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simple nutrition.

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EQUAL OR LESSER VALUE  
Club Price

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**Rancher's Reserve® Boneless Beef London Broil** Extreme Value Pack. **100¢**

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**Safeway Chicken Thighs, Drumsticks or Leg Quarters** Or Foster Farms Thighs, Drumsticks or Whole Fryer. \$1.49 lb. Locally Grown. **100¢**

**Rancher's Reserve® Boneless Beef Chuck Pot Roast** Or Steak. Extreme Value Pack. **100¢**

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**Fresh Wild Coho Salmon Fillets** Weather permitting. SAVE up to \$5.00 lb.

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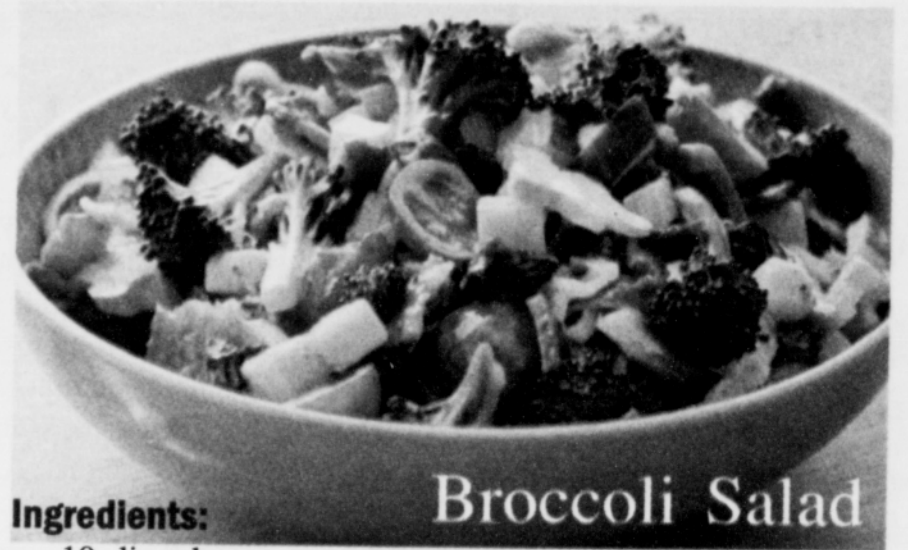
Go to **SAFEWAY.com**

**SUMMER PRODUCE**

**1 BUY 1 GET 1 FREE**  
EQUAL OR LESSER VALUE  
Club Price

**Jumbo Cantaloupe** SAVE up to \$3.49 on 2

# FOOD



Broccoli Salad

**Ingredients:**

- 10 slices bacon
- 1 head fresh broccoli, cut into bite size pieces
- 1/4 cup red onion, chopped
- 1/2 cup raisins
- 3 tablespoons white wine vinegar
- 2 tablespoons white sugar
- 1 cup mayonnaise
- 1 cup sunflower seeds

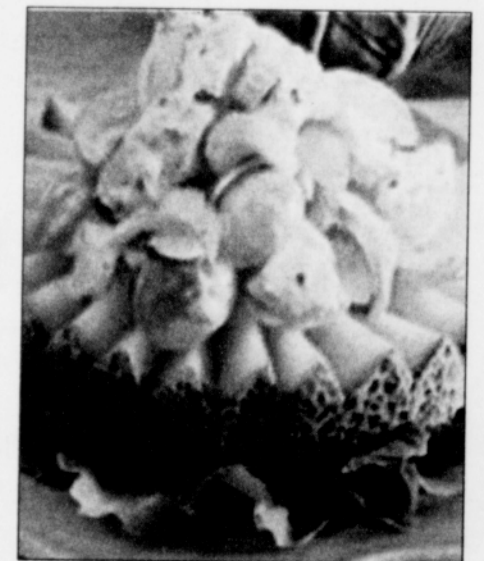
**Directions:**

1. Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.
2. In a medium bowl, combine the broccoli, onion and raisins. In a small bowl, whisk together the vinegar, sugar and mayonnaise. Pour over broccoli mixture, and toss until well mixed. Refrigerate for at least two hours.
3. Before serving, toss salad with crumbled bacon and sunflower seeds.

## Chicken Salad in Cantaloupe

**Ingredients:**

- 1 c. chopped celery
- 1 tbsp. lemon juice
- 1/2 tsp. salt
- Dash of pepper
- 1 cantaloupe
- 2 c. cubed cooked chicken
- 1 c. halved seedless green grapes
- 1/2 c. salted toasted almonds
- 1/2 c. mayonnaise or salad dressing



**Directions:**

1. Toss chicken, celery, grapes, lemon juice, and seasonings together. Stir in mayonnaise.
2. Chill 2 hours.
3. Cut slices across whole cantaloupe.
4. Remove seeds and peel slices.
5. Place each slice on lettuce leaf on salad plate.
6. Fill hole in center with chicken salad.
7. Garnish with almonds. Serves 6.

**88¢** Club Price

**OvenJoy Breads** 22-oz. White or Wheat. SAVE up to \$16

**4.99 lb** Club Price

**Signature Cafe® Chicken Tenders** SAVE up to \$2.50 lb.

**9.99** Club Price

**Single Bottle Sale Price**

**Six Pack Carrier Price 9.00** per bottle 750-ml. or larger

**Clos Du Bois, Korbel or Yellow Tail** 750-ml. Clos Du Bois, Korbel or 1.5-liter Yellow Tail. Selected varieties.

**2.69** Club Price

**Dairy Glen Milk** Gallon. Whole, 2%, 1% or Fat Free.

**3.99 ea** Club Price

**12-Pack Pepsi, 7-UP or 6-Pack Pepsi** 12-oz. cans or 24-oz. bottles. Selected varieties. Plus deposit in Oregon.

**6 for \$10** Club Price

**Eating Right® or Safeway SELECT® Meals** 6 to 12.4-oz. Selected varieties. Club Price: \$1.67 ea.

**99¢** Club Price

**Red or Black Plums** SAVE up to \$1.00 lb.

**1 FREE** EQUAL OR LESSER VALUE Club Price

**Ruffles Potato Chips** 8.5 to 9.5-oz. Selected varieties. SAVE up to \$4.29 on 2

**2 for \$4** Club Price

**Classico Pasta Sauce** 15 to 24-oz. Selected varieties. Club Price: \$2.00 ea.

**11.99** Club Price

**Tide Detergent** 100-oz. Liquid. Selected varieties. SAVE up to \$3.00

**juice jamboree! mix & match**

**2.49** Club Price

**1.99** Club Price

**Safeway 100% Orange Juice 64-oz. Chilled, Real's Apple Juice 64-oz., Welch's Grape Essences 64-oz. or True Top Apple Juice 64-oz.** Selected varieties.

**1.49** Club Price

**Monday's Chocolate Milk 3-Pack, 9-oz. or CapriSun Drinks 10-Pack, 6-oz.** Selected varieties.

**99¢** Club Price

**Broccoli Crowns** SAVE up to 60¢ lb.

**Thousands of EVERYDAY LOW PRICES PLUS Always great Club Card Specials**

**That's our promise... that's Ingredients for life.**

**AUGUST 17 18 19 20 21 22 23**  
WED THUR FRI SAT SUN MON TUES

Prices in this ad are effective 6 AM Wednesday, August 17 thru Tuesday, August 23, 2011 in all Safeway stores in Oregon (except Milton-Freewater) and S.W. Washington stores serving Wahiakum, Clatsop, Clark, Skamania and Klickitat Counties. Items offered for sale are not available to other dealers or wholesalers. Sales of products containing ephedrine, pseudoephedrine or phenylpropanolamine limited by law. Quantity rights reserved. SOME ADVERTISING ITEMS MAY NOT BE AVAILABLE IN ALL STORES. Some advertised prices may be even lower in some stores. On Buy One, Get One Free ("BOGO") offers, customer must purchase the first item to receive the second item free. BOGO offers are not 1/2 price sales. If only a single item purchased, the regular price applies. Manufacturers' coupons may be used on purchased items only — not on free items. Limit one coupon per purchased item. Customer will be responsible for tax and deposits as required by law on the purchased and free items. No liquor sales in excess of 52 gallons. No liquor sales for resale. Liquor sales at licensed Safeway stores only. © 2011 Safeway Inc. Availability of items may vary by store. Online and in-store prices, discounts and offers may differ.

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