



Health & Wellness

Top Care Cold & Flu Relief
8 Oz. Daytime or Night Time
2/\$6



Top Care Mouthwash
1 Ltr.
2/\$4

FROZEN

Blue Bunny Frozen Yogurt or Ice Cream
46 or 48 Oz. Scrounds
3.48

Sara Lee Fruit Pie
27 or 34 Oz.
2/\$6



Flav-R-Pac Frozen Stir Fry or Vegetable Blends
12 Oz.
2/\$3

Joseph Campione Toast, Rolls, or Breadsticks
8 to 16 Oz.
1.98



Serving Downtown Madison Since 1983



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We Deliver!
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fresh meat You'll find certified meat cutters on site! Special orders are welcome!

fresh produce We offer a large selection of fresh conventional and organic produce! You'll also find fresh local options!

U.S.D.A. Choice Black Angus Boneless New York Loin Strip Roast
6.98 Lb.

Sugardale Ham Portion
78¢ Lb.

U.S.D.A. Choice Black Angus New York Strip Steak
7.98 Lb.

Smithfield Prime Whole Boneless Pork Loin
1.88 Lb.

DAIRY

Shurfine Whipping Cream
8 Oz. Half & Half
98¢

Simply Juice
1.75 Ltr.
2.98

Breakstone's Sour Cream
16 Oz.
2/\$3

Cauliflower
98¢ Lb.

Dole Salad Blends
5-12 Oz. Bag
1.78

Dole Yukon Gold Potatoes
5 Lb. Bag
2.58

Pillsbury Crescent or Cinnamon Rolls
8 to 13.9 Oz.
2/\$3

Swiss Miss 2/\$3
Crystal Farms Cheese Shingles 2/\$5
CLASSICO Pasta Sauce 1.98
COUPON: Creamette Pasta 16 Oz. Select Varieties 1 FREE

Fetch Rewards
Classico Pasta Sauce 1.98 98¢
Simply Orange Juice 2.98 1.98
Brown or Powdered Sugar 2/\$3 2/\$2
Nestle Morsels 1.98 98¢
Sara Lee Frozen Pies 2/\$6 2/\$5

MEAT SPECIALS

Smithfield Prime Boneless Pork Loin Chops
2.68 Lb.

Smithfield Prime Center Cut Boneless Pork Loin Roast
2.48 Lb.

U.S.D.A. Choice Boneless Eye of Round Roast
3.48 Lb.

Sugardale Half Spiral Hickory Ham
1.98 Lb.

U.S.D.A. Choice Boneless Eye of Round Steak
3.98 Lb.

GROCERY

Folgers or Dunkin Donuts Coffee
10 to 12 Oz. Bag K-Cups
5.98

Folgers Coffee
24.2 to 30.5 Oz.
6.98

Progresso Vegetable Classic Soup
18.5 or 19 Oz.
5/\$5

Shurfine Ripe Olives
5.75 to 7.25 Oz.
98¢

Shurfine Pickles or Peppers
16 or 24 Oz.
2/\$3

Shurfine Cream Soup
10.5 or 10.75 Oz.
2/\$1

Betty Crocker Specialty Potatoes
3.7 to 5.1 Oz.
5/\$5

Betty Crocker Mashed Potatoes
13.75 Oz.
1.78

Chinet Plates or Platters
12 to 36 Ct.
2.98

Simply Done Turkey Roasting Bag
2 Ct.
98¢

Betty Crocker Fudge Brownie or Cake Mix
15.25 to 20.5 Oz.
98¢

Nestle Morsels
10 to 12 Oz.
1.98

Shurfine Flour
5 Lb.
2/\$3

C&H Granulated Sugar
4 Lb.
1.98

C&H Powdered or Brown Sugar
32 Oz.
2/\$3

Libby's Pumpkin
15 Oz.
1.58

DELI

Mrs. Gerry's Parmesan Bow Pasta
3.48 Lb.

Mrs. Gerry's Mandarin Orange Mist
3.68 Lb.

Oasis Hummus
10 Oz.
2/\$5

Shullsburg Party Tray
16 Oz.
5.98

Stouffer's Macaroni & Cheese
2.98 Lb.

SEAFOOD

Sugardale Bacon
16 Oz.
3.98

Sugardale Bone-In Ham Steak
2.69 Lb.

Bratwurst
4.98

Old Wisconsin Festival Bratwurst, Polish Sausage or Smoked Sausage
24 Oz.
4.98

Old Wisconsin Natural Casing Wieners
18 Oz. Regular or Turkey
5.48

Johnsonville Sausage or Brats
12 to 14 Oz.
2.98

Old Wisconsin Ring Bologna
14 Oz.
3.98

Rosina Meatballs
20 to 26 Oz.
3.98

Carl Buddig Sandwich Meat
7 to 10 Oz.
2/\$5

Just Bare Boneless Chicken Breast
32 Oz. Family Pack
9.98

Just Bare Bone-In Chicken Thighs or Drums
36 Oz. Family Pack
3.98

Sea Best Cooked Shrimp Ring
11 Oz.
6.98

Sea Best Cooked Shrimp
16 Oz. 30-40 Ct. 41-50 Ct. or 51-60 Ct.
7.98

BAKERY

Olsen's Cream Cake
16 Oz. Assorted Varieties
2/\$6

Kangaroo Pita Pocket Bread
12 Oz.
4/\$5

Bake One Brownie Bites
9.6 Oz.
1.98

Stuffed Chicken Breasts with Goat Cheese, Sun-Dried Tomatoes & Prosciutto

Ingredients:
-4 (about 24 ounces) Just BARE® Hand-Trimmed Boneless Skinless Chicken Breasts
-1/2 cup (3 ounces) sun-dried tomatoes in oil, well drained, finely chopped
-2 tablespoons fresh thyme leaves, finely chopped
-8 thin slices (4 ounces) prosciutto
-2 tablespoons olive oil

Instructions:
-Heat oven to 375°F. Slicing into the top of each piece of chicken, carefully creating a pocket to hold filling. Season with salt and pepper; set aside.
-Mix cheese, tomatoes, thyme, salt, and pepper in small bowl with a fork until well blended.
-Stuff the pocket in each piece of chicken with about 3 tablespoons of the cheese mixture. Wrap each breast with two slices prosciutto.
-Heat oil in large ovenproof skillet over medium heat. Cook, stirring occasionally, chicken about 4 minutes, turning once, or until lightly browned. Place pan in oven; bake 6 to 8 minutes or until chicken is no longer pink near center.

PREP TIME: 15 to 30 Minutes
COOK TIME: 15 Minutes or Less
SERVINGS: 4

For More Recipes Go To www.goldplump.com/recipes

Gatorade
8 Pk.-20 Oz.
5.28

Nestle Pure Life Water
24 Pk.-8 Oz. or 24 Pk.-5 Ltr.
2.78

General Mix Chex Mix, Bugles or Gardetto's
10.5 to 15 Oz.
2/\$5

Simply Done Aluminum Foil
50 or 75 Ft.
1.78

Brawny Paper Towel
6 Rolls
4.98

Quilted Northern Bath Tissue
6 Mega Roll or 12 Double Roll
4.98