. When the ravioli are cooked, toss in the pesto along with 2 tbsp of the pasta water. Serve 6 ravioli per plate and top with grape roasted tomatoes, chopped basil and Parmesan cheese.

Recipe adapted from Joseph's Pasta.

Keep in Mind: Gluten Free

This Lenten Season, don't forget about gluten free! About 1 in 100 people have a gluten allergy. However, 72% of the people following a gluten free diet are people just avoiding gluten. This number of people has tripled since 2009! Even more may be making the push to ditch gluten during Lent. It may be beneficial to not only have meatless offerings, but GF options as well, like the one shown left.

Joseph's Pasta

Cheese Ravioli, Gluten Free*
(#320450, 2/3 lb)...\$.33/ea

Fettuccine, Gluten Free*
(#320452, 6/2.5 lb)...\$.47/ea

Gigantic Cheese Ravioli
(#320460, 4/3 lb)...\$.80/ea

Chicken & Kale Ravioli, Gluten Free*
(#320437, 2/3 lb)...\$.59/ea

Sevioli

Stuffed Rigatoni Cheese
(#320246, 1/10 lb)...\$1.00 off/cs

Gnocchi
(#320250, 1/10 lb)...\$1.00 off/cs

Cavatelli
(#320251, 1/10 lb)...\$1.00 off/cs

Cheese Tortellini
(#320252, 1/10 lb)...\$1.00 off/cs

Tri Color Tortellini Cheese
(#320254, 1/10 lb)...\$1.00 off/cs

Jumbo Cheese Ravioli
(#320258, 1/10 lb)...\$1.00 off/cs

2.75 oz Stuffed Shell Cheese
(#320259, 1/10 lb)...\$1.00 off/cs

Cheese Manicotti
(#320260, 1/10 lb)...\$1.00 off/cs

Zerega

Twisted Elbow Macaroni
(#220361, 2/10 lb)...\$19.95/cs

Large Cavatappi 7/8"
(#220363, 1/20 lb)...\$19.95/cs

Large Elbow Rigate
(#220365, 2/10 lb)...\$19.95/cs

Campanelle Pasta
(#220440, 2/10 lb)...\$22.95/cs

Large Bow Tie Pasta (Rounded)
(#220437, 2/10 lb)...\$22.95/cs

UDI's

French Baguette, Gluten Free*
(#290356, 6/2 ct)...\$2.25/ea

Hoagie Rolls, Gluten Free*
(#290901, 12/6.2 oz)...\$2.45/ea

White Bread, Sliced, Gluten Free*
(#290925, 6/30 oz)...\$.50/slice

Whole Grain, Sliced, Gluten Free*
(#290962, 6/30 oz)...\$.50/slice

Ace Bakery

Ciabatta Lunga Bread
(#290361, 20/13.9 oz)...\$1.59/ea

Rustic Hero Roll
(#290637, 50/4.2 oz)...\$.73/ea

Petite White Baguette Roll
(#290639, 100/1.6 oz)...\$.36/ea

Baguette Roll
(#290880, 45/4.94 oz)...\$.64/ea

Bumble Bee Foods

Ocean Clam Juice
(#208040, 12/46 oz)...\$25.95/cs

Ocean Chopped Clams
(#240080, 12/51 oz)...\$77.95/cs

Mrs. T's

Pierogy Potato & Cheese
(#302172, 4/72 ct)...\$.18/ea

Mini Pierogy Potato & Cheese
(#302208, 4/2.5 lb)...\$.10/ea



Pierogies are a staple of Lent. What better way to serve them than with the classic butter and onions? Place pierogies in boiling water until hot, about 5 to 7 minutes. Sauté onions in butter over medium heat. Place sautéed onions in a large bowl and add cooked pierogies. Mix gently to combine. Add the pierogies to the sauté pan if you would like to brown them a little.

SFS Meats

(For the other 6 days of the week!)

While Lent is the focus of this flyer, we recognize that you may want to focus on some specials for the remainder of the week that do feature meat.

Packer Venison Burgers 2-1 FF
(#730712, 20/ 8 oz avg)...\$.10 off/lb

Packer Buffalo Patties CV 8 oz 2-1 FF
(#730700, 1/10 lb avg)...\$.10 off/lb

SFS Sausage Breakfast Links 2 oz FF
(#650041, 1/10 lb)...\$2.50 off/cs

SFS Ground Pork Fine
(#720375, 2/5 lb avg)...\$.20 off/lb

SFS Beef Shoulder Tender CH Medallion
(#740720, 4/3 ctcw)...\$.25 off/lb

Marketing Corner

About one-quarter of Americans observe the tradition of Lent. Though Lent is a Christian, and predominately a Catholic holiday, a new study shows that non-Catholics are using the holiday as a chance for a “resolution reboot”. In other words, more non-religious people are using the period of Lent as a shared experience in which to better themselves. What does this mean for your restaurant? It could mean an influx of people who are looking for healthier options. Healthier can look different for a lot of people and include everything from more meatless options, to salads, to gluten free.

Another thing to keep in mind this Lenten season is that the beginning of Lent coincides with Valentine’s Day! This means you may need to have some more romantic meatless specials. Consider pasta dishes or elevated fish options for Ash Wednesday.

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