

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**
Exclusions apply.

Foster Farms
79¢ lb
Foster Farms Fresh Whole Fryer
Locally grown.
SAVE up to 90¢ lb.

ENJOY with
See Weekly Ad

2.49 lb
93% Lean Ground Beef
Not to exceed 7% fat.
Extreme Value Pack.
SAVE up to \$2.70 lb.

2.99 lb
Boneless Pork Top Loin Chops
Center Cut. Extreme Value Pack.
SAVE up to \$3.00 lb.

5.99 lb
Rancher's Reserve® Beef Ribeye or T-Bone Steak
Bone-In. Extreme Value Pack.
SAVE up to \$4.00 lb.

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

9.99 lb
Starcut King Crab Legs
Sold in a 1-lb bag. Or King Crab Legs
16 to 20-size. \$16.99 lb. Cooked.
Previously frozen.

99¢ lb
Sweet Navel Oranges
Imported.
SAVE up to 90¢ lb.

\$2.29 Club Price
- .50
1.79
Franz Premium Bread
24-oz. White.

\$1.99 Club Price
- .50
1.49
Fritos or Cheetos
9 to 10.5-oz.
Selected varieties.

\$3.28 Club Price
- .50
2.78
Safeway SELECT™ Ice Cream
1.5-qt.
Selected varieties.

\$1.79 Club Price
- .50
1.29
Campbell's Select Harvest Soup
18.6 to 19.3-oz.
Selected varieties.

Mix & Match
Over 3,000 participating products
50¢ OFF
each when you buy ANY 8 or more throughout the store

* Your purchase can be all the same item, or all different items!
* Savings are on top of our Card Prices!
* Purchases must be in a single transaction with your Card.

\$4.49 Club Price
- .50
3.99
Safeway Laundry Detergent
50-oz. Liquid or 57-oz. Powder. Selected varieties.

\$5.99 Club Price
- .50
5.49
Quilted Northern or MO Bath Tissue or Tushy or Brightly Paper Towels
12-Ball Tissue or 6-8-Ball Towels. Selected varieties.

\$6.99 Club Price
- .50
6.49
24-Pack Pepsi
12-oz. cans.
Selected varieties. Plus deposit in Oregon.

\$1.19 Club Price
- .50
69¢
Kraft Macaroni & Cheese
7.25-oz.

\$2.99 ea. Club Price
- .50
2.49
D'Organics® Salads
5-oz. Selected varieties.

REWARD POINTS Use your August Gas Rewards before they expire on September 30! Save with your Club Card.

SEPT-OCT 28 29 30 1 2 3 4
WED THUR FRI SAT SUN MON TUES

Prices in this ad are effective 6 AM Wednesday, September 28 thru Tuesday, October 4, 2011 in all Safeway stores in Oregon (except Milton-Freewater) and S.W. Washington stores serving Washkiakum, 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 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



Herb Fryer Chicken

Ingredients

- 1/3 cup lemon juice
- 1/4 cup olive or vegetable oil
- 1/4 cup minced fresh parsley
- 2 tablespoons finely chopped onion
- 3 garlic cloves, minced
- 1 tablespoon grated lemon peel
- 1 teaspoon minced fresh thyme
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 (3 pound) broiler-fryer chicken, cut up

Directions

1. In a large resealable plastic bag, combine the lemon juice, oil, parsley, onion, garlic, lemon peel, thyme, salt and pepper
2. Add chicken. Seal bag and turn to coat
3. Refrigerate overnight, turning occasionally.
4. Drain and discard marinade.
5. Grill chicken, covered, over medium heat for 35-40 minutes or until juices run clear, turning every 15 minutes.

SUGGESTION: To really bring out the lemon flavor, piercing the chicken skin before marinating.

3 DAY WEEKEND SALE!
Friday 9/30 to Sunday 10/2

Foster Farms Breaded Chicken Selections
20 to 33.6-oz.
Selected varieties.
SAVE up to \$5.00 ea.

\$4.99
Club Price

5-Lb. Bag Gala Apples
SAVE up to \$3.00 ea.

3.99
Club Price

Nabisco Snack Crackers or Newtons
12 to 16-oz. Snack Crackers or 8 to 16-oz. Newtons.
Selected varieties.
Limit 4.

2.49
Club Price

Lucerne® Shredded Cheese
32-oz.
Selected varieties.

5.99
Club Price

12-Pack Widmer, Deschutes or Blue Moon
12-oz. bottles.
Selected varieties.
Plus deposit in Oregon.
SAVE up to \$3.00.

11.99
Club Price

The Portland Observer Established in 1970
is "Committed to Cultural Diversity"

*Diversity Works at
The Portland Observer*

Joyce Washington
1937-1996
Co-Founder

The Portland Observer
4747 N.E. Martin L. King Jr. Blvd.
Portland, Oregon 97211

P.O. Box 3137
Portland, OR 97208
www.portlandobserver.com

FREE PEPSI
One (1) 2-liter bottle with card.
(any variety)

WHEN YOU BUY TRANSFORMERS BARK OF THE MOON
ON BLU-RAY OR DVD

\$16.99 DVD + \$23.99 Blu-ray
Offer valid 9/29 - 10/11.
Offer ends 9/29/11 only. *Restrictions apply. Offer requires purchase of one (1) 2-liter bottle of Pepsi (any variety) with your Safeway Club Card. Offer is good on purchases of \$10 or more. Offer is good on purchases of \$10 or more. Offer is good on purchases of \$10 or more. Offer is good on purchases of \$10 or more. Offer is good on purchases of \$10 or more.

CANDY KORNER
SELF SERVE FROZEN YOGURT
eat well. be active. enjoy life.

YOCREAM FROZEN YOGURT™
Sun-Thur 11am-9pm

6720 N.E. Martin Luther King Blvd, Portland, OR 97211
www.candykorner.com
Store Phone: 503.281.7000