

Frozen Foods

TOFUTTI
Cuties
All Varieties

\$3.49

8 pack Sugg. Retail: \$4.99



NATE'S
Meatless
Meatballs

Classic, Italian or Mushroom

\$3.99

12 oz. Sugg. Retail: \$5.39



ETHNIC GOURMET
Ethnic Cuisine
All Varieties

\$3.99

10-11 oz. Sugg. Retail: \$5.29



CASCADIAN FARMS
Organic French Fries...

\$2.99

Crinkle, Straight or Shoe String
16 oz. Sugg. Retail: \$3.99

NATURE'S PATH
Organic
Manna Bread

All Varieties

\$3.19

11-14 oz. Sugg. Retail: \$4.49



KASHI
All
Natural Pizza

Mushroom Trio,
Roasted Vegetable,
Margherita or Mediterranean

\$6.29

11.9-12.7 oz. Sugg. Retail: \$8.59

All Natural
Dinner Entrees

Veggie Chana Marsala,
Red Curry Chicken,
Tuscan Veggie or Mayan Harvest

\$3.99

9.5-10 oz. Sugg. Retail: \$5.59



CEDARLANE

Burrito

Veggie & Cheese, Turkey Bacon Breakfast Burrito
or Organic Low Fat Bean Rice & Cheese

6 oz. Sugg. Retail: \$2.99-\$3.29

\$2.29

PJ'S

Organic Taquitos

Traditional Chicken,
Deluxe Chicken or
Santa Fe Chicken Flautas

\$4.19

12 oz. Sugg. Retail: \$5.79



WILD GRILL

Wild Caught
Salmon Burgers

12 oz. Sugg. Retail: \$7.19

\$5.19



CAESAR'S PASTA

Wheat Free Gluten Free
Organic Italian
Dinner Entrees

Cheese Lasagna, Vegetable Lasagna, Manicotti,
Stuffed Shells or Vegan Potato Gnocchi

11-16 oz. Sugg. Retail: \$5.99

\$4.29

SHELTON'S

Turkey
Sausage

Breakfast, Italian or Patties

\$4.59

12 oz. Sugg. Retail: \$6.49



FOOD FOR LIFE

Organic
English Muffins

7 Grain or Ezekiel 4:9 Original

16 oz. Sugg. Retail: \$4.99

Raisin or Genesis

16 oz. Sugg. Retail: \$5.59

\$3.49

\$3.99

Check for our Monthly Specials at
www.westerlynaturalmarket.com

FRONTERA

All Natural
Pizza

Chicken w/Chipotle,
Tomato & 4 Cheese
or Veggie Monterey Jack

\$5.79

12.5-13.1 oz. Sugg. Retail: \$7.99



DOMINEX

Eggplant
Burgers, Cutlets or
Parmesan Bites

\$3.79

8-16 oz. Sugg. Retail: \$4.99



Eggplant Meatballs

10 oz. Sugg. Retail: \$5.49

\$3.99

STRAWBERRY CAKE

- 1 package white cake mix
- 1 package (3 ounces) strawberry gelatin powder
- 1 cup vegetable oil
- 4 eggs, lightly beaten
- 1/4 cup water
- 3/4 cup mashed



Woodstock Farms strawberries

Combine cake mix and gelatin powder in a large bowl. Beat in oil, eggs, water, and strawberries. Pour into 2 9-inch round greased and floured cake pans. Bake in a 350 degree oven for 30 minutes, until a toothpick inserted in center comes out clean. Cool and frost with strawberry icing.



Strawberry Icing

- 1/2 cup butter
- 1 pound powdered sugar
- 1/4 cup mashed Woodstock Farms strawberries

Beat the butter and confectioners' sugar together until smooth. Add strawberries. Spread between cake layers, then frost top and sides.



WOODSTOCK FARMS

Organic
Berries & Fruit

\$3.49

Blackberries, Sweet Cherries, Peach Slices or Strawberries

10 oz. Sugg. Retail: \$4.79

Mangos or Pineapple Chunks

10 oz. Sugg. Retail: \$3.99

Tropical Blend

10 oz. Sugg. Retail: \$4.49

Raspberries

10 oz. Sugg. Retail: \$5.99

Mixed Berries

10 oz. Sugg. Retail: \$5.49

Blueberries

10 oz. Sugg. Retail: \$6.59

\$2.99

\$3.29

\$4.29

\$3.99

\$4.79