

**EARLY BIRD SPECIAL!!!**  
 Monday & Tuesday  
 SEPT. 28TH & 29TH  
 TIME FOR STEW!!!  
**LEAN CHUCK STEW BEEF**  
**WOW! \$2.48** LB.  
 XTRA LEAN ROUND STEW MEAT \$2.88 LB.

**WEDS/THURS SPECIAL**  
 SEPT. 30TH & OCT. 1ST  
 \*\*USDA SELECT\*\*  
**STRIP STEAK BONE-IN**  
**WOW! \$4.98** LB.

**FIELDALE ROASTING CHICKEN**  
 GREAT WITH IGA CRANBERRY SAUCE!  
**WOW!**  
**98¢** LB.

**SIRLOIN TIP STEAK**  
**VERY TENDER!**  
**\$4.98** LB.

**MILK SALE**  
 .....  
**GUIDA 1% GALLON**  
**WOW!**  
**\$2.49**

**SUNDAY ONLY**  
**SEPT. 27TH WUNDERBAR BOLOGNA**  
**\$3.99** LB.  
**VIRGINIA BAKED HAM** **\$1.99** LB.

**EVERY DAY LOW PRICE!**  
**DOMESTIC HAM** **SAVE \$2.00 LB.** **\$2.99** LB.  
**WHITE AMERICAN PRE-SLICED CHEESE** **SAVE \$2.00 LB.** **\$2.99** LB.  
**BUD ICE, LIGHT or NAT. LIGHT 12 PACK CANS** **\$8.39**  
**TISDALE WINES** **2/\$9**  
 From California  
 750 ml bottle

**WEEKEND SPECIAL**  
**FRIDAY & SATURDAY**  
**OCTOBER 2ND & 3RD**  
**90% LEAN GROUND SIRLOIN**  
**\$2.28** LB. **WOW!**  
 5 LB. BAGS

**CALL US TODAY! 978-297-0313**  
**FAMILY MEAT BUNDLE**  
 5 lbs. Ground Chuck 5 lbs. NY Sirloin Steak  
 5 lbs. Pork Chops 5 lbs. Chicken Breast  
 5 lbs. Pork Roast 3 lbs. Polish Sausage  
 5 lbs. Beef Roast 3 lbs. Hot Dogs  
**\$9.99** 24 HR. NOTICE

**WE ARE LOWERING OUR GROCERY PRICES.**

**Lunch Combo Special**  
 Made to order Deli Sandwich on a freshly baked grinder or bulkie roll with a small bag of chips, IGA soda or water (sports bottle)  
**BON APPETIT!! \$3.79**

**DARLENE'S DELI**  
 VIRGINIA BAKED HAM .....4.99 Lb.  
 STORE BAKED TURKEY BREAST 4.99 Lb.  
 PASTRAMI ROUND .....4.99 Lb.  
 KRAKUS IMPORTED HAM .....5.99 Lb.  
 WUNDERBAR BOLOGNA .....2.59 Lb.  
 KAYEM FOOT LONG HOT DOGS...3.99 Lb.  
 KAYEM MEATLOAF .....4.99 Lb.  
 CHEESE & PEPPERONI LOAF ...5.99 Lb.  
 COLESLAW .....2.59 Lb.  
 CHICKEN SALAD .....4.99 Lb.

**EYE ROUND SALE** **PORK ROAST SALE**  
**WHOLE 5-7 LB.** **\$2.79** LB.  
**ROAST HALF** **\$2.89** LB.  
**STEAKS** **\$2.99** LB.  
**LEAN BONELESS LOIN** **\$2.49** LB.  
**STORE MADE STUFFED PORK** **\$2.59** LB.  
**SPICEY PORKETTA** **\$2.59** LB.

**GROCERY**  
 General Mills Cereal - Cinnamon Toast Crunch, Cheerios and Wheaties .....2.99  
 Prince Pasta .....10/10  
 San Giorgio Pasta 16 oz. ....10/10  
 Knorr Pasta/Rice Sides 4-6 oz. ....2/3  
 IGA Ground Coffee 35 oz. ....6.89  
 Capri Sun Drinks 10 Pack .....2/6  
 Kool Aid Jammers 10 Pack .....2/6  
 Tuttorossa Pasta Sauce 26 oz. ....2/4  
 Newman's Own Pasta Sauce 24 oz. ....2/5  
 Kraft Deluxe/Velveeta Cheese .....2/5  
 Campbell's Chunky Soup 18-20 oz. ....2/5  
 Progresso Classic Soup 19 oz. ....2/4  
 Delmonte Can Vegetables 14.5 oz. ....4/5  
 Campbell's Spaghettios 14.7 oz. ....4/5  
 Bumble Bee Solid White Tuna 5 oz. ....3/5  
 Pillsbury/Robin Hood Flour 5 Lb. ....1.99  
 Kosciusko Mustard 9 oz. ....1.79  
 9 Lives Cat Food 22 oz. ....2/4  
 IGA Cereal Select 12-15 oz. ....2/5  
 Betty Crocker Fruit Shapes .....2/4  
 IGA Pancake Syrup 24 fl. oz. ....1.99  
 IGA Pancake Mix .....1.99  
 IGA Tomato Sauce 8 oz. ....3/1  
 IGA Mashed Potatoes 7-8 oz. ....2/3  
 Carolina/River Rice 32 oz. ....2/4  
 IGA Broth .....59¢  
 Filippo Berio Olive Oil 17 fl. oz. ....4.99  
 Mazola Pure Cooking Spray .....2/5  
 Ken's Salad Dressing 24 fl. oz. ....3.99  
 IGA Towels Select A Size 145 Ct. ....4/5  
 IGA Bath Tissue 1 Ply .....3/2  
 Coke 2 Liters .....2/3-Dep.  
 Powerade 32 oz. ....99¢  
 Organic Tea 16 oz. ....1.00  
 Vitamin Water 16 oz. ....10/10  
 Kindling Wood Bundles .....2.99  
 Fire Wood Bundles .....3.99  
**AND MORE!!!**

**FRESH PRODUCE**  
 White Mushrooms 8 oz. ....1.69  
 Grape Tomatoes Pint .....2/5  
 Dole Classic Romaine OR Greener Selection Salad Mix .....1.99  
 Brussel Sprouts 10 oz. ....2.99  
 Green Cabbage .....49¢ LB.

**FRESH BAKERY**  
 RYE BREAD 19 oz. ....1.79  
 PUMPERNICKEL BREAD 19 oz. ....1.79  
 CHEESE DANISH RING 16.75 oz. ....3.99  
 RASPBERRY DANISH RING 17.5 oz. ...3.99  
 APPLE DANISH RING 17.5 oz. ....3.99  
 GOLD CELEBRATION CAKE 18 oz. ...3.99  
 GOURMET COUNTRY CINNAMON  
 APPLE PIE 38 oz. ....5.99

**WING FLING**  
**FIELDALE FROZEN 4 LB. BAG** **\$6.88**  
**FRESH WINGS** **\$1.88** LB.  
**SEASONED WINGS** **\$1.99** LB.  
**GRADE 'A' BONE-IN CHICKEN BREAST**  
 WHOLE TWIN PACK or SPLIT VALUE PACK **\$1.39** LB.  
**YOUR CHOICE!!!**  
**CHUCK SHORT RIBS BONE-IN** **\$2.99** LB. **WOW!**

**10 LB. BAG POTATOES** **\$3.99**  
**Gala OR Macintosh TOTES** **99¢** LB.

**HOT SOUP Available at the DELI** **2/\$7**

**SAVE MONEY!!! BUY IGA BRANDS!**

<b>IGA SLICED Pepperoni</b> 8 oz. <b>2/\$5</b>	<b>IGA BEEF FRANKS</b> 16 oz. <b>\$2.88</b>	<b>IGA LEAN BACON</b> <b>\$2.88</b> LB.	<b>IGA HAM STEAKS</b> <b>\$3.48</b> LB.
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**DAIRY/FROZEN**  
 Cabot Butter Quarters 16 oz. ....2/6  
 Shedd's Country Crock Tub 15 oz. ....2/4  
 IGA Shredded Cheese .....2/5  
 Cracker Barrel Bars and Cuts .....2/6  
 Philly Soft/Whip Cream Cheese 8 oz. .1.88  
 IGA Spread 48% 45 oz. ....2/6  
 Pillsbury Grands Biscuits 16.3 oz. ....2/3  
 IGA Ice Cream 1/2 Gallon .....2/5  
 Marie Callender Dinners .....2/6  
 IGA Poly Vegetables 16 oz. ....2/3  
 Eggo Pancakes .....2/4  
 Eggo Toaster Sticks .....2/4  
 Jimmy Dean Breakfast Bowl .....2/5  
**TROPICANA ORANGE JUICE** 1/2 GAL. **2/\$7**  
**GARELICK ORANGE JUICE** 1/2 GALLON **\$1.99**  
**JUICE** GALLON **\$3.49**

**www.centraisupermarket.com**

**IGA Central Supermarket**

OPEN DAILY 8:00 AM TO 9:00 PM  
 SUNDAY 9:00 AM TO 6:00 PM  
 Now Accepting VISA, MasterCard, Discover, Quest and Debit Cards For Your Purchases!

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**"Short Aisles Making Shopping Easier"**  
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**WE'RE SERIOUS ABOUT MEAT, QUALITY & SAVINGS MAKE CENTRAL YOUR MEAT MARKET!**  
 Sale Prices Effective SEPT. 27th, 2009 through OCT. 3rd, 2009