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Rancher's Reserve® Boneless Beef Bottom Round Roast
Or Tip Roast. 100% Beef. **160***

80% Lean Ground Beef
Not to exceed 20% Fat. Extreme Value Pack. **160***

Assorted Pork Loin Chops, Center Cut Chops or Rib Chops
Bone-In. Extreme Value Pack. **160***

Safeway Chicken Thighs, Drumsticks or Leg Quarters

waterfront BISTRO® Cooked or Raw Shrimp
31 to 40-ct. Cooked or 21 to 25-ct. Raw. Frozen/thawed. SAVE up to \$4.09 lb.

7.99 lb Club Price

LOCALLY GROWN

Honeycrisp Apples
SAVE up to \$1.50 lb.

1.49 lb Club Price

Safeway Kitchens Variety Breads
24-oz. Selected varieties. SAVE up to \$1.20

1.79 Club Price

Driscoll's Red Raspberries
5.6-oz. containers. Club Price: \$2.00 ea. SAVE up to \$2.98 on 2

2.49 Club Price

Organics™ Salads
5 to 7-oz. package. Selected varieties. SAVE up to \$3.49 on 2

1.99 Club Price

Lipton Tea, Lipton PureLeaf or Snapple
13-pack, 19.3-oz. Lipton 8-pack, 16-oz. PureLeaf or Snapple. Selected varieties. Club Price: \$4.50 ea.

2.99 Club Price

LEAN CUISINE
Chicken Carbonara. 5 to 12.625-oz. Selected varieties. Club Price: \$2.50 ea.

4.10 Club Price

Quaker Life
13-oz. or Chewy Granola Bars 6 to 8-ct. Selected varieties. Club Price: \$2.00 ea. SAVE up to \$3.58 on 2

2.49 Club Price

RITZ

Newton's fat free

Nabisco Ritz Crackers or Newtons
9.5 to 15-oz. Selected varieties. Club Price: \$2.50 ea. SAVE up to \$4.50 on 2

2.59 Club Price

Simply OJ, Apple, Grapefruit or Minute Maid Pomegranate Blueberry
59-oz. Chilled. Selected varieties. Club Price: \$3.00 ea. SAVE up to \$1.99 on 2

2.96 Club Price

Tide Detergent
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BUY 4 SAVE \$4

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*Mix and match. All 4 participating items must be scanned and purchased in a single transaction with your Club Card. Valid 10/12/11 thru 10/18/11. Items may not be available in all stores.

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OCTOBER 12 13 14 15 16 17 18
WED THUR FRI SAT SUN MON TUES

Prices on this page are effective **Wednesday, October 12 thru Tuesday, October 18, 2011.**
ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Selection varies by store.

Prices in this ad are effective 6 AM Wednesday, October 12 thru Tuesday, October 18, 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



Thai Salad with Whole Grain Brown Rice and Chicken

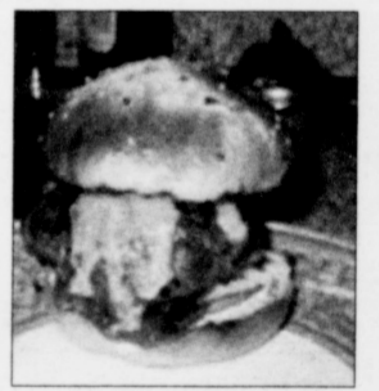
- Ingredients**
- 1 1/2 tablespoons grated ginger
 - 2 cucumbers
 - 1/3 cup vegetable oil
 - 1 1/2 tablespoons sugar
 - 1 1/2 tablespoons garlic, minced
 - 1/2 cup red onion, finely chopped
 - 6 ounces fresh spinach, cut into strips
 - 3 cups cooked chicken, cut into 1/2-inch cubes
 - 1/2 cup fresh basil, cut into strips
 - 3/4 cup peanut butter
 - 1/2 cup rice vinegar
 - 1/2 poblano chile, seeded and chopped
 - 1/3 cup lite soy sauce
 - 1 1/2 cups UNCLE BEN'S® Natural Whole Grain Brown Rice (uncooked)

- Directions**
1. Cook the rice according to package directions, set aside and chill.
 2. Whisk the peanut butter, vinegar, oil, soy sauce, sugar, ginger, garlic, and poblano peppers in a small bowl, set aside.
 3. Cut the cucumbers in half lengthwise before cutting them into 1/2-inch slices.
 4. Combine the rice with cucumber, dressing, chicken, and onion. Cover and chill.
 5. Just before serving, toss the salad with the spinach and basil.

Bronco Burger

- Ingredients**
- 5 fresh jalapeno peppers
 - 4 pounds ground beef
 - salt and pepper to taste
 - 1 egg
 - 1/4 cup steak sauce, (e.g. Heinz 57)
 - 1/4 cup minced white onion
 - 1 teaspoon hot pepper sauce (e.g. Tabasco™)
 - 1 pinch dried oregano
 - 1 tablespoon Worcestershire sauce
 - 1 teaspoon garlic salt
 - 1/4 cup crushed Fritos® corn chips
 - 8 large potato hamburger buns
 - 8 slices pepperjack cheese

- Directions**
1. Preheat a grill for high heat. When the grill is hot, roast the jalapeno peppers until blackened on all sides. Place in a plastic bag to sweat and loosen the blackened skin. Rub the skin off, then seed if desired, and chop.
 2. In a large bowl, use your hands to mix together the chopped jalapenos, ground beef, salt, pepper, egg, steak sauce, onion, hot pepper sauce, oregano, Worcestershire sauce, garlic salt and Fritos®. Divide into 8 balls, and flatten into patties.
 3. Grill patties for 10 to 15 minutes, turning once, or until well done. I always drink one beer, then flip, drink another beer, then remove from the grill and place on buns. Top each one with a slice of pepperjack cheese and pig out!



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