

Oven Roasts



Slow Cooker Pork Roast
NEW Item - pound
\$1.99



Perdue Roasting Chickens
Pound
\$1.29



Bottom Round Roasts
Weis Steakhouse Angus Beef - pound
\$3.49



Seasoned Lamb Leg
Bonemless - pound
\$3.99

Fresh Beef, Pork & Poultry



Shoulder London Broil or Shoulder Roasts
Weis Steakhouse Angus Beef
Pound
\$3.49



Weis Steakhouse Angus Delmonico Steaks
Bigger Deal Packages or Wet Aged Beef Packages - pound
\$8.99



Whole Frying Chickens
PA All Natural Chicken - pound
99¢



Split Turkey Breasts
PA All Natural - pound
\$2.99



Sirloin Tip Roasts
Also London Broil - pound
\$3.99



Hatfield Hot or Sweet Italian Grillers
also Pepper/Onion Grillers - 16 ounce
2/\$5



Weis All Natural Drumsticks or Thighs
Bigger Deal 3 pounds or more - pound
\$1.19



Store-Made Meatloaf
Pound
\$2.99



Stuffed Whole Fryers
Store-made - pound
\$1.29



Stuffed Pork Chops
Bonemless, store-made - pound
\$2.99



Hormel Entrees
17 ounce
2/\$10



Hormel Pepperoni
5 to 8 ounce
2/\$5



Hatfield Sliced Bacon
16 ounce
2/\$6



Gorton's Seafood
7.5 to 24.5 ounce
40% OFF



Ball Park Meat Franks
12.8 to 16 oz. save at least \$2.99
FREE!



Philly Gourmet Sliced Steaks
10.5 oz. save at least \$4.99
FREE!



Chef Italia Meatballs
18 oz. save at least \$6.99
FREE!



Hillshire Farm Sausage
14 or 16 oz. save at least \$3.99
FREE!

FAMILY SIZE SAVINGS!

<p>Boneless Pork Loin Combo Pack - pound \$2.99 Club Price</p>	<p>Country Style Sliced Spareribs Bigger Deal 3 lbs or more - lb \$1.99</p>	<p>Redi-Serve Chicken Waffles or Patties - 28 or 35 oz \$4.99</p>	<p>Hot Pockets or Tony's Pizzas 4 or 6.5 ounce 10/\$10</p>
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Kitchen Shoppe

select stores

<p>Buy One Get One FREE! Baker's Secret Bakeware Mix & Match! Save at least \$2.99</p>	<p>NEW! at Weis Pyrex Metal Bakeware Mix & Match! Save at least \$7.99</p>	<p>Buy TWO Get One FREE! Mix & Match! Handi-Foil Baking Pans of equal or lesser value. save at least \$1.79</p>
<p>Buy One Get One FREE! Pyrex Glass Bakeware Save at least \$3.99</p>	<p>Farberware or OXO Kitchen Gadgets Each 25% OFF</p>	<p>Farberware Wooden Cutting Board Set 3 piece \$7.99</p>

Great for Steaming and Deep Frying!

FINALLY!

No more freezing in the driveway!

Butterball Professional Series INDOOR ELECTRIC TURKEY FRYER

- Accommodates turkeys up to 14 pounds
- Digital timer, power/ready indicator lights, adjustable thermostat control
- Fold-away lid with viewing window and built-in filter
- Cooking basket with drain clip
- Stainless-steel housing, porcelain-coated inner pot
- Drain valve for easy cleaning

\$119.00

Deli Fresh Meats & Cheeses



Dietz & Watson
American Cheese
Save \$2.00 - pound
\$4.99



Gourmet Lite
Turkey Breast
Dietz & Watson, save \$2.00 - lb
\$6.99



DIETZ & WATSON
PREMIUM MEATS AND ARTISAN CHEESES
Expect the Best



Honey
Turkey Breast
Dietz & Watson, save \$2.00 - lb
\$6.99



Dietz & Watson
Angus Roast Beef
Save \$2.00 - pound
\$7.99



Berks Old Fashioned
Ring Bologna
Save \$1.00 - pound
\$3.99



98% Fat Free
Imported Deli Ham
Save \$1.70, natural juice - pound
\$4.99

Cheese Shop



Cooper
Sharp Cheese
Save \$2.00, processed - lb
\$4.99

weis 2 GO



ITALIAN SPECIALTIES
Meatballs with Sauce
of Sausage with Peppers and Onions - pound
\$4.99



Weis 2 Go
Macaroni Salad
Apple or Original, save \$0.40 - lb
\$2.29

Great Food To Go



Perdue Rotisserie
Chicken Leg Quarters
Save 95¢ - each
2/\$3.99



Lobster
Bisque
20-ounce
2/\$6



12 Inch
Take & Bake Pizzas
Save at least \$2.00 - each
2/\$8



Weis 2 Go
3 lb Salads
Sold in 3 pound containers
\$4.99



Provolone
or Mozzarella
Save \$2.00, 8 slices - pound
\$4.99



Lorraine
Swiss Cheese
Save \$1.50 - pound
\$5.99

- Cheese of the Month -



English
Crandale
Save \$3.00 - pound
\$17.99

Hot Wings Platter

Small Platter Serves 8 to 10 save \$2.00	Medium Platter Serves 12 to 14 save \$4.00	Large Platter Serves 20 to 22 save \$6.00
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Hoagie Rings

Medium Ring Serves 6 to 7 save \$2.00	Large Ring Serves 9 to 11 save \$4.00
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Seafood Specials select stores

 <p>Live Littleneck Clams Save \$6.00 - 50 count bag \$13.99</p>	<p>Buy One Get One FREE!</p>  <p>Singleton Shrimp 6 or 10 ounce, of equal or lesser value Save at least \$2.79</p>	<p>Buy One Get One FREE!</p>  <p>Trans Ocean Classics or Imitation Lobster or Crab - 8 ounce Save at least \$2.99</p>	 <p>31 to 40 Count Shrimp Skewer Save 25¢ - each \$1.00</p>
 <p>Sea Choice Salmon Burgers Save \$1.00 - 12.6 ounce \$3.99</p>	 <p>Orca Bay Fish Fillets Save \$1.00 - 10 ounce \$3.99</p>	 <p>From the Dock Crab Meat Lump, save \$5.00 - 16 oz \$10.99</p>	 <p>26 to 30 Count Cooked Shrimp Peeled & deveined - pound 2 to \$17.99 \$8.99</p>
 <p>Lump Crab Cakes - 4 ounce \$2.99</p>	 <p>Premium Shrimp Salad - lb \$5.99</p>	 <p>Fresh Tilapia Fillets - lb \$5.99</p>	 <p>Dry Jumbo Sea Scallops - lb \$9.99</p>

TOUCHDOWN TAILGATING

 <p>Bagel Bites Party Packs 31.1 ounce \$7.99</p>	 <p>TGI Friday's Party Packs - 22.8 to 30 ounce Poppers Stuffed Japanese Cheddar - 30 to 40 ct \$8.99</p>	 <p>Jani-King Fiesta Minis Variety Pack - 30 ounce Tortitos Pizza Rolls - 120 count \$10.99</p>	 <p>Hot or Lean Pockets Tikka Packs - 54 ounce \$10.99</p>
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Healthy Bites

WELLNESS NEWS YOU CAN LIVE



1000 South Hill, LA • Kame South, HD, LA • Mount Airy, HD, LA

Defend Against Diabetes

- **Limit Liquid Carbs** Get beverage calories with Tropicana® Trop 50™ that contains half the calories and sugar of traditional orange juice.
- **Good-for-You Fats** Diabetes increases heart disease risk. Include monounsaturated fats from Crazy Richard's® Flaxseed Butter that's free of added salt, sugar or hydrogenated oils to keep your heart healthy.
- **Easy on the Sugar** Replace sugar oat-for-oat with Splenda® No-Calorie Sweetener that can be used in beverages, cereal or recipes that call for sugar.
- **Slip Down** Keep hydrated during your daily exercise with light and fruity Aquafina® FlavorSplash® that's calorie and sugar free.
- **Go for the Grains** Fiber helps blood sugar levels stay balanced. Each hearty slice of EarthGrains® 100% Natural Bread supplies an excellent source of fiber from whole grains.

Look for volume 39 of the Healthy Bites magazine in stores or on-line at www.westmarkets.com/healthybites

Tropicana Orange Juice
64 ounce
2/\$5

Crazy Richard's Peanut Butter
16 ounce
\$2.39

Splenda Sweetener
9.7 ounce or 100 count
\$6.49

Aquafina FlavorSplash
6 count half liter bottles
4/\$11

Earth Grains Breads
24 ounce
\$2.49

Specialty Foods

select stores

Walkers Shortbread Rounds
5.3 ounce
\$3.99

Medford Farms Stock
Chicken or Vegetable - 32 oz
\$1.99

Robertson's Mincemeat
Pie Filling - 29 ounce
\$3.99

Holland House Cooking Wines
16 ounce
2/\$5

Bigelow Herbal Teas
20 count
2/\$5

Fresh Dairy



Buy One Get One FREE!
Weis Quality Natural Cheese
8 oz. of equal or lesser value, save at least \$2.25



Buy One Get One FREE!
Sorrento Snack Cheeses
10 to 12 ounce, save at least \$3.79



Buy One Get One FREE!
Tampico Punch
Mango or Citrus - gallon, save at least \$1.99

Buy One Get One FREE!
Weis Quality Whipped Cream
14 oz, save at least \$3.59

Buy One Get One FREE!
Weis Quality Creamer
16 oz, save at least \$2.99

Buy One Get One FREE!
Mama Mary Pancakes
13.5 oz, save at least \$2.89

Dannon Creamy Yogurts
6 ounce
10/\$4

Yo Crunch Yogurt Cups
6 ounce
10/\$6



Kraft Shredded Cheese
also Cubes or Chunks - 5.8 to 8 ounce
2/\$4



Country Crock Spread
Shedd's Spread - 15 ounce
3/\$5



Weis Quality Natural Slices
8 ounce
2/\$4

Friendship Cottage Cheese
15 ounce
\$1.99

Weis Quality Spread
3 pound tub
\$1.99

Cabot Natural Cheese
8 ounce
2/\$5

Weis Quality String Cheese
12 ounce
2/\$5

Sugar Free Gelatin
Weis Quality - 12 count
\$2.99

Over the Moon Fat Free Milk
Lough Valley - 64 ounce
2/\$5

Frozen Foods



Buy One Get One FREE!
Aunt Jemima French Toast or Pancakes
Selected - 12.5 to 14.8 ounce, save at least \$2.49



Red Baron Classic Crust or Stone Hearth Pizzas
19.86 to 22.63 ounce
2/\$9



Hot Pockets, Subs, Pizzas, Calzones or Paninis
also Lean Pockets, selected - 6.3 to 9 ounce
\$1.99

New York Style Pizzas
Weis Quality - 20.5 to 22.85 oz
\$2.99

Weis Quality Gourmet Breads
14.5 ounce
\$2.99

New York Pizzeria Dip n' Sticks
11.5 or 16 ounce
\$2.79

On-Cor Traditionals Entrees
Selected - 27 to 29 ounce
\$2.19

Healthy Choice Steamers
Selected healthy Choice - 10 to 12.5 oz
4/\$10

Complete Selections or Cafe Steamers
Selected healthy Choice - 10 to 12.5 oz
4/\$10

Dr. Oetker's Pizzas
Risorto - 11.5 to 13.8 oz
\$3.79

Weis/Kahiki Asian Entrees
10 or 11 ounce
2/\$5

Weis 5 Star Meals
24 ounce
\$6.49

Weis Quality Pancakes
13.75 to 14.1 ounce
\$1.79

Valu-Time French Fries
5 pound
\$3.49

From the Field Broccoli
10 ounce
4/\$3

Green's Ice Cream or Kemp's Frozen Yogurt
48 ounce
2/\$6

YoPlait Frozen Smoothies
7.6 ounce
2/\$5

YoPlait Frozen Smoothies
7.6 ounce
2/\$5

Sodas & Snacks



Buy One Get One FREE!

2 Liter Coke Products
Save at least \$1.99



Buy One Get One FREE!

Weis Quality Spring Water
1 liter or Sport Cap - 24 oz.; save at least 99¢



Buy One Get One FREE!

Pop Secret Microwave Popcorn
9 or 10.5 ounce; save at least \$2.59



SERVES 4 for \$3 PER SERVING

Beef-Stuffed Peppers

- Non-hazardous Shopping List
- 1 lb. Fresh ground beef..... \$1.00
- 4 fresh bell peppers..... .50¢
- 1 fresh onion..... .49
- 1 (14.5 ounce) jar Weis Quality Jarred Green Beans..... \$1.55
- 1 jar Weis Quality Dried Oregon Lentils..... \$2.29
- 1 (14.5 ounce) jar Weis Quality Sliced Italian Style tomatoes..... .95¢

INSTRUCTIONS:
1 lb. Ground Beef
4 Fresh Bell Peppers
3/4 cup onion, chopped
1/4 cup brown rice, uncooked
1/2 tsp. dried oregano leaves
2 Tbsp. ketchup
1/4 tsp. black pepper
1/2 tsp. salt

Sauce:
1 (14.5 oz) jar Italian-style sliced tomatoes, undrained
2 Tbsp. ketchup
1/2 tsp. dried oregano leaves

Heat oven to 350°F. Cut tops off bell peppers; remove seeds. Combine ground beef, onion, rice, 1/2 teaspoon oregano, 2 tablespoons ketchup, salt, and pepper in large bowl, mixing lightly but thoroughly. Spoon mixture into peppers; stand peppers in 3 x 8-inch baking dish. Combine sauce ingredients; pour over peppers. Cover dish lightly with aluminum foil. Bake in 350°F oven 1-1/2 hours, until instant-read thermometer inserted into center of pepper registers 160°F.

Source: BeefStuffedPeppersForDinner.com



Buy One Get One FREE!

Blistered Peanuts
Weis 5 Star - 7.5 oz; save at least \$1.99



Buy One Get One FREE!

Emerald Snack Nuts
10 or 11 ounce; save at least \$5.99



Snyder's of Hanover
Fritos or Tortilla Chips - 16 ounce

2/\$4



Sandies or Vienna Fingers
Regular cookies - 9.5 to 16 ounce

\$2.99



Betty Crocker Fruit Snacks
4.5 to 9 ounce

4/\$4 **MUST BUY 4**
at least \$2.00



Utz Kettle Style Potato Chips
7.5 to 8 ounce

2/\$4



Town House Crackers
Regular - 7.7 to 16 ounce

2/\$5



Nabisco Honey Maid Graham
or Nilla Wafers - 11 to 15 oz

2/\$6



Buy One Get One FREE!

Tastykake Donuts
or Honey Buns - 11 to 16 oz; save at least \$3.99



Buy One Get One FREE!

Big Top Donuts
16 ounce; save at least \$2.49



7up, A&W or Sunkist
also Canada Dry - 12 or 12 oz

4/\$10



Stewart's Sodas
4 count 12 ounce bottles

5/\$10



6 Count Pepsi Products
Half liter bottles

4/\$11



Sierra Mist or Schweppes
2 liter bottles

4/\$4



8 Count Coke Products
12 ounce bottles

3/\$10



24 Count Aquafina Water
Half liter bottles

\$4.99



8 Count Pepsi Products
12 ounce bottles

3/\$11



Ssips Drinks
8 or 10 count

3/\$5

Early Holiday Baking



Land O Lakes Butter
16 ounce

2/\$5



Weis Quality Grade A Large Eggs
18 count

2/\$3



Betty Crocker Cookie Mixes
14 or 17.5 ounce

3/\$5



Weis Quality Semi-Sweet Baking Chips
12 ounce

2/\$4



Weis Quality Coconut
Angel Flake - 14 ounce

2/\$4



Lucky Leaf Pie Fillings
Apple or Cherry - 20 or 21 oz

2/\$5



All Purpose White Flour
Weis Quality - 5 pound

2/\$3



Vegetable or Canola Oil
Weis Quality - 48 ounce

2/\$5

Soup Sale



Campbell's Tomato or Chicken Noodle Soups
10.75 ounce

10/\$6



Progresso Traditional or High Fiber Soups
16.5 or 19 ounce

3/\$4



Weis Quality Healthy Chunky Soups
16.5 or 18.8 ounce

4/\$6



Nissin Beef, Chicken or Shrimp Cup Noodles
6 count

2/\$4



Weis Quality Chicken Broths
32 ounce

2/\$3



Weis Quality Instant Bouillon or Bouillon Cubes - 3.4 or 4 oz

\$1.29



Light 'n Fluffy Egg Noodles
12 ounce

4/\$5



Premium Saltines
Nabisco - 11 to 16.5 ounce

2/\$5