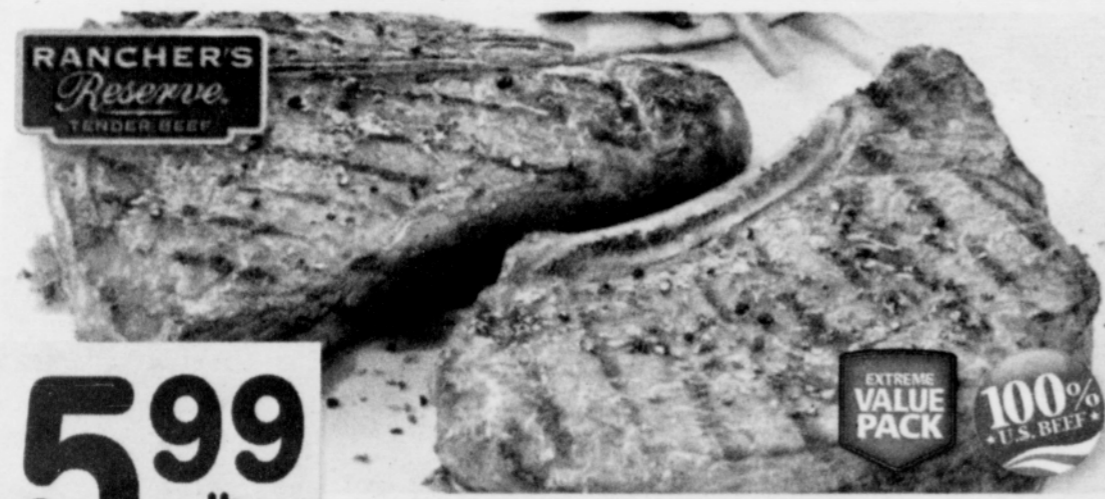


SAFEWAY

Together
we're creating
a brighter tomorrow.
Join us in the fight against breast cancer.



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

2.49
lb
Club Price!
Eating Right® Boneless Skinless Chicken
Breasts with Rib Meat or Thighs or Combo
Or Tenderloin or Thin Sliced. \$2.99 lb.
Extreme Value Pack. SAVE up to \$1.50 lb.

2.99
lb
Club Price!
93% Lean, 7% Fat Ground Beef
Or 90% Lean, 10% Fat Ground Sirloin
Extreme Value Pack. SAVE up to \$2.00 lb.

6.99
lb
Club Price!
Extra Jumbo Raw Shrimp
16 to 20-ct. Previously frozen.
SAVE up to \$5.00 lb.

1.28
lb
Club Price!
Pristine Seedless Grapes
SAVE up to \$1.21 lb.

1.99
Club Price!
Safeway Kitchens
Variety Breads
24-oz. Selected varieties.
SAVE up to \$1.70

2\$1
for
Club Price!
Green Bell Peppers
Club Price: 50¢ ea.
SAVE up to \$1.00 on 2

2\$4
for
Club Price!
Red Raspberries
6-oz. container.
Club Price: \$2.00 ea.
SAVE up to \$2.98 on 2

2.79
Club Price!
Pantry Essentials™
Milk
Gallon, 2%, 1% or Fat Free.

1.99
Club Price!
Kellogg's Frosted Flakes
10.5-oz. or Froot Loops
12.2-oz. Cereal.

10\$5
for
Club Price!
Yoplait Yogurt
4 to 6-oz. Selected varieties.
Club Price: 50¢ ea.

3.39
Club Price!
Coca-Cola
12-pack, 12-oz. cans or 8-pack,
12-oz. bottles. Selected varieties.
Plus deposit in Oregon.
SAVE up to \$3.60 ea.

2 BUY 2 GET 1 FREE
Club Price!
Lay's or Doritos
10 to 10.5-oz. Lay's or
10.5 to 11.5-oz. Doritos.
Selected varieties.
SAVE up to \$8.58 on 4

9.99
Club Price!
Safeway Softly Bath Tissue
or Thirsty Paper Towels
24 Double Roll Tissue or 12 Big
Roll Towels. Selected varieties.
SAVE up to \$2.00

BUY 10 GET 5 FREE*
Club Price: \$1.00 ea.
MIX & MATCH

Lipton Pure Leaf 18.5-oz. Selected varieties.
Lipton Natural 20-oz. Selected varieties.
Propel 24-oz. Selected varieties.
Gatorade 32-oz. Selected varieties.

THE BIG CHEESE EVENT!
Mix & Match

Precious String Cheese
Tillamook Natural String Cheese
Tillamook American String Cheese
Philadelphia Regular Cream Cheese
Tillamook Garlic & Herb String Cheese

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

PARTICIPATING ITEMS INCLUDE:
Kraft Singles, 10.7 to 12-oz.,
Tillamook Natural Slices,
7 to 8-oz., Tillamook
Shredded Cheese, 7 to 8-oz.,
Philadelphia Cream Cheese,
8-oz., Precious String Cheese,
12-oz., Crystal Farms Cheese
Wedges, 4-oz., Frigo
String Cheese, 13.3 to 16-oz.
Selected varieties.
Look for many
participating items in store.

valid 10/3 - 10/9

FOOD



Mushroom Chicken Piccata

Serve with rice and a green salad if desired.

- Ingredients:**
- 1/2 cup all-purpose flour
 - 1 teaspoon salt
 - 1/2 teaspoon paprika
 - 1 egg
 - 2 tablespoons milk
 - 6 skinless, boneless chicken breast halves
 - 4 tablespoons butter
 - 1/2 pound fresh mushrooms, sliced
 - 1/4 cup chopped onion
 - 1 cup chicken broth
 - 1/2 cup white wine
 - 2 tablespoons lemon juice
 - 1 tablespoon cornstarch
 - 1 tablespoon chopped fresh parsley, for garnish

- Directions:**
1. In a shallow dish or bowl, mix together flour, salt and paprika. In a separate dish or bowl mix together egg and milk. Dip chicken pieces in egg mixture, then in seasoned flour.
 2. In a large skillet, heat butter or margarine over medium high heat. Saute chicken pieces until golden brown. Add mushrooms and onion and saute for 3 to 5 minutes.
 3. In a medium bowl combine the broth, wine, lemon juice and cornstarch. Mix together and pour mixture over chicken and mushrooms. Reduce heat to medium low and let chicken mixture simmer for 25 minutes or until chicken is cooked through and juices run clear. Sprinkle with parsley and serve



Broccoli Salad

Confirmed broccoli haters have changed their minds after tasting this salad.

- Ingredients**
- 10 slices bacon
 - 1 head fresh broccoli, cut into bite size pieces
 - 1/4 cup red onion, chopped
 - 1/2 cup raisins
 - 3 tablespoons white wine vinegar
 - 2 tablespoons white sugar
 - 1 cup mayonnaise
 - 1 cup sunflower seeds

- Directions:**
1. Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.
 2. In a medium bowl, combine the broccoli, onion and raisins. In a small bowl, whisk together the vinegar, sugar and mayonnaise. Pour over broccoli mixture, and toss until well mixed. Refrigerate for at least two hours.
 3. Before serving, toss salad with crumbled bacon and sunflower seeds.

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OCTOBER 3 4 5 6 7 8 9
WED THUR FRI SAT SUN MON TUE
Prices on this page are effective Wednesday, October 3 thru Tuesday, October 9, 2012. (unless otherwise noted). ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Selection varies by store.

Prices in this ad are effective 6 AM Wednesday, October 3 thru Tuesday, October 9, 2012 (unless otherwise noted) 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.