

# Menus

## Sandy

- MONDAY, OCT. 25**  
 Spanish rice  
 Vegetable salad  
 Bread and butter  
 Mixed fruit  
 Peanut cup  
 Milk
- TUESDAY, OCT. 26**  
 Shepherds pie topped with potatoes  
 Carrot sticks  
 Hot bread  
 Birthday cake  
 Milk
- WEDNESDAY, OCT. 27**  
 Ravioli with meat sauce  
 Carrot and raisin salad  
 Applesauce  
 Cinnamon bun  
 Milk
- THURSDAY, OCT. 28**  
 Macaroni and cheese  
 Seasoned green beans  
 Bread and butter  
 Fruit crisp  
 Chocolate milk
- FRIDAY, OCT. 29**  
 Chili dog over Bun  
 Carrot sticks  
 Cherry pie  
 Milk

## Cottrell

- Monday, Oct. 25**  
 Lasagna  
 Buttered French bread  
 Tossed green salad  
 Vanilla pudding  
 Milk
- Tuesday, Oct. 26**  
 Chili  
 Crackers  
 Cucumber chunks  
 Cheese wedges  
 Grapes  
 Milk
- Wednesday, Oct. 27**  
 Tomato soup  
 Oyster crackers  
 Egg salad sandwiches  
 Crispy celery sticks  
 Fresh fruit  
 Milk
- Thursday, Oct. 28**  
 Salisbury steak w-catsup  
 Hash brown potatoes  
 Buttered broccoli  
 Birthday cake  
 Oranges  
 Milk
- Friday, Oct. 29**  
 Sloppy Joes  
 Buttered mixed vegetables  
 Lettuce wedge w-dressing  
 Dixie cups  
 Cookies  
 Choice of milk

## Welches

- Monday, Oct. 25**  
 Beef and scalloped potatoes  
 Cole slaw  
 Peanut butter sandwich  
 Pears  
 Milk
- Tuesday, Oct. 26**  
 Beef and vegetable stew  
 Bread-butter  
 Applesauce  
 Gingerbread  
 Milk
- Wednesday, Oct. 27**  
 Submarine sandwich  
 Potato stix  
 Dill pickle rings  
 Apple crisp  
 Milk
- Thursday, Oct. 28**  
 Baked beans w-franks  
 Lettuce salad  
 Cornmeal rolls-butter  
 Pineapple pudding  
 delight  
 Milk
- Friday, Oct. 29**  
 Salisbury steak and gravy  
 Mashed potatoes  
 Seasoned green beans  
 Hot french bread  
 Halloween cake  
 Chocolate milk

## Crash kills man in Sandy

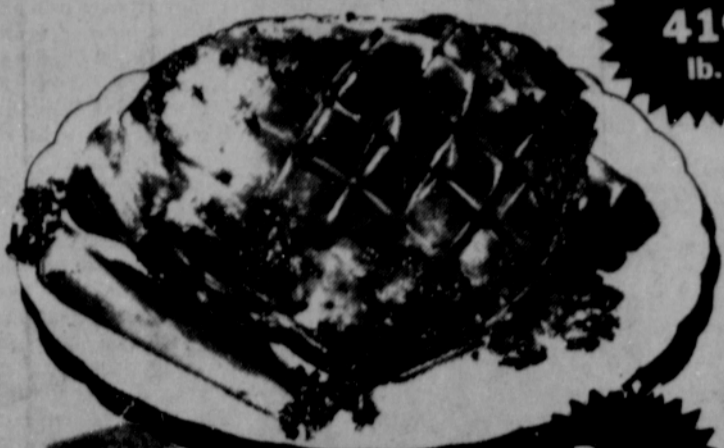
James Leo Gaskill, Corvallis, died Friday night in an auto accident on State Hwy. 211 south of Sandy.

Clackamas County Sheriff Dept. official said there may have been a third vehicle involved in the accident and that the possibility of a hit-and-run was being investigated. Gaskill died when the car he was in burst into flames after being pushed off the road in the accident.

Service centers east of the Cascades have smaller populations than those of western Oregon, but provide a wider range of services than places of similar size in the western portion of the state, according to the Atlas of Oregon.

# Fred Meyer

Prices good Wed., Oct. 20 thru Sat., Oct. 23, 1976



Sugar Cured Tender Smoked

**Smoked Picnics**

**55¢ lb.**

Pre-sliced 65¢ lb.  
 Excellent quality, water added. Prepare like ham.

Save 41¢ lb.

Bonus Buy



Fred Meyer U.S.D.A. Choice Beef Chuck

**Boneless Chuck Roast**

Reg. \$1.38 lb. **97¢ lb.**

Excellent for old-fashioned pot roasting.

Boneless Stewing Beef \$1.09 lb.

Flash Frozen Imported Beef

**Flank Steaks**

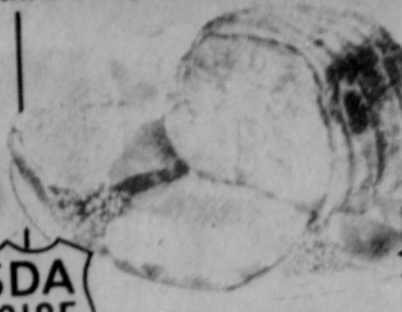
**\$1.69 lb.**

FREE Recipes.

**FRESH SEAFOOD BARGAINS** Fresh Oregon

Sole Fillets **\$1.69 lb.**

Tasty sole from Oregon waters. Fries to a golden brown.



Fred Meyer U.S.D.A. Choice Beef Chuck

**Cross Rib Roast**

Reg. \$1.48 lb. **\$1.19 lb.**

Boneless beef roast. Excellent oven roast.

Boneless Top Blade Chuck Steaks \$1.39 lb.



Fresh Corn Fed Pork

**Pork Steaks**

Reg. \$1.29 lb. **89¢ lb.**

Delicious blade shoulder steak from Midwest porkers.

Boneless Pork Butt Roast **99¢ lb.**

Save 40¢ lb.

### Fred Meyer Everyday Low Meat Prices

Fresh Corn Fed Pork Family Pak <b>Pork Chops</b> \$1.29 lb. <small>Blade end and rib end cut chops in packages of 6 or more chops.</small>	U.S.D.A. Inspected "Blue Ribbon" <b>Cut Up Fryers</b> 69¢ lb. <small>Flash frozen to lock in freshness.</small>	U.S.D.A. Choice Beef Rib <b>Rib Steaks</b> \$1.89 lb. <small>Excellent quality.</small>
U.S.D.A. Choice Beef Chuck <b>Chuck Pot Roast</b> 69¢ lb. <small>Blade cut pot roast.</small>	U.S.D.A. Choice Beef Chuck Seven Bone <b>Pot Roast</b> 89¢ lb. <small>Center cut of the chuck.</small>	U.S.D.A. Choice Beef Chuck <b>Arm Pot Roast</b> 99¢ lb. <small>Better cut of the chuck.</small>

**MY-TE-FRESH EGGS** LARGE GRADE AA

**Large Eggs**

**56¢ doz.** First 2 Doz.

All Additional, Regular Price

**Save 16¢**

**MY-TE-FINE Chunk Tuna**

Light Meat Reg. 63¢ 6 1/2 oz. can **47¢ ea.**

Compare To: Chicken of the Sea Chunk Light Tuna 6 1/2 oz. can 72¢ ea.

**Save 74¢ on 6**

**Food Club Soups**

6 for **\$1.00** 17¢ ea.

\* Vegetable Beef - 10% oz. \* Vegetable - 10% oz. \* Cream of Chicken - 10% oz. \* Mushroom - 10% oz. \* Chicken Noodle - 10% oz. \* Cream of Celery - 10% oz.

**Fred Meyer Coupon**

Save 36¢ on 4

Redeem This Valuable Coupon For:

**Danola Sliced Meats**

6 Varieties Reg. 34¢

**4 2 oz. pkgs. \$1.00** 25¢ ea.

First 8 With This Coupon

\* Cash value 1/20th of 1¢ \* Valid Wed. Oct. 20 thru Sat., Oct. 23, 1976 \* Delicatessen Sections

**Delicatessen Savings**

**Rath Sliced Bacon**

Regular \$1.79 1 lb. pkg. **\$1.29 ea.**

**Armour Star Hot Dogs** All Meat or Beef 12 oz. Reg. \$1.19 **69¢ ea.**

**Dubuque Canned Hams** Reg. \$6.99 3 lb. tin **\$5.88 ea.**

**Kraft Medium Cheddar Cheese** Reg. \$3.99 2 lb. loaf **\$2.88 ea.**

MY-TE-FINE Individually Wrapped Reg. \$1.39 American Cheese Food Slices 12 oz. 99¢ ea.

**California Avocados**

**4 for \$1.00**

New crop. Buttery rich, ideal for sandwiches or salads.

**MY-TE-FINE Produce** Fresher by Far

**Golden Delicious Apples** 4 lbs. **\$1.00**

Extra fancy medium size. Crisp, sweet and low acid.

**Green Cabbage** 15¢ lb.

Green, locally grown. FREE Recipes.

**Ocean Spray Cranberries** 1 lb. bag **37¢**

Northwest grown. FREE Recipes.

**Butternut Squash** 12¢ lb.

Thick meat sweet, bake with butter and brown sugar.

**Eggplant** 25¢ lb.

Royal purple for frying, baking or stewing. FREE Recipes.

**Caramel Apples** 4 for **\$1.00**

Dipped in caramel that is made in our own candy kitchen.

**Daikon (Japanese Radish)** 25¢ lb.

Delicious in all Oriental cooking-sliced in soups or thin strips on vegetable dish. One of the many vegetables featured in Sybil Henderson Odd Vegetable cookbook on sale in produce section only 49¢.

**Save to 35¢**

**Fred Meyer Brand Top Frost Frozen Vegetables**

Peas - 20 oz. • Mixed - 24 oz. • Corn - 20 oz. • Peas/Carrots - 24 oz.

**38¢ ea.** Reg. to 73¢

**Save 37¢ on 2**

**MY-TE-FINE Yellow Cling Peaches**

Halves or Slices

Our Finest Quality

29 oz. cans **2.89¢** 45¢ ea.

Compare To: Libby Yellow Cling Peaches 29 oz. can 65¢ ea.

**Fred Meyer Coupon**

Redeem This Valuable Coupon For:

**Wesson Salad Oil**

**\$1.28** Limit One With This Coupon \$1.43 Without Coupon

Reg. \$1.98 48 oz. bottle

\* Cash value 1/20th of 1¢ \* Valid Wed. Oct. 20 thru Sat., Oct. 23, 1976 \* Grocery Sections

Fred Meyer Advertising Policy  
 Each of these advertised items must be readily available for sale at or below the advertised price in each Fred Meyer store, except as specifically noted in this ad.



These items available all Fred Meyer stores except Morrison, Beaverton, 4800 Western Ave. and S.E. 122nd and Stark, unless specifically noted otherwise.

Open 9 am to 10 pm daily, including Sunday. Always plenty of free and easy parking.