

You can depend on Foods Co-untry every week for extra variety for your menu planning!

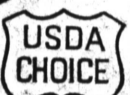
Always Extra Meat Variety At Foods Co.



BONELESS BEEF ROASTS TOP OF THE GRADE



FRESH EASTERN PORK
RIB END
PORK ROAST
3-4 LB. AVG.
49¢ lb



USDA CHOICE **BONELESS CHUCK & ROUND ROASTS**
69¢ LB

USDA CHOICE STEER BEEF
ROUND BONE
SWISS STEAK
65¢ lb

USDA CHOICE BEEF
FAMILY STEAK
89¢ lb

USDA CHOICE BEEF
BONELESS
CHUCK STEAK
79¢ lb

USDA CHOICE BEEF
BONELESS
ROUND STEAK
89¢ lb

USDA CHOICE BEEF
LEAN CUTS
CHUCK STEAKS
49¢ lb

STUFFED BELL PEPPERS
59¢ lb

LIVER AND ONIONS SUPREME
1 lb. Beef Liver
5 strips of Bacon
Juice of one lemon
1 lb. can whole small onions
1/2 cup flour
1/2 tsp. thyme
1/2 tsp. paprika
1 tsp. seasoning salt
Fry bacon till crisp. Drain all but 3 teaspoons drippings. Remove and crumble bacon. Cut liver in strips removing skin and veins. Dip into lemon juice. Combine dry ingredients on all sides over medium heat. Overfrying toughens liver. Push liver aside. Add onions and cook with extra teaspoon drippings if needed. Sprinkle crumbled bacon over liver and onions and serve immediately. Serves 4.



PRE-CARVED PORK
LOIN END ROAST
59¢ lb

EASTERN GRAIN FED
FRESH LOIN PORK CHOPS
89¢ lb

FRESH EASTERN PORK
WAFFER THIN or THICK STUFFING PORK CHOPS
98¢ lb

BY THE PIECE
PORK TENDERLOINS . . . \$1.09 lb

FROM THE LAND OF CORN • WILSON'S
CORN KING BACON . . . 59¢ lb

LEAN EASTERN
SIRLOIN PORK CHOPS
69¢ lb

LEAN EASTERN
CENTER CUT
RIB PORK CHOPS
79¢ lb

FRESH & FROZEN **SEAFOOD**

SALMON STEAKS 98¢ lb
CHINOOK FROM ALASKA

W BRAND **SMELTS** 49¢
1 LB. BAG

CALVES LIVER 69¢ lb

EUREKA SANDABS . . . 89¢ lb
A FINE DELICATE FLAVORED FISH



TENDER NUTRITIOUS **FRESH BEEF LIVER**
49¢ LB

DELICIOUS READY TO COOK
MEAT LOAF MIX
59¢ lb

GROUND FRESH HOURLY
GROUND CHUCK 59¢ lb
GROUND FRESH HOURLY
GROUND ROUND 69¢ lb

fresh produce **Foods Co. SUPERMARKETS**



COLD WEATHER MENU FAVORITES
HOT, TASTE-TEMPTING, FRESH VEGETABLES!

IMPROVED KENTUCKY WONDER
GREEN BEANS 19¢ lb

TRY COOKING IT MEXICAN STYLE WITH JACK CHEESE
ITALIAN SQUASH 19¢ lb
PERFECT FOR STUFFING
BELL PEPPERS
DELICIOUS WITH BUTTER
FRESH BROCCOLI

SWEET, JUICY
SUNKIST NAVAL ORANGES
10¢ lb

U.S. NO. 1
RED VELVET YAMS
2 LBS. 29¢

delicatessen **Foods Co. SUPERMARKETS**



ROYAL • ALL BEEF WIENERS
1 LB. PKG. **59¢**

AMERICAN CHEESE
INDIVIDUALLY WRAPPED SLICES 12 OZ. PKG. **59¢**
WILNO KOSHER **SALAMI, KNOCKS or FRANKS . . . 79¢** 12 OZ. PKG.

CREAM CHEESE
SPRINGFRESH 8 OZ. PKG. **29¢**