Grocery Deals for Nov. 4 - Nov. 10, 2009

www.familyspice.com

Beef	**Albertsons**	**Vons**	**Ralphs**	**Henrys**
Beef Brisket, flat cut			$3.99/lb	
Beef Top Round			BOGO	
Chuck Steak, Bone-In			$3.49/lb	
Chuck Steak, Boneless	$2.99/lb			
Chuck Roast, Boneless	$2.99/lb	$1.97/lb		
Cross Rib Roast, Boneless		$2.49/lb	BOGO	
Flap Meat, Lean			$5.49/lb	
Ground Beef 85% lean			$3.99/lb	
Ground Sirloin 90% lean	$2.99/lb	$3.99/lb		
NY Steaks, bone in		$5.99/lb	$6.99/lb	
Eye of Round			BOGO	
Rib Eye Roast (boneless)		$6.99/lb		$5.99/lb
Round Rump Roast, boneless	$1.99/lb		BOGO	
Round Tip Roast, boneless				
Sirloin Tip Roast	$2.99/lb		BOGO	
Stew Meat	$3.99/lb			
Top Sirloin Steak, Boneless				$2.88/lb
Tri-Tip Roast, trimmed		$4.99/lb	BOGO	
T-Bone Steaks	$7.99/lb			
Lamb				
Lamb, Leg bone in			$4.99/lb	
Pork				
Pork Butt Roast	99¢/lb			
Pork Loin, Whole Boneless		$2.97/lb		
Pork Country Style ribs				$1.88/lb
Pork Country Style strips, boneless			$2.49/lb	
Pork Shoulder Blade Steak		$1.99/lb		
Pork Spareribs (fresh)			$1.99/lb	$1.88/lb
Pork Top Loin Chops, Boneless		$3.49/lb		
Poultry				
Chicken Breast, Boneless Foster Farms			$4.79/lb	
Chicken Breast, Boneless Skinless	$1.77/lb (3lbs or more)	$1.77/lb		$1.88/lb (all natural)
Chicken Breast, Split		$1.69/lb	99¢/lb	
Chicken Drumsticks or Thighs, Foster Farms		$1.99/lb		
Chicken Drumsticks, or Thighs	$1.29/lb		99¢/lb	
Chicken, Quarter Leg	$1.29/lb			

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Chicken, Thigh Boneless		$1.77/lb		$1.88/lb (all natural)
Chicken, Whole Foster Farms		$1.49/lb		
Turkey, Safeway up to 16lbs		$5/ea		
Turkey, Butterball up to 16lbs		$8/ea		
Turkey, Safeway over 16lbs		$7/ea		
Turkey, Butterball over 16lbs		$10/ea		
Seafood				
Catfish	$5.99/lb			
Crab, Large King Crab Legs	$9.99/lb	$9.99/lb		
Dover Sole, WIld	$5.99/lb			
Lobster Tails 4oz each		$6.99/ea		
Orange Roughy	$8.99/lb			
Pacific Red Snapper Fillets		$5.99/lb		
Salmon Fillets, Fresh Atlantic (farm raised)				$4.99/lb
Salmon Fillets, Farm Raised		$7.99/lb		
Shrimp , Extra Jumbo Raw (21-25 Count)		$6.99/lb		
Shrimp, Colossal Raw Gulf (10-15 Count)	$9.99/lb			$6.99/lb
Shrimp, Extra Large Cooked (31-40 Count)		$6.99/lb		
Shrimp, Extra Large Raw (31-40 Count)	$5.99/lb			
Shrimp, Medium Cooked (51-60 Count)	$5.99/lb			
Produce				
Apples, Cameo				47¢/lb
Apples, Gala		47¢/lb	99¢/lb (organic)	
Apples, Fuji			88¢/lb	
Apples, Golden Delicious	2lbs/$3			
Apples, Granny Smith	2lbs/$3			3lb bag/$2
Apples, Honeycrisp		$1.99/lb		
Apples, Jonagold				47¢/lb
Apples, Red Delicious	2lbs/$3			3lb bag/$2
Asparagus, Green	$2.99/lb			$1.77/lb
Avocados, Hass	2/$1	99¢/ea		47¢/ea
Bell Peppers, Green				47¢/ea
Blackberries (4.4-6oz pkg)	$2.99/ea	2/$3		$1.77/ea
Blueberries (4.4-6oz pkg)		2/$3		$1.77/ea
Cabbage, Green			2lbs/$1	
Carrots, Baby Peeled 1-lb bag				97¢/ea
Corn on the cob, sweet				3/$1
Cucumbers				47¢/ea

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Cranberries, 12oz	2/$5			
Fresh Express Salad Blends	2/$4		99¢/ea	
Green Beans			$1.47/lb	
Kiwi			3/$1	
Lettuce, Romaine				3 count pkg/$2
Mangoes			99¢/ea	3/$1
Melons, Cantaloupes	69¢/lb			77¢/lb
Onions, Yellow			3lbs/$1.88	
Oranges, Navel			99¢/lb	47¢/lb
Pears, Bartlett	$1.29/lb	99¢/lb	79¢/lb	
Pears, Bosc			79¢/lb	
Pears, D'Anjou			79¢/lb	
Pineapple			88¢/lb	$1.77/ea
Pomegranate			99¢/ea	
Potato, Russet Bag			10 lb bag/99¢ (limit 2)	3lb bag/$2
Raspberries 5.6oz pkg.	$2.99/ea			
Squash, Yellow	99¢/lb			
Squash, Zuchinni	99¢/lb			
Spinach, fresh			77¢/ea	
Tangerines, Satsuma	$1.99/lb			
Tomatoes, Grape	$2.99/pint		$1.88/lb	
Tomatoes on the Vine	$1.99/lb		$1.88/lb	
Tomatoes, Roma		99¢/lb		
Yams		99¢/lb		
Dairy				
Butter, Henrys 1lb.				2/$4
Cottage Cheese, 16oz				2/$3
Eggs, Large 18 ct. (limit 2)			$1.77/ea	
Sour Cream, 16 oz	$1.69/ea			2/$3
Misc.				
Colgate Toothpaste			99¢/ea	
Colgate Toothbrush			99¢/ea	
Duncan Hines Cake Mix		10/$10	99¢/ea	
Gold Medal Flour 4.25lb-5lb	$1.99/ea		$1.99/ea	
Granulated Sugar 5lb		$2.19/Safeway brand	2/$5 Ralphs Brand	
C&H Brown Sugar		$1.69/2lbs	99¢/16oz	
C&H Powdered Sugar		$1.69/2lbs	99¢/16oz	
General Mills Cereal	$1.88/ea	$1.50/ea when you buy 4		
Betty Crocker Super Moist Cake Mix	99¢/ea			