

SAFEWAY



REAL BIG DEALS EVERY WEEK WITH YOUR CARD

SAVE 10% OFF ANY 6 OR MORE BOTTLES *750-ml. or larger.

2.69 Club Price! **1b** 93% Lean, 7% Fat Ground Beef
Or 90% Lean, 10% Fat Ground Sirloin. Extreme Value Pack. SAVE up to \$2.30 lb.

2.59 Club Price! **1b** Jennie-O Turkey Store 85% Lean 15% Fat Ground Turkey
Sold in a 3-lb. Tray. \$7.77 ea.

2.99 Club Price! **1b** Safeway Farms Hickory Smoked Thick Sliced Bacon
Sold in a 3-lb. package. \$8.97 ea. Or 2.52-oz. Hormel Fully Cooked Bacon. \$2.99 ea.

1.49 Club Price! **1b** Pork Loin Rib Half Sliced
Or Pork Loin Chops. \$3.49 lb. Same lb. Extreme Value Pack. SAVE up to \$2.50 lb.

5.99 Club Price! **1b** Rancher's Reserve® Beef Loin New York Strip Steak
Bone-In. Extreme Value Pack. SAVE up to \$3.30 lb.

2.79 Club Price! **1b** Rancher's Reserve® Boneless Beef Bottom Round Roast
Or Boneless Beef Chuck Flat Roast. SAVE up to \$2.30 lb.

4.99 Club Price! **1b** Wild Alaskan Cod Fillets
Previously frozen. SAVE up to \$4.00 lb.

1.28 Club Price! **1b** Red Scarlotta Seedless Grapes

99¢ Club Price! **1b** OvenJoy Breads
22-oz. White or Wheat. SAVE up to 30¢

1.28 Club Price! **1b** Hot House Tomatoes
Bulk. SAVE up to 50¢ lb.

2.54 Club Price! **1b** Fresh Express or Safeway Farms Complete Sliced Kits
4.4-oz. (11.8-oz. Selected varieties. Club Price: \$2.99 ea. SAVE up to \$1.30 ea. 2

\$2 Club Price! **1b** Hershey's, Mars or Nestlé Snack Size Bags
11.2-oz. Selected varieties. While Supplies Last. Regular Club Price: \$1.50 ea.

1.99 Club Price! **1b** Kellogg's Raisin Bran
18.7-oz. or Quaker Life 12-oz. Cereal. SAVE up to \$1.80

5.10 Club Price! **1b** Lean Cuisine Simple Favorites
3.25-oz. (11.5-oz. Or 10 lb. 12-oz. Shredder's Simple Dishes. Selected varieties. Club Price: \$2.00 ea. SAVE up to \$1.45 ea. 6

3.10 Club Price! **1b** refreše® Water
24-pack. 16.9-oz. Club Price: \$3.34 ea. Plus deposit in Oregon. SAVE up to \$1.07 ea. 2

5.99 Club Price! **1b** Lucerne® or Open Nature® Chunk or Shredded Cheese
24 to 32-oz. Selected varieties.

6.99 Club Price! **1b** Quilted Northern or MF Soft Tissue, Brawny or Sparkle Paper Towels
12-Roll Tissue or 6 or 8-Roll Towels. Selected varieties. SAVE up to \$2.30

BUY 2 GET 2 FREE 12-Pack Coca-Cola
Must Buy 4 GET 1 FREE Nabisco Green Cookies
Must Buy 4 GET 1 FREE Oreo

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

14.40 Club Price! **1b** Mumm Cuvée Napa or Bota Box
750-ml. Mumm Cuvée Napa or 3-lb. Bota Box. Selected varieties. Single Bottle Price: \$13.99 ea.

12.60 Club Price! **1b** King Estate or Wine By Joe
750-ml. Selected varieties. Single Bottle Price: \$13.99 ea.

9.90 Club Price! **1b** Head Snapper or H3
750-ml. Selected varieties. Single Bottle Price: \$10.99 ea.

8.10 Club Price! **1b** Acrobat or Yellow Tail
750-ml. Acrobat or 1.5-lb. Yellow Tail. Selected varieties. Single Bottle Price: \$8.99 ea.

7.20 Club Price! **1b** Columbia-Crest or ChocolatRouge
750-ml. Selected varieties. Single Bottle Price: \$7.99 ea.

5.40 Club Price! **1b** Chateau De Michelle or Jaime Serra Cristallino
750-ml. Selected varieties. Single Bottle Price: \$1.99 ea.

Food

Fish for Protein

Fish packs the most protein for the lowest cost. However limit croaker, perch and canned light tuna to once a month for they may contain industrial pollutants. The best fish to eat is wild Alaskan or Pacific salmon with canned being the lowest cost mode. Fresh Haddock and Tilapia are good environmental deals.



Tilapia

Baked Fish

Serves 8

Ingredients

- 2 pounds haddock or tilapia fish fillets, cut into 8 even-size pieces
- oil
- 1 cup whole wheat flour
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 large eggs
- ¼ cup nonfat milk
- 8 slices stale whole wheat bread or 2 cups whole wheat bread crumbs

Tartar Sauce

- juice from 1/2 medium lemon
- 1/2 cup low-fat mayonnaise
- 1/2 cup plain nonfat yogurt
- 3 tablespoons sweet pickle relish
- 1/4 teaspoon ground black pepper

Preparation:

- Preheat oven to 375°F.
- To make your own crumbs, tear whole wheat bread into pieces and crush between fingers. Or grind in a food processor, if available. Place crumbs in a medium bowl.
- In a second medium bowl, mix flour, salt, and black pepper.
- In a third medium bowl, add eggs and milk. Beat with a fork.
- Dip each piece of fish into flour and shake off excess. Then dip in egg mixture and then bread crumbs. Each piece should be fully coated with crumbs.
- Lightly coat baking sheet with oil. Place fish pieces on sheet, evenly spaced. Lightly spray or drizzle oil on top.
- Bake until fish flakes easily with a fork, about 15–20 minutes.
- While fish cooks, prepare tartar sauce.
- Rinse lemon. In a small bowl, squeeze juice. Discard seeds.
- In a second small bowl, add mayonnaise and yogurt. Whisk with a fork until smooth. Add relish, black pepper, and 2 teaspoons lemon juice. Stir until combined.
- When fish is cooked, serve immediately with fresh lemon slices or tartar sauce.



Tip

Leftovers can be refrigerated for about 1 day. Reheat in oven at 350°F for 10–15 minutes. Add to fish tacos, wraps or salad.

Recipe by Environmental Working Group www.ewg.org

OCTOBER 17 18 19 20 21 22 23
WED THUR FRI SAT SUN MON TUES
(UNLESS OTHERWISE NOTED)

Prices on this page are effective Wednesday, October 17 thru Tuesday, October 23, 2012. (UNLESS OTHERWISE NOTED). ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Selection varies by store.

ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Prices in this ad are effective 6 AM Wednesday, October 17 thru Tuesday, October 23, 2012 (unless otherwise noted) in all Safeway stores in Oregon (except Milton-Freewater) and in Washington stores serving Walla Walla County, Clark, Skamania and Klickitat Counties. Some offers for sale are not available to other dealers or wholesalers. Sales of products containing acetaminophen, pseudoephedrine or phenylephrine (limited by law) quantity rights reserved. SOME ADVERTISING OFFERS 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.