

THE SWARTHMORE CO-OP

WEEKLY SPECIALS
AT THE CO-OP!
SAVE ON NEW
ITEMS EVERY
WEEK!

SPECIALS FOR 1/27 – 2/2

Seafood & Meat



Seared Steelhead Salmon with Mediterranean Lentil



Apricot Glazed Pork Tenderloin

Sustainable Wild Steelhead Salmon

Line caught in the Columbia River, WA.

SALE: **\$14.95 lb**

Leidy's Pork Tenderloin

MSG & Gluten free, grain fed, premium cut pork.

SALE: **\$4.99 lb**

Deli & Prepared Foods



Co-op Brand Pork Roast

House roasted Sweet Stem pork with fresh garlic, rosemary, salt, pepper & oil, sliced to order.

SALE: **\$8.99 lb**
reg: \$10.99 lb



Mediterranean Lentil Salad

With fresh lemon juice, parsley, minced garlic mint & cumin.

SALE: **\$6.99 lb**
reg: \$7.99 lb



Tuscan Chicken Salad

Balsamic roasted chicken breast topped with fresh spinach, roasted peppers & artichoke in Italian vinaigrette.

SALE: **\$7.99 lb**
reg: \$8.99 lb

John's Weekly Dinner on a Budget!

ORGANIC SLOPPY JOE NIGHT!

Pepperidge Farm Whole Wheat Buns **\$3.49**

1lb. Meyer Ground Chuck **\$4.99**

Simply Organic Sloppy Joe Mix **\$1.49**

14oz Minute Instant Brown Rice **\$2.79**

16oz John Copes Yellow Corn (frozen) **\$2.15**

Total Price: **\$14.91 for a family of four!**





Make a fresh discovery.
 341 DARTMOUTH AVE | HOURS M-SAT 8-8 SUN 8-7 | 610.543.9805
SWARTHMORE CO-OP

SPECIALS FOR 1/27 – 2/2

Grocery, Frozen, Dairy & Specialty Cheese



Lazy Dog Cookies Pet Snacks

All-Natural, Organic treats made and sourced in the USA.

SALE: **\$4.99 ea**
 reg: \$6.99 ea



Q-Bees Treats

All-Natural, Vegetarian, Kosher Ice Cream treats.

SALE: **\$3.99 ea**
 reg: \$4.99 ea



Daiya Shredded "Cheese"

Daiya products do not include soy, dairy (casein or lactose) gluten, egg, peanuts, and tree nuts (excluding coconut) and is free of artificial ingredients, preservatives, hormones & antibiotics.

SALE: **\$4.59 ea**
 reg: \$5.99 ea



Bellvitano

Sartori's most requested cheese, BellaVitano combines the rich and creamy flavor of a young Cheddar cheese with the savory, crystalline crunch of a premium aged Parmesan. Merlot, and Raspberry varieties.

SALE: **\$8.99 lb**
 reg: \$10.99 lb

Produce (Valid 1/27 – 1/29) & Floral

Produce

Organic Bagged Carrots **\$1.59 ea** (1# bag)

Organic Grape Tomatoes **\$3.59 ea**

Floral

Daffodils **\$3.99 bunch**

January/February 2012 Featured Produce

Local: Baby Spinach (organic), Basil (live Aquaponic), Lettuce (organic), Chards (organic), Herbs packaged and loose/fresh, Honey, Kale: Curly, lacinato; Leeks, Microgreens (organic), Mushrooms (loose and packaged), Spring Mix (organic), Squash (organic): Butternut, Acorn, Spaghetti, Kauffman's fruit butters and jams, Tofu (organic), Hummus, Ellen Rose Dressings, Apples, Asian Pears (both fresh & dried), Pears

Organic: Apples, Broccoli, Carrots: loose or bagged; Celery, Kale, Leeks, Onions: Red, Pearl, Yellow; Raisins: red or green grape; Pears, Potatoes: Purple, Red, Yukon Sweet Potatoes, Pears, Tomatoes: Beefsteak, grape, Navels, Tangelos, Bananas, Dates

