



FRESH DEALS

JULY 12-18

While supplies last. No rain checks.

.89 lb Local Red Cabbage



1.29 ea Local Green Peppers



2.89 lb

Organic Green Grapes



17.49

FRESH SALMON
Wild Alaskan Salmon
Reg Price 18.49



4.99

BILINSKI'S
**Apple Chardonnay
Chicken Sausage**
Reg Price 5.99



\$2 off lb

Deli fresh
**Apple Smoked
Gouda**



4.79

Deli fresh
**Curried
Potato Salad**
Reg Price 6.49



4.99

DESERT ESSENCE
**Lemon Tea Tree
Deodorant**
Reg Price 6.49 • 5 oz



3.99

ALL TERRAIN
Neon Kids Bandages
Latex Free
Reg Price 4.99 • 20 count



2.49

STACY'S
Pita Chips
Reg Price 3.49



3.79

MEDITALIA
Tapenade
Reg Price 4.99 • 6.35oz



1.99

FUNCTION DRINKS
Assorted Flavors
Reg Price 2.49 • 16.9fl. oz

Family Dinner Night AT THE CO-OP



**EVERY
THURSDAY**

4-8 pm

Just \$5 a plate. Dine in or
get it to go!

MENU

7/13 - Breaded Chicken Strips, Roasted
Potatoes, and Sweet Corn

7/20 - Meatloaf, Roasted Potatoes,
and Summer Squash

7/27 - Roasted Vegetable Medley,
Side Salad, Garlic Bread

AT THE DELI

ASIAN BROCCOLI SALAD

\$7.99 per pound

Made with Broccoli Florets, Red
Cabbage, Organic Raisins, Organic
Almonds, and a White Miso dressing.

SWEET SUMMER CORN SALAD

\$5.99 per pound

Made with organic sweet corn, bell
peppers, leeks, and cilantro

SILVER FIN FISH CAKES

\$2.49 each

Made with Local wild-caught Silver Fin Carp

NEIGHBORHOOD WHEAT BREAD

\$3.29 per loaf

Made with Organic Wheat and
Non-GMO Sunflower Oil