SAFEWAY
Ingredients for life.®

Get your FLU SHOT* HERE
Quick and easy every day!
Visit www.safeway.com/pharmacy to find a Pharmacy near you.
*Age restrictions apply. See Pharmacy for details.

Pharmacy

AND GET 10% OFF GROCERIES
Exclusions apply.

REWARD POINTS
Gift Cards Earn 4x Gas Reward Points
Limited time
*Restrictions and exclusions apply. Visit safeway.com for details.

Stock Up
MEAT SALE!

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

Rancher's Reserve® Boneless Beef Petite Sirloin Steak
Extreme Value Pack.
SAVE up to $4.50 lb.

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

Pork Shoulder Blade Steak
Bone-In. Extreme Value Pack.
SAVE up to $1.50 lb.

4.99 lb Club Price
Wild Alaskan Cod Fillets
Previously frozen.
SAVE up to $3.00 lb.

99¢ lb Club Price
Tomatoes on the Vine
SAVE up to $1.00 lb.
Or Tomatillos, 99¢ lb.

5.49 lb Club Price
Signature Cafe® Chicken Tenders
SAVE up to $2.00 lb.

10 for $10 Club Price
Hass Avocados
Club Price: $1.00 ea.
SAVE up to $2.50 on 10

1.77 ea Club Price
10-lb. Bag Russet Potatoes
SAVE up to $1.02 ea.

2.69 Club Price
Pantry Essentials or Dairy Glen Milk
Gallon. 2%, 1% or Fat Free.

4.99 Club Price
Lucerne® Shredded or Chunk Cheese
32-oz. Medium only.
SAVE up to 50¢

5 for $10 Club Price
Marie Callender's or Healthy Choice Meals
8 to 19-oz. Selected varieties. Excludes Steamers.
Club Price: $2.00 ea. SAVE up to $4.95 on 5

4 for $5 Club Price
Ragú Pasta Sauce
16 to 24-oz. Selected varieties.
Club Price: $1.25 ea.
SAVE up to $2.96 on 4

2.99 Club Price
refreshe™ Water
24-pack, 16.9-oz.
Plus deposit in Oregon.
SAVE up to 60¢

5.99 Club Price
Safeway Softly Bath Tissue or Thirsty Paper Towels
Or Brightly or Pantry Essentials. 9 or 12-Roll Tissue or 6 or 8-Roll Towels. Selected varieties.

BUY 2 GET 2 FREE
EQUAL OR LESSER VALUE
12-Pack Coca-Cola
12-oz. cans.
Selected varieties.

PLUS GET 1 FREE
Nabisco Chips Ahoy! Cookies
9.5 to 15.25-oz. Selected varieties.

Offer valid with Safeway Club Card between 10/19/11 - 10/25/11. Four (4) participating Coca-Cola 12 packs and one package of Nabisco Chips Ahoy! Cookies must be purchased in a single transaction. Plus tax and deposit where applicable. Online and in-store prices, discounts and offers may differ.

Thousands of EVERYDAY LOW PRICES PLUS Always great Club Card Specials
That's our promise... that's Ingredients for life.

BREAKFAST SAVINGS!
Save Big on Breakfast Favorites

Safeway Kitchens Silly Circles
12.2-oz. or Cocoa Nuggets 11.6-oz. Cereal.
SAVE up to $2.00
1.49 Club Price

2.99 lb Club Price
Safeway Hickory Smoked Thick Sliced Bacon
Sold in a 3-lb. package, $8.97 ea.

SAFEWAY COUPON Valid 10/19 thru 10/25/11
OvenJoy Bread
22-oz. White or Wheat.
79¢ WITH CARD AND COUPON
99¢ CLUB PRICE WITHOUT COUPON
This coupon must be presented at time of purchase. Offer valid with Card and Coupon. COUPON CANNOT BE DOUBLED. Coupon valid thru 10/25/11.
0 00000 25634 6

SAFEWAY COUPON Valid 10/19 thru 10/25/11
Tropicana Pure Premium or Trop50 Juices
59-oz. Chilled. Selected varieties.
Limit 2
2.99 WITH CARD AND COUPON
This coupon must be presented at time of purchase. Offer valid with Card and Coupon. Limit two items per coupon. COUPON CANNOT BE DOUBLED. Coupon valid thru 10/25/11. 0 00000 25706 0

SAFEWAY COUPON Valid 10/19 thru 10/25/11
Pillsbury Frozen Breakfast
7.4 to 25.1-oz. Selected varieties.
Limit 4
2.49 WITH CARD AND COUPON
This coupon must be presented at time of purchase. Offer valid with Card and Coupon. Limit four items per coupon. COUPON CANNOT BE DOUBLED. Coupon valid thru 10/25/11. 0 00000 25685 8

GET ALL THIS FOR $24.99* With Card
OR
2-Disc DVD Combo Pack
2-Disc Blu-ray™ Combo Pack
+ Any Coca-Cola (8-Pk., 7.5-Oz. Can)
+ Kellogg's Rice Krispies Treats (Any Variety, 8 Ct.)
+ Keebler Town House Crackers (Any Variety, 8-10 Oz.)
+ Pizza's Bonus™ (10 Oz. Aged White Cheddar)
Offer Valid 10/18/11 - 10/25/11.
*Participating items must be purchased in a single transaction with Club Card. 1) Total any Blu-ray or DVD Combo Pack per transaction. Customer pays tax. CRV and deposit where applicable. Discount taken at register. Offer subject to availability while supplies last. Size varies. See store associate for complete details. Not all varieties in all stores. Void where prohibited. Good in U.S.A. only.
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FOOD

Basil Baked Cod Fillets

Ingredients (Serves 2)

- 1/2 lb. cod, haddock, or orange roughy fillet
- 1 tsp. olive oil
- 1 tsp. lemon juice
- 1/4 tsp. dried basil, crushed
- 1/8 tsp. black pepper
- Dash salt
- 2 plum tomatoes, cored and cut crosswise into thin slices
- 2 tsp. grated Parmesan cheese

Directions:

1. Pat fish dry and cut into 2 serving pieces. Combine oil and lemon juice in a baking dish.

2. Add fish and turn to coat both sides. Sprinkle with basil, pepper and salt.

3. Overlap tomatoes in even layer on fish and sprinkle with Parmesan cheese.

4. Cover with foil and bake at 400°F, about 10 to 15 minutes or until fish just begins to flake when tested with a fork.

Chicken Breasts Milanese

Ingredients (Makes 6 servings)

- 3 whole (6 halves) boneless, skinless chicken breasts
- salt and pepper
- flour
- garlic powder and onion powder
- 2 eggs, well beaten
- 1/4 cup fresh parsley, minced
- 2 cloves garlic, minced
- 1 cup Italian bread crumbs
- 2 tbsp. extra virgin olive oil
- 2 tbsp. butter
- lemon quarters

Directions:

1. Cut whole breasts into two halves. Place chicken between sheets of wax paper and pound to flatten using a heavy pan or rolling pin. Sprinkle lightly with salt and pepper.

2. In a shallow pan or dish, combine beaten egg, parsley and minced garlic. Set aside.

3. Dust chicken pieces lightly with flour, garlic powder and onion powder, shaking off excess.

4. Heat oil and butter in a heavy skillet; do not allow to brown.

5. Dredge the chicken pieces in the beaten egg mixture, then roll in the bread crumbs. Press crumbs on so they stick on both sides.

6. Sauté chicken, 3 or 4 pieces at a time over medium heat until golden and crisp, tender inside, but not dry, about 5-7 minutes on each side, depending upon size of chicken pieces.

7. Drain on paper towels; keep warm in a 250°F oven until remaining pieces are cooked. Serve hot with lemon quarters.

OCTOBER 19 WED 20 THUR 21 FRI 22 SAT 23 SUN 24 MON 25 TUES

Prices on this page are effective Wednesday, October 19 thru Tuesday, October 25, 2011.
ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Selection varies by store.

Prices in this ad are effective 6 AM Wednesday, October 19 thru Tuesday, October 25, 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.

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