

Sunday 3/10/19 - Saturday 3/16/19

MEAT

Freirich Corned Beef Brisket		\$5.99 LB Save \$1.30 lb	Freirich Corned Beef Round		\$4.69 LB Save 80¢ lb
BEEF	Beef Brisket		SALE \$		SAVE
	Beef Flank Steak		\$6.99 /LB		\$1.00 /lb
	Beef Ground Round		\$6.99 /LB		\$2.00 /lb
	Meatloaf Mix w/ Beef, Veal and Pork		\$3.89 /LB		\$1.00 /lb
PORK	Pork Sirloin Roast		\$3.69 /LB		80¢ /lb
	Pork Sirloin Chops		\$1.49 /LB		\$2.00 /lb
	Oscar's Smokehouse Irish Bacon		\$1.69 /LB		\$2.00 /lb
LAMB	Lamb Shoulder Chops		\$8.99 /LB		\$1.30 /lb
POULTRY	Boneless Chicken Breast		\$3.99 /LB		\$2.00 /lb
	Boneless Turkey Breast		\$1.69 /LB		\$2.30 /lb
			\$2.99 /LB		\$2.00 /lb

READY-TO-COOK

Stuffed Pork Sirloin Roast	\$1.99 LB Save \$1.50 lb	Panko Breaded Chicken Cutlets	\$2.49 LB Save \$2.00 lb
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SEAFOOD

Wild Caught Alaskan Cod	\$4.99 LB Save \$2.99 lb	Frozen Haddock Fillets	\$4.99 LB Save \$1.00 lb
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CORNED BEEF & CABBAGE DINNER FOR 2

DINNER FOR 2
\$24.00+TX

Your dinner will include 3/4 lbs of corned beef, cabbage, potatoes and 2 slices of instore made Irish Soda bread.
 Meals available Friday while supplies last.
 Fully Cooked just heat and eat



GROCERY

Barilla
Protein Plus Pasta **\$1.79**

14.5 oz

Save 40¢

Barilla
Pasta Sauce **2/\$4**

24 oz

Save \$1.58

		SIZE	SALE \$	SAVE
Freihofer	Country Breads	24 oz	2/\$5	\$3.98
Thomas'	Large Bagels	10.5-20 oz	2/\$6	\$3.38
Smart Food	Cheddar Popcorn	7.5-9 oz	2/\$6	\$1.98
Saranac	Sodas 6 Packs 12 Fl oz Btls	72 fl oz	\$3.99	\$2.00
Best Yet	Bran Flakes	17.3 oz	3/\$5	\$2.17
Best Yet	Instant Oatmeal	13.5 oz	3/\$5	\$2.47
Best Yet	Extra Dark Blend Coffee K Cup	36 ct	\$7.99	\$7.00
Best Yet	Apple Juice	64 fl oz	2/\$3	78¢
Jif	Peanut Butter	16 oz	2/\$4	\$1.98
Campbell's	Chunky Soup	18.6-18.8 oz	2/\$3	\$2.58
Starkist	Solid White Tuna	5 oz	4/\$5	\$2.96
Heinz	Mayochup	16.5 oz	2/\$6	\$3.98
Heinz	Ketchup	38 oz	2/\$6	\$1.98
Best Yet	Olive Oil	17 fl oz	\$3.99	80¢
Idahoan	Instant Mashed Potatoes	4 oz	99¢	50¢
Carolina	Rice Mixes	4.5-5 oz	3/\$2	67¢
Maruchan	Yakasoba	3.96-4 oz	3/\$2	97¢
Ken's	Salad Dressing	9 fl oz	2/\$3	98¢
New York	Texas Toast Croutons	5 oz	4/\$5	\$1.76
Keebler	Club Crackers	11-13.7 oz	2/\$5	\$3.38
Rotel	Tomatoes w/Chili's	10 oz	4/\$5	\$2.16
Best Yet	Tomato Sauce	8 oz	5/\$2	45¢
Best Yet	Ultra Bath Tissue	107.8 sq ft	2/\$6	\$1.98
Poland Spring	Spring Water 12 Pack	96 fl oz	2/\$4	\$3.58
Mary Kitchen	Corned Beef Hash	14 oz	2/\$5	.38¢
Silver Floss	Sauerkraut	14.4 oz	.99¢	.30¢

BEER

Magic Hat
Dropkick Murphy's **\$5.99**

Bar Room Hero

6 Pack 12 fl oz Cans

Save \$1.00

Guinness
Extra Stout or **\$7.99**

Blonde

6 Pack 12 fl oz Bottles

Save \$2.00

PRODUCE

US #1 All Purpose
White Potatoes **\$1.99 EA**
5 lb bag **Save \$2.00 ea**

US #1 All Purpose
Yellow Onions **\$1.49 EA**
3 lb bag **Save \$1.00 ea**

Fresh, Texas
Green Cabbage **69¢ LB**
Save 60¢ lb

Fresh Peeled
Baby Carrots **99¢ EA**
1 lb bag **Save 50¢ ea**

Sweet & Juicy Cantaloupes

Sale
\$1.99 EA

Save
\$1.00

DAIRY

Hidden Camp
Large Brown Organic Eggs **\$3.99**
1 doz **Save \$2.00**

Kerry Gold
Irish Butter **2/\$5**
8 oz **Save \$2.98**

		SIZE	SALE \$	SAVE
Battenkill Valley Creamery	Half Gallon Milk	64 fl oz	\$2.49	40¢
Battenkill Valley Creamery	Gallon Milk	128 fl oz	\$4.49	20¢
Chobani	Greek Yogurt	5.3 oz	99¢	30¢
Icelandic Provisions	Skyr Yogurt	5.3 oz	4/\$5	\$2.16
Hood	Half & Half	16 fl oz	4/\$5	\$2.16
Cabot	Sour Cream	16 oz	2/\$3	\$1.58
Cabot	Whipped Cream	7 oz	2/\$4	\$1.18
Cabot	Onion Dip	12 oz	2/\$3	\$1.38
Cracker Barrel	Cheese	8 oz	2/\$5	\$3.58
Treasure Cave	Crumbled Blue Cheese	5 oz	2/\$4	\$1.58
Frigo	String Cheese	12 oz	2/\$5	\$4.58
Sargento	Balance Breaks	4.5 oz	2/\$5	\$2.98
Simply	Premium Orange Juice	52 fl oz	2/\$6	\$3.18
Simply	Grapefruit Juice	52 fl oz	2/\$6	\$3.18

NEED YOUR KNIVES SHARPENED?

The Delmar Sharpener returns to the
Co-op this Tuesday



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FROZEN

Van's Organic or Gluten Free Waffles 8.5-9 oz box	\$2.49 Save \$1.00	Green Giant Riced Veggies 12 oz bag	\$2.49 Save \$1.00
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		SIZE	SALE \$	SAVE
Ore Ida	Potatoes or Fries	16-32 oz bag	\$2.49	\$1.10
River Valley	Gold Label Vegetables	16 oz bag	\$1.89	50¢
Caulipower	Cauliflower Crust Pizza or Pizza Crusts	11-12 oz box	\$6.99	\$1.00
Frontera	Taco or Fajita Bowls	11-12 oz box	\$4.99	\$1.00
Frontera	Skillet Meals	20-22 oz bag	\$9.99	\$2.00
Humoli	Rstd Garlic or Rstd Red Pepper Hummus Ravioli	13 oz bag	\$3.99	\$2.00
Dr. Praeger's	Lightly Breaded Fishies	10 oz box	\$3.99	\$1.00
It's A Ufca Thing	Famous Tomato Pie	18 oz box	\$6.49	\$1.50
Stouffer's	Classic Entrees	6-12 oz box	\$2.49	80¢
Stouffer's	Stuffed Peppers, Lasagna or Mac & Cheese	18-20 oz box	\$2.99	\$1.00
Stouffer's	French Bread Pizza	10-13 oz box	\$2.49	80¢
Perry's	Assorted Ice Cream Bars or Sandwiches	6 ct box	\$3.49	\$1.00
Adirondack Creamery	Natural French Ice Cream	1 pt	\$3.99	\$1.00
Talenti	Gelato or Sorbetto	1 pt	\$3.99	\$1.00

BAKERY

Our Own Seedless Rye Bread 16 oz	\$1.99 Save \$1.00	Irish Soda Bread Plain or with Caraway Seeds 16 oz	\$3.49 Save 50¢
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DELI

		SALE \$	SAVE
Thin N Trim	Low Salt Roast Beef	\$10.99 /LB	\$1.80/lb
Thin N Trim	Turkey Breast	\$8.99 /LB	\$1.80/lb
Thin N Trim	Ham	\$6.99 /LB	\$2.00/lb
State National	Corned Beef	\$8.99 /LB	\$1.80/lb
Kerrygold	Irish Swiss Cheese	\$6.99 /LB	\$3.00/lb
Tobin's First Prize	Bologna	\$3.99 /LB	\$2.00/lb
Mothergoose	Liverwurst	\$4.99 /LB	\$1.00/lb

SANDWICH SPECIAL

Grilled Chicken Caesar Wrap Grilled & chopped chicken breast, green leaf lettuce, parmesan cheese, caesar dressing and bacon on a wrap	\$6.99 Save \$1.00
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Receive our Weekly Deals in your inbox!
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All Weekly Deals are available to both non-member shoppers and member shoppers. Available while supplies last. Not required to buy advertised multiples to receive sale price. We welcome cash, EBT, Visa, Mastercard, Discover, Amex, most debit cards, and checks.