# ATRY'S

Quality Foods Since 1912

WE HAVE UTICA BREAD EVERY SAT & SUN

## HOME OF JANETS MEATBALLS

Our Own STORE MADE 4 Oz. Super Size Italian Meatballs & Chicken Meatballs

- Original
- Hot & Spicy
- Buffalo Wing

THEY ARE GREAT!

48 Oz. Asst. Friendly's Ice Cream 3.99

8 Oz. Asst. Cool Whip Topping 2 FOR 4.00

Fresh Premium Irish Corned Beef Flats or Rounds 5.99 Lb. WHILE SUPPLIES LAST!

12 Pack 12 Oz. Bottles Saranac Beer 17.99

Fresh Premium Irish Corned Beef Points 4.99 Lb. WHILE SUPPLIES LAST!

10 Lb. Bag White Potatoes 4.99

## FRESH BAKERY

Made Fresh 6 Pack Lenten Hot Cross Buns 3.99

Baked Fresh 6 Pack Large Kaiser Rolls 2.99

8 Oz. Give 'N Go Mini Donuts 4.99

Made Fresh 6 Pack Carrot Cake Squares 6.99

Made Fresh 4 Pack Cranberry Orange Muffins 5.99

20 Oz. NY Crumb Cakes
- Original
- Cinnamon
- Blueberry

5.99

RECIPE of the WEEK
COOKING WITH Janet Chanatry

## JANET'S RECIPE

### MAPLE SALMON

Super Fresh Atlantic Salmon Fillets 10.99 Lb.

**• Ingredients:**

- ½ cup Maple Syrup
- 4 tablespoons Soy Sauce
- 2 Cloves Garlic, minced
- ½ teaspoon Garlic Salt
- ¼ teaspoon Ground Blacmk Pepper
- 2 pounds Salmon

**• Preparation:**

1. In a small bowl, mix the maple syrup, soy sauce, garlic, garlic salt and pepper.
2. Place salmon in a shallow glass baking dish, and coat with the maple syrup mixture. Cover the dish, and marinate salmon in the refrigerator 30 minutes, turning once.
3. Preheat oven to 400 degrees F (200 degrees C).
4. Place the baking dish in the preheated oven, and bake salmon uncovered 2 0ominutes, or until easily flaked with a fork.

The nutrition data for this recipe includes information for the full amount of the marinade ingredients. Depending on marinating time, ingredients, cooking method, etc. the actual amount of the marinade consumed will vary.

Nutritional Information Amount Per Serving: Calories: 265 | Total Fat: 12.4g | Cholesterol: 67 mg.

## FROZEN SEAFOOD

5 Oz. Food Club Clam Strips 3.99

10 Oz. Margaritaville Boomerang Shrimp 5.99

10 Oz. Margaritaville Beer Batter Shrimp 5.99

10 Oz. Margaritaville Baja Buffalo Shrimp 5.99

Frozen Halibut Portions 8.99 Lb.

Salmon Burgers 2 Per Pkg. 4.99 Each

## FRESH DAIRY

1 lb. Quarters Land O'Lakes Margarine 2 FOR 5.00

32 Oz. Hood Country Cream 1.69

52 Oz. Asst. Simply Orange Juice 3.99

24 Oz. Heidelberg Breads

24 Oz. Heluva Good French Onion Dip 3.99

32 Oz. Asst. Crystal Farms Shredded Cheese 9.99

59 Oz. Asst. Tropicana Twisters 2 FOR 4.00

8 Oz. Asst. Philadelphia Soft Cream Cheese 3.99

32 Oz. Cabot Greek Style Yogurt 4.99

12 Oz. Crystal Farms Cheese Singles 2 FOR 7.00

## FROZEN FOODS

10 Oz. Asst. Food Club Steamer Vegetables 2 FOR 3.00

21 Oz. Asst. Birdseye Viola Meals 4.99

11.7 Oz. Asst. Pillsbury Toaster Strudel 2/$7 $1.00 OFF DIGITAL COUPON FINAL COST 2 FOR 6.00

8.5-9 Oz. Asst. Cholula Bowls 3.99

9.5 Oz. Asst. Kevins Bowls 3.99

36 Oz. Asst. Crav'N Ice Cream Cups 3.99

11.8-14 Oz. Asst. Marie Callender Dinners 3.99

24-26 Oz. Marie Callender Meals to Share 5.99

7 Oz. Asst. Jimmy Dean Breakfast Bowls 2 FOR 6.00

11-11.4 Oz. Gorton Fish Fillets
- Beer Batter
- Battered
- Garlic & Herb
- Crunchy

4.99

## SNACK & BEVERAGE

HOT! 6 Pack Pellegrino Sparkling Fruit Waters 5.99

16 Oz. Dot's Pretzels 5.99

12 Pack 12 Oz. Bottles & Cans
- Heineken Beer
- Landshark Beer

$17.99

24 Pack 12 Oz. Bottles & Cans Michelob Ultra Beer $22.99 -$8.00 REBATE $14.99 FINAL COST

24 Pack 16 Oz. Bottles Nirvana Spring Water 3.99 CASE SALE

18 Pack 12 Oz. Cans
- Pabst Blue Ribbon
- Busch Beer
- Miller High Life
- Old Milwaukee

16.99

6 Pack 16.9 Oz. Bottles Coca-Cola Beverages 4.99

12 Pack 12 Oz. Bottles or Cans
- Stella Artois
- Corona Beer
- Truly Seltzers
- White Claw

$17.99

9-13 Oz. Big Bag
- Lays Potato Chips
- Doritos Tortilla Chips
- Tostitos Tortilla Chips

4.99

24 Pack 12 Oz. Cans White Claw Hard Seltzers and Twisted Teas 29.99 CASE SALE

8-10 Oz. Big Bag
- Wise Potato Chips
- Wise Cheese Doodles
- Wise Popcorn

2.99

10 Oz. Bag Utica Coffee 50 Varieties 10.99

24 Pack 16 Oz. Bottles Adirondack Rainbow Pack Spring Water 9.99 CASE SALE

28 Oz. Gatorade 1.99

8 pack 20 Oz. Bottles Gatorade 7.99

12 pack 12 Oz. Bottles Gatorade Drinks 9.99

6 Pack 16 Oz. Bottles
- RC Cola
- A&W
- 7-Up
- Sunkist

3.99

1 Liter Poland Spring Sparkling Waters 88¢

### HOMETOWN BREWS

12 Pack 12 Oz. Bottles & Cans Saranac Beer 17.99

24 Pack 12 Oz. Cans Utica Club Beer 19.99

HOT! 64 Oz. Snapple Teas 1.99

16 Oz. C-4 Energy Drink 2 FOR 3.00

12 Pack 12 Oz. Cans Polar Beverages 3.99

30 Pack 12 Oz. Cans
- Budweiser
- Bud Light
- Coors Light
- Miller Lite
- Miller 64
- Labatt Blue
- Labatt Light
- Rolling Rock

24.99 BONUS $8.00 REBATE

12 Pack 16 Oz. Bottles Lipton Fighter Pack Teas 7.99

6 Pack 16 Oz. Bottles Lipton Pure Leaf Tea 7.99

24 Pack 12 Oz. Cans Pepsi-Cola Beverages
- Pepsi
- Diet Pepsi
- Pepsi
- Orange Crush
- Mountain Dew
- Mug Root Beer
- Schweppes
- Brisk

10.99 CASE SALE

KEEP OUR COMMUNITY STRONG

SHOP LOCAL