



GROCERY HOME DELIVERY

SINCE 1881 · LOCAL FARM FRESH MILK · DAIRY · DRINKS
PRODUCE · BAKERY · DESSERTS · PREPARED FOODS
POULTRY · MEAT · SEAFOOD · CHEESE

TEAM UP WITH YOUR MILKMAN & YOU BOTH COULD WIN A GRILL!

SEE INSIDE FOR SUMMER SIZZLING DETAILS



SALADS

ENDLESS POSSIBILITIES OF A HEALTHY MEAL & ALL OF THE INGREDIENTS CAN BE FOUND ON OUR COWTRUCKS!

NEW LOCAL DRESSINGS!
FROM RHODE ISLAND ORGANICS



REFRESHING DRINKS FOR SUMMER!
NEW FLAVORS OF MUNROE'S BOTTLED BEVERAGES



NEW LOCAL PICKLES!
BY 'THE BACKYARD FOOD COMPANY' IN R.I.



A LITTLE SWEET & A LITTLE TART

NEW! THE BACKYARD FOOD COMPANY PICKLES

BREAD & BUTTER PICKLE CHIPS, 16 OZ - \$5.49 - SAVE 50¢

LOCALLY MADE IN RHODE ISLAND, THESE SMALL BATCH, ARTISANAL PICKLES ARE A GREAT ADDITION TO YOUR COOKOUT!

SAVINGS ON THE STAR OF MOST SALADS...

OLIVIA'S ORGANIC SPRING MIX, 5 OZ - \$3.99 - SAVE 40¢

OLIVIA'S ORGANIC BABY SPINACH, 5 OZ - \$3.99 - SAVE 40¢



SUMMER SIZZLERS!



ANGUS BEEF PATTIES · SIX 5.25oz PATTIES	\$12.46 SAVE 70¢
BONELESS CHICKEN BREASTS · EIGHT 4oz BREASTS	\$18.82 SAVE 70¢
BONELESS PORK CHOPS · FOUR 8oz CHOPS	\$18.27 SAVE 70¢
BOURBON SIRLOIN STEAK TIPS · 1 LB PACKAGE	\$11.63 SAVE 70¢
CHOP HOUSE SIRLOIN STEAK TIPS · 1 LB PACKAGE	\$13.38 SAVE 70¢
BOURBON TURKEY TENDERLOIN · 1 LB PACKAGE	\$9.29 SAVE 70¢
KAYEM FENWAY FRANKS · 1 LB PACKAGE	\$5.93 SAVE 60¢
CENTRAL FALLS PROVISION XL HOT DOGS · FOUR 1/4 LB DOGS	\$5.09 SAVE 60¢

WIN A GRILL!

FOR EVERY ITEM YOU PURCHASE FROM THE SELECTION OF SUMMER SIZZLERS, YOU WILL BE ENTERED INTO OUR CONTEST TO WIN A GRILL FROM MUNROE DAIRY! AND MORE THAN THAT, YOUR MILKMAN EARNS A CHANCE TO WIN A GRILL, TOO! SO BUY MORE, SAVE MORE, AND POSSIBLY WIN A GRILL!



A NEW WAY TO TOP THINGS OFF!

NEW! RHODE ISLAND ORGANICS DRESSINGS & MARINADES

ORGANIC CAESAR DRESSING/MARINADE - \$5.99 - SAVE 50¢

AN ABUNDANCE OF FLAVORS - ORGANIC ROMANO CHEESE, COMBINED WITH THE PERFECT AMOUNTS OF EXTRA VIRGIN OLIVE OIL, OMEGA-3 FISH OIL, ORGANIC APPLE CIDER VINEGAR, LEMON, AND A HINT OF MUSTARD - ALL WITH NO ADDED SUGAR

ORGANIC GINGER PLUM DRESSING/MARINADE - \$5.99 - SAVE 50¢

COMBINES THE TART SWEETNESS OF ORGANIC APPLE CIDER VINEGAR IN A BLEND OF ORGANIC EXTRA VIRGIN OLIVE OIL, OMEGA-3 FISH OIL, WITH HINTS OF SESAME OIL, GINGER, AND PLUM



MAKE YOUR OWN SALAD BAR



FRESH FIXINGS AVAILABLE

- CUCUMBERS
- EGGS
- ROMAINE LETTUCE
- BERRIES
- SPRING GREENS
- GRANOLA
- BABY SPINACH
- FETA CHEESE
- MUSHROOMS
- TOMATOES

ADD PROTEIN!

TOP YOUR SALAD WITH CRUMBLLED BACON, SHREDDED CHEESE, CHOPPED EGG, OR GRILLED MEATS, SEAFOOD AND POULTRY!



EMPLOYEE SPOTLIGHT



JOANNE PACHECO

JOANNE STARTED WORKING AT MUNROE DAIRY ON AUGUST 8, 1988! THAT'S RIGHT... 30 YEARS AGO! SHE HANDLES OUR ACCOUNTING AND BOOKKEEPING. SHE IS AN INTEGRAL PART OF OUR LEADERSHIP TEAM AND KEEPS US ALL IN LINE!

IF YOU NEED TO KNOW ANYTHING ABOUT THE DAIRY, ASKING JOANNE IS A SAFE BET! WHEN JOANNE ISN'T RECONCILING ACCOUNTS, SHE LOVES TRAVELING TO EXOTIC PLACES LIKE ARUBA AND LAS VEGAS. SHE IS THE BIGGEST FREDDY MERCURY FAN ALIVE! SHE LOVES QUEEN AND GOING TO CONCERTS AND SHOWS. WHEN SHE'S AT HOME SHE SPENDS TIME WITH HER HUBBY, STEVE, THEIR KIDS AND THE LITTLE ONES, AND HER CAT, STINKY!

HER KNOWLEDGE OF MILK, PRODUCTS, VENDORS, AND PRICING IS UNLIMITED! SHE IS INVALUABLE AND WE LOVE TO SEE HER SMILE! THANKS FOR BEING SUCH A BIG PART OF THE TEAM, JOJO! HAPPY ANNIVERSARY!

EATING HEALTHY
WITH MUNROE
SUMMER SALADS



FRESH COBB SALAD



SACRED COW GRANOLA SPINACH SALAD



ASIAN SALMON WITH MIXED GREENS



GINGER PLUM PORK CHOP SALAD

VISIT OUR BLOG FOR RECIPES!
WWW.COWTRUCK.COM/RECIPES