

SAFEWAY

Ingredients for life.®

Get your **FLU SHOT HERE**
Quick and easy every day!

*Age restrictions apply. See Pharmacy for details.

Pharmacy

AND GET
10% OFF
GROCERIES

Rancher's Reserve® Boneless Beef Petite Sirloin Steak
Extreme Value Pack. Or Tri-Tip Roast, \$3.99 lb. SAVE up to \$4.50 lb.

Eating Right® Boneless Skinless Chicken Breasts
Or Thighs. Or Tenderloins or Thin Sliced, \$2.99 lb. SAVE up to \$2.50 lb.

waterfront BISTRO® Medium Cooked Shrimp
51 to 60-ct. Frozen/thawed. SAVE up to \$3.00 lb.

Stock Up

249
lb
Club Price

MEAT SALE!

Boneless Pork Top Loin Chops
Center Cut. Extreme Value Pack. SAVE up to \$3.50 lb.

80% Lean Ground Beef
Not to exceed 20% fat. Or 93% Lean, \$3.49 lb. Not to exceed 7% fat. Extreme Value Pack. SAVE up to \$1.20 lb.

Tomatoes on the Vine
SAVE up to \$1.30 lb.

149
Club Price

Safeway Kitchens Butter Top Breads
22-oz. White or Wheat. SAVE up to 50¢

1 FREE
EQUAL OR LESSER VALUE
Club Price

Whole or Sliced White Mushrooms
8-oz. packages. SAVE up to \$2.18 on 2

78¢
ea
Club Price

Iceberg Lettuce
SAVE up to 70¢ ea.

269
Club Price

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

199
Club Price

Post Honey Bunches of Oats
14.5-oz. or Fruity Pebbles 11-oz. Cereal. SAVE up to \$2.00

499
Club Price

Lucerne® Shredded or Chunk Cheese
32-oz. Medium Only. SAVE up to \$1.00

2 FREE
EQUAL OR LESSER VALUE
Club Price

Lay's Potato or Doritos Tortilla Chips
10 to 10.5-oz. Lay's or 11 to 11.5-oz. Doritos. Selected varieties. SAVE up to \$8.58 on 4

899
Club Price

Arm & Hammer Detergent
125 to 150-oz. 2x Liquid. Selected varieties. SAVE up to \$3.00

999
Six Pack Carrier Price
900
per bottle
750-ml. or larger
Club Price

14 Hands or Maryhill
750-ml. Selected varieties. SAVE up to \$4.00

SAVINGS ON ALL FROZEN FOOD!

Mix & Match

GET \$5 OFF

your next purchase with Minimum \$15 purchase OF ANY FROZEN ITEMS excluding Meat, Seafood and Bakery Items.

\$5 off coupons prints at checkout. Offer valid 9/14 thru 9/18/11

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

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

SEPTEMBER 14 15 16 17 18 19 20

Prices on this page are effective **Wednesday, September 14 thru Tuesday, September 20, 2011.** ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Selection varies by store.

Prices in this ad are effective 6 AM Wednesday, September 14 thru Tuesday, September 20, 2011 in all Safeway stores in Oregon (except Milton-Freewater) and S.W. Washington stores serving Wahkiakum, Cowlitz, 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.

FOOD



Marinated Grilled Shrimp

Ingredients

- 3 cloves garlic, minced
- 1/3 cup olive oil
- 1/4 cup tomato sauce
- 2 tablespoons red wine vinegar
- 2 tablespoons chopped fresh basil
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 2 pounds fresh shrimp, peeled and deveined
- skewers

Directions

1. In a large bowl, stir together the garlic, olive oil, tomato sauce, and red wine vinegar. Season with basil, salt, and cayenne pepper. Add shrimp to the bowl, and stir until evenly coated. Cover, and refrigerate for 30 minutes to 1 hour, stirring once or twice.
2. Preheat grill for medium heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard marinade.
3. Lightly oil grill grate. Cook shrimp on preheated grill for 2 to 3 minutes per side, or until opaque.

Dorito Taco Salad

Ingredients: (6-8 Servings)

- 1 lb ground beef
- 1 cup chopped lettuce (more or less to your liking, I love lettuce and always add more)
- 1 cup chopped tomato (more or less to your liking, I love tomatoes and always add more)
- 1 cup cheddar cheese (more or less to your liking, I love cheese and always add more)
- 1 (1 1/4 ounce) package taco seasoning (I use El Paso, but any will do)
- 1 (15 ounce) can ranch style beans (you cant get these everywhere, so you can also use any brand of chilli beans)
- 1 (16 ounce) bottle Catalina dressing
- 1 (12 1/2 ounce) bag Doritos

Directions:

1. Fry ground beef and add taco seasoning.
2. Mix ground beef and ALL ingredients, except Doritos (unless you don't mind soggy), in a large bowl.
3. Refrigerate.
4. Mix in Doritos and enjoy!

Note: I enjoy this nice and cold from the fridge, but you may prefer it warm or room temperature.



THE JOY OF FOOTBALL

3 DAY WEEKEND SALE!
Friday 9/16 to Sunday 9/18

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

Jennie-O Turkey Store Line Sale
Ground Turkey, Turkey Sausages or Turkey Burgers. Selected varieties. SAVE up to \$10.49 on 2

5.99
Club Price

5-lb. Box of Clementines
SAVE up to 3.00 ea.

288
Club Price

refreshe™ Water
24-pack, 16.9-oz. Plus deposit in Oregon. SAVE up to 71¢

699
ea
Club Price

Signature Cafe® Family Size Pizza
38.8 to 42.4-oz. Selected varieties. SAVE up to \$2.00 ea.

1699
Club Price

24-Pack Coors, Bud or Miller
12-oz. cans. Selected varieties. Plus deposit in Oregon. SAVE up to \$4.00

159
Club Price

14 Hands or Maryhill
750-ml. Selected varieties. SAVE up to \$4.00