

SAFEWAY

Ingredients for life.®

Stock Up
2.49
lb
Club Price

MEAT SALE!

Rancher's Reserve® Boneless Beef Chuck Pot Roast
Or Rancher's Reserve® Boneless Beef Chuck Thin Cut Steak, \$2.99 lb. Extreme Value Pack. SAVE up to \$2.50 lb.

Pork Loin Center Cut Chops
Bone-In. Or Assorted Pork Chops, \$1.99 lb. Extreme Value Pack. SAVE up to \$2.00 lb.

93% Lean Ground Beef
Not to exceed 7% fat. Extreme Value Pack. SAVE up to \$2.50 lb.

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

3.99 ea
Club Price

8-lb. Bag Navel Oranges
SAVE up to \$3.00 ea.

6.99 lb
Club Price

Fresh Stealhead Fillets
Farm raised. Color added. SAVE up to \$4.00 lb.

99¢
Club Price

OvenJoy Breads or Safeway Kitchens Hot Dog or Hamburger Buns
22-oz. White or Wheat. Or 8-ct. Buns. SAVE up to 50¢

98¢ lb
Club Price

Broccoli Crowns or Cauliflower
SAVE up to 71¢ lb.

98¢ ea
Club Price

Fresh Express Spinach or Garden Plus Salads
8 to 12-oz. packages. Selected varieties. SAVE up to \$1.21 ea.

4.99
Club Price

Lucerne® Shredded or Chunk Cheese
32-oz. Selected varieties.

89¢
Club Price

Gatorade
32-oz. Selected varieties.

13.99
Club Price

Cottonelle Bath Tissue or Bounty or Viva Paper Towels
24 Roll Tissue or 10 or 12 Roll Towels. Selected varieties. SAVE up to \$1.00

2 for \$6
Club Price

Simply Orange, Apple, Cranberry or Grapefruit Juice
59-oz. Chilled. Selected varieties. Club Price: \$3.00 ea.

2 FREE
EQUAL OR LESSER VALUE
Club Price

Fritos or Cheetos
9 to 10.5-oz. Selected varieties. SAVE up to \$6.98 on 4

8.10
Club Price

Clos Du Bois, Chateau Ste Michelle or Yellow Tail
750-ml. Clos Du Bois, Chateau Ste Michelle or 1.5-lb. Yellow Tail. Selected varieties. Single Bottle Price: \$9.99 ea.

Buy Any 3 \$6
SAVE \$6
INSTANTLY
MIX & MATCH SALE

Look for Buy 3 Save \$6 tags on participating* items.

Participating items include: Starbucks, Goliath, Tully's or Gemella 12-oz., ProPack Coffee, Maxwell House & Yuban Coffee 10.5 to 34.5-oz., Tully's K-Cups or Green Mountain K-Cups 12-ct., Twinings Loose Leaf Tea 3.53-oz., Twinings Tea 50-ct., Kicking Horse Coffee 12.3-oz. and Revolution Tea 16-ct. Selected varieties.

*All 3 participating items must be scanned and purchased in a single transaction with your Club Card. Participating items may not be available in all stores. Offer valid 2/22/2012 thru 2/28/2012. Limit 21.

REWARD POINTS
Earn Reward Points just by shopping at Safeway with your Club Card!

Savings for Lent

3.99 lb
Club Price

Salad Shrimp Meat
Previously frozen. SAVE up to \$2.00 lb.

3.99 lb
Club Price

Swai Fillets
Farm raised. Previously frozen. SAVE up to \$3.00 lb.

6.99 lb
Club Price

waterfront BISTRO® Medium Cooked Shrimp
51 to 60-ct. Frozen/thawed. SAVE up to \$4.00 lb.

7.99 lb
Club Price

Yellowfin Ahi Tuna Steaks
Previously frozen. SAVE up to \$2.00 lb.

6.30 ea
Club Price

Hogue, Columbia-Crest or Smoking Loon
750-ml. Selected varieties. Single Bottle Price: \$6.99 ea.

2 \$4
Club Price

Lucerne® Cheese
8-oz. Chunk or 12-oz. Queso Fresco. Selected varieties. Club Price: \$2.00 ea.

2.99
Club Price

Daisy Sour Cream
24-oz. Regular or Light.

2 for \$5
Club Price

Lucerne® Butter
16-oz. Regular or Unsalted. Club Price: \$2.50 ea.

FOOD



Chicken Fried Rice

Ingredients:

- 4 Cups Boiled White Rice
- 2 Cups Sliced Fried Chicken
- 2 Tablespoons Extra Virgin Olive Oil
- 1 Tablespoon Ground Black Pepper
- 4 Tablespoons Soy Sauce
- 2 Large Diced Onions
- 4 Large Beaten Eggs
- 1 Tablespoon Sesame Oil
- 1 Cup Of Fresh Bean Sprouts
- 1 Cup Of Sliced Mushrooms
- 1 Teaspoon Onion Powder
- 1 Sliced Hot Red Pepper

Information:

Serving Size 6; 314 Calories Per Serving; 11 Grams Of Fat

Directions:

1. The first step is to boil 4 cups of white rice, you can also use brown rice.
2. Heat both oils in a non stick Wok on medium high heat. Once the oil is hot, fry the veggies, and red pepper.
3. Once the veggies are nice and golden, add in the rest of the ingredients.
4. Fry up everything until it is all golden brown. You can also substitute the soy sauce for teriyaki sauce for a different flavor. Serve it hot.



Red Beans and Rice

Ingredients:

- 2 Cups Cold Water
- 1 Cup Cooked Dried Kidney Beans
- 3 Cut Up Bacon Slices
- 1 Medium Onion Chopped
- 1 Medium Green Pepper Chopped
- 1 Cup Uncooked Long Grain Rice
- 1 Teaspoon Salt

Information:

Serving Size 6; 244 Calories Per Serving; 6 Grams Of Fat

Directions:

1. Bring beans to a boil in a large saucepan. Boil for 2 minutes then remove from heat cover and let stand for 1 hour.
2. Return the beans to range. Add water to cover beans if necessary. heat to a boil. reduce heat fast to a very low simmer, cover and cook until tender. 1 to 1 1/2 hours.
3. Drain beans reserving liquid. Cook bacon in a large skillet until crispy stir in onions and green peppers. Stir until onions are tender but still crispy.
4. Get 2 cups of bean liquid, add bacon, onions, green peppers, bean liquid, rice and salt to beans in a 3 quart sauce pan.
5. Heat to a boil, stirring rarely, reduce heat to simmer cover and let cook 14-15 minutes.
6. Remove from heat fluff and let steam covered 5 minutes. Serve the dish warm with fresh garlic bread, and a glass of red wine.

FEBRUARY 22 23 24 25 26 27 28
WED THUR FRI SAT SUN MON TUES

Prices on this page are effective
Wednesday, February 22 thru Tuesday, February 28, 2012.
ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Selection varies by store.

Prices in this ad are effective 6 AM Wednesday, February 22 thru Tuesday, February 28, 2012 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. © 2012 Safeway Inc. Availability of items may vary by store. Online and in-store prices, discounts and offers may differ.