

FROSTY DINNER PLANS MADE EASY

Kemps Ice Cream
56 Oz. Squares
2/\$5

Tostitos' Pizza Rolls, Pizza Sticks or Stuffed Nachos
12.3 to 19.8 Oz. or Cinnamon Toast Crunch Bites 8.8 Oz.
2.98

Banquet Nuggets, Patties or Tenders
24 or 26.5 Oz. **3.58**

Pepperidge Farm Turnovers or Layer Cake
11.5 to 19.6 Oz. **2.88**

Yoplait Greek 100 or Greek 100 Whips! Yogurt
4 Oz. Whips or 5.3 Oz. Greek 100
78¢

Minute Maid Orange Juice
59 Oz.
2.98

Sargento Snack Bites
6 Oz.
2/\$6

All Natural Sargento Balanced Breaks
3 Pk.
2/\$6

Capitol Centre Market Visit our website at www.capcentromarket.com Phone: 608-255-2616

Find us on Facebook Follow us on Twitter

COUPON

Valu Time Bath Tissue 4 Pk. 1 FREE
With Separate \$20 Purchase With This Coupon

Kellogg's Mini-Wheats 2.99
15.2-15.9 Oz. Assorted Varieties

Crystal Farms Cheese Shingles 2/\$5
6-8 Oz. Assorted Varieties

Larabar 5/\$5
1.4-1.8 Oz. Select Varieties

***All Items Not Available At All Stores *We Reserve The Right To Limit Quantities**

Serving Downtown Madison Since 1983

Capitol Centre Market

111 N. Broom St., Madison, Wisconsin 53703
Phone: 608-255-2616 Open 24 Hours a Day, 7 Days a Week

Prices Good Monday, 3-12, Through Sunday, 3-18, 2018. We Reserve The Right To Limit Quantities.

Capitol Centre Market You'll find certified fresh meat Special orders are welcome!

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

Find us on Facebook

We Deliver! Order Online! Delivery is Free! Visit Us At capcentromarket.com

ST. PATRICK'S DAY SAVINGS

Skylark Corned Beef Brisket Point Cut
2.48 Lb.

Bea's Best Corned Beef Brisket Flat Cut
4.29 Lb.

Green Cabbage
58¢ Lb.

SUPER SAVINGS

Asparagus
1.88 Lb.

Rana Pasta or Sauce
10 Oz. Pasta or 7 to 15 Oz. Sauce
2.98

Granny Smith Apples
3 Lb. Bag
2.98

St. Patrick's Day Specials

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

Boneless Skinless Chicken Breast Fillets
Previously Frozen!
1.48 Lb.

Prairie Fresh Pork Loin Back Ribs
Previously Frozen!
2.98 Lb.

Smithfield Prime Pork Shoulder Roast
1.68 Lb.

Valu Time Boneless Skinless Chicken Breast
2.2 Lb.
3.98

Gold'n Plump Whole Chicken
5.5 Lb.
4.98

Prairie Fresh Franks
12 Oz. Excludes Beef
78¢

Deer Meyer Turkey Bologna or Cotto Salami
16 Oz.
2/\$4

P3 Protein Pack
2 or 2.1 Oz.
4/\$5

Deer Meyer Turkey Franks
16 Oz.
2/\$4

Smithfield Prime Pork Steaks
1.98 Lb.

Bargers' Smoked Ham Portion
99¢ Lb.

Bargers' Smoked Bacon Ends And Pieces
16 Oz.
2/\$6

Johanna's Grilled Sausage Links or Patties
8.5 to 12 Oz.
2.98

Johanna's Turkey Franks
16 Oz.
2/\$4

Signature Seafood

Sea Best Breaded Shrimp, Calamari, Scallops or Clam Strips
8 to 12 Oz.
2/\$7

Sea Best Cod Fillets
16 Oz.
3.98

Sea Best Cooked Shrimp
26-30 Oz.
8.98

Sea Best Cooked Shrimp
26-30 Oz. or 16 Oz.
8.98

Thyon Anyizer Wings
12 Oz.
7.98

What Can I Get For You?

Mrs. Gerry's Sweet Pepper Slaw
2 Lb.
2.68

Mrs. Gerry's 3-Berry Salad
2 Lb.
2.98

Mrs. Gerry's Pineapple Pistachio
3 Lb.
3.98

Papa Elio's Pizza
24.7 to 30 Oz. Pepperoni, Sausage or Five Cheese
5.98

Rye Bread is on Sale This Week

La Brea Rye Loaf
20 Oz.
2/\$7

Jessie Loni Blueberry Pie
22 Oz.
3.98

Mel-O-Cream Cake Slices
6.5 Oz.
1.88

Mel-O-Cream Glazed Donut Holes
4.9 Oz.
2/\$3

Warm Up With Our HOT PRICES

Gatorade 8 Pk.
4.98

Nestle Pure Life Water 24 Pk.
2.68

Jif Peanut Butter 12 to 16 Oz. or 8 Pk. To Go
1.98

Old Orchard Healthy Balance or Juice Cocktail 64 Oz.
1.88

Classico Pasta Sauce 15 to 26 Oz. Select Varieties
1.98

Hamburger Helper 5 to 12.2 Oz.
98¢

Tuna, Chicken or Hamburger Helper 5 to 12.2 Oz.
98¢

Smucker's Jelly, Jam or Popsicles 12 to 32 Oz.
1.98

Suddenly Salad 5.5 to 8.3 Oz.
98¢

Multi-Grain Golden Grahams 2/\$5

General Mills Cereal 8.9 to 12 Oz. Select Varieties
2/\$5

Zesta Original 1.98

Keener Fudge Shoppe, Chips Deluxe, Famous Amos or Sandwich Crackers 8 to 14.8 Oz.
1.98

Planters Peanut Butter 2/\$5

Cheez-It 1.98

Pop-Tarts 1.98

Kingsford Charcoal 18.6 to 15.4 Lb. 6.98

Roasted Chicken

Ingredients:
CHICKEN
1 tablespoon fennel seed
2 teaspoons coarse salt
1-1/2 teaspoons dried oregano leaves, crushed
1-1/2 teaspoons dried rosemary leaves, crushed
4 cloves garlic, finely chopped
1 tablespoon olive oil
1 (8-12 pound) Gold'n Plump® Whole Chicken
VEGETABLES
3 slices bacon, cut crosswise into 1/2-inch pieces
1 large onion, halved, sliced
2 fennel bulbs, trimmed, sliced (reserve some of the feathery fronds)
1/2 cup amber beer or low-sodium chicken broth
1/2 cup low-sodium chicken broth

Instructions:
1. Heat oven to 425°F. Mix fennel seed, salt, oregano, rosemary, garlic, and oil together with a fork in small bowl. The chicken legs with kitchen twine and tuck wings under body. Rub herb mixture all over the chicken.
2. In large heavy roasting pan, cook bacon over medium heat until crisp. Remove bacon, leaving fat in pan. Set bacon pieces aside.
3. Add onion and fennel to bacon fat in pan; cook and stir over medium-high heat for 5 minutes. Pour in beer and broth. Arrange chicken on top of vegetables and place pan in oven.
4. Roast chicken about 1 hour or until juices run clear and internal temperature in thigh reaches 165°F on an instant read thermometer. Serve chicken with vegetables and pan juices, sprinkled with crisp bacon pieces and fennel fronds.

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

SUPER SAVINGS

Starbucks Coffee 11 or 12 Oz. Grounds or 10 Cl. K Cup Coffee or Hot Cocoa 6.88

Pringles 4/\$5

COUPON

LOCALLY GROWN

\$1.00 OFF
On The Purchase of One Gold'n Plump 8 Piece Bucket of BROASTED CHICKEN With Coupon

May not be available at all stores. Good Only At Shurline Food Centers. Limit One Per Family. NON-REDEEMABLE

Expires 3-18-18