

# Galens Fresh FOOD MARKET

LOCALLY OWNED & OPERATED FOR OVER 40 YEARS

VISIT OUR WEBSITE  
www.galensmarket.com



5% DISCOUNT EVERY TUESDAY  
FOR VETERANS & SENIORS 60+

PRICES VALID 7:30 AM MONDAY THRU 4 PM SUNDAY

OCTOBER 2026

| MON | TUES | WED | THURS | FRI | SAT | SUN |
|-----|------|-----|-------|-----|-----|-----|
| 5   | 6    | 7   | 8     | 9   | 10  | 11  |

We reserve the right to limit quantities. Not all sale items available at all participating stores. Starting and ending dates may vary by store. Not responsible for graphic or typographical errors.

SUPPLIED BY MASON BROTHERS

## SUPER DEAL!

STOCK UP SALE

81% LEAN FROZEN

### GROUND BEEF

# \$4.27

PER LB.

SOLD BY THE LB. IN A 10 LB. PACKS



WHOLESTONE FARMS  
WHOLE OR HALF  
PORK LOIN  
FRESH BONELESS PER LB.

## \$1.88



GOLD 'N PLUMP CHICKEN  
THIGHS OR DRUMSTICKS  
ALL NATURAL FAMILY PACK PER LB.

## \$1.59



HEARTLAND FARMS  
ARM CUT CHUCK ROAST  
ALL NATURAL USDA CHOICE  
BONELESS PER LB.

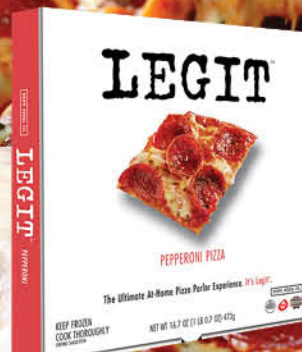
## \$5.98



LEGIT PIZZA

16.7-19.7 OZ

## \$8.45



PRAIRIE FARMS  
COTTAGE CHEESE  
24 OZ.

## \$3.85



FARMER OWNED  
**Prairie Farms**

PREMIUM  
**VANILLA**  
Ice Cream Cones

Vanilla Ice Cream Dipped in Chocolate & Peanuts  
in a Sugar Cone  
Made with Real Ice Cream  
NO High Fructose Corn Syrup



PRAIRIE FARMS  
VANILLA ICE CREAM CONES  
COMBO, CARAMEL, JUST DIPPED, TRIPLE  
CHOCOLATE OR STRAWBERRY CRUNCH CONES 6 PK.

## \$5.49



IT'S APPLE  
SEASON!



CORTLAND OR  
MCINTOSH APPLES  
3 LB. BAG

## \$3.99

FRESH EXPRESS  
SALAD KITS  
10-10.75 OZ. PKG.

## \$4.49



PRAIRIE FARMS  
PREMIUM  
CHOCOLATE MILK  
OR 1% CHOCOLATE  
HALF GALLON

## \$3.45



KEMPS ICE CREAM  
VANILLA OR FLAVORED 1/2 QUART

## \$6.89



COZY UP  
TO GREAT  
SAVINGS!

CASS CLAY  
HALF & HALF  
PINT

## \$2.29



# AUTUMN DELIGHTS

SCHWEIGERT  
COOKED BRATWURST  
CHEDDAR BRATWURST, REGULAR OR  
BEEF/CHICKEN POLISH SAUSAGE 24 OZ.

## \$6.69



MRS. GERRY'S  
POTATO SALAD  
ORIGINAL OR STEAKHOUSE 1 LB.

## \$3.10



GROCERY



KRUSTEAZ  
PANCAKE MIX  
OR WAFFLE MIX 25.2-32 OZ.

\$3.45



MRS. BUTTERWORTH'S  
PANCAKE SYRUP  
ORIGINAL, EXTRA BUTTERY  
OR SUGAR FREE 24 OZ.

\$4.25



CAP'N CRUNCH CEREAL  
ORIGINAL 12.6 OZ., BERRIES 11.7 OZ.,  
PEANUT BUTTER 11.4 OZ., QUAKER LIFE  
REGULAR 13 OZ. OR OATMEAL SQUARES  
BROWN SUGAR 14.5 OZ.

\$4.88

SAY GOOD  
MORNING TO  
SAVINGS!

QUAKER  
INSTANT OATMEAL  
8.4-12.1 OZ.

\$4.99



QUAKER  
QUICK OATS  
OR OLD FASHIONED 18 OZ.

\$4.19



QUAKER CHEWY  
GRANOLA BARS  
OR DIPPS 6.5-6.72 OZ.

\$3.99



OLD EL PASO  
TACO SHELLS  
12 CT.

\$2.88



OLD EL PASO STAND 'N  
STUFF TACO SHELLS  
10 CT.-4.7 OZ.

\$2.88



OLD EL PASO  
FLOUR TORTILLAS  
8 CT.-11 OZ.

\$2.75



OLD EL PASO TACO  
SEASONING MIX  
ORIGINAL OR MILD 1 OZ.

\$1.15

OLD EL PASO BOLD  
NACHO CHEESE  
TACO SHELLS  
5.4 OZ.

\$3.88



OLD EL PASO  
GRANDE FLOUR  
TORTILLAS  
RESTAURANT STYLE 6 CT.

\$3.75



OLD EL PASO  
REFRIED BEANS  
TRADITIONAL OR FAT FREE 16 OZ.

\$2.25



OLD EL PASO  
ENCHILADA SAUCE  
MILD, HOT OR GREEN CHILE 10 OZ.

\$2.39



KRUSTEAZ  
MUFFIN MIX  
REAL BLUEBERRY, CRANBERRY  
ORANGE, BANANA NUT,  
CINNAMON SWIRL CRUMB CAKE  
OR LEMON BAR MIX 15.4-21 OZ.

\$3.49



GHIRARDELLI  
BROWNIE MIX  
CHOCOLATE SYRUP, TURTLE  
OR WALNUT 17-18.75 OZ.

\$4.39



ABBY'S APPLE  
FRITTER BREAD  
1 LB.

\$5.69



ABBY'S APPLE SOUR  
CREAM DONUTS  
4 CT.

\$5.29



ABBY'S APPLE  
CAKE ROLL  
WITH MAPLE FROSTING 16 OZ.

\$6.79



ABBY'S LARGE  
ONION BUNS  
8 CT.

\$4.69



ABBY'S CHOCOLATE  
CHIP COOKIES  
10 CT.

\$6.69

ABBY'S JUMBO APPLE  
CINNAMON MUFFINS  
4 CT.

\$7.19



ABBY'S CHOCOLATE CAKE  
WITH GERMAN CHOCOLATE  
FROSTING SINGLE LAYER 8 INCH

\$14.69

PRODUCE



BEEFSTEAK  
TOMATOES  
PER LB.

\$1.99



PEELED  
BABY-CUT CARROTS  
1 LB. PKG.

\$1.49



ANJOU PEARS  
PER LB.

\$2.28



FRESH CRISP  
GREEN PEPPERS  
EACH

\$1.19

CARAMEL APPLES  
WITH OR WITHOUT NUTS EACH

\$2.28



PUMPKINS  
EACH

\$6.99



DAISY  
SOUR CREAM  
ORIGINAL OR LIGHT 16 OZ.

**\$2.29**

CASS CLAY  
BUTTERMILK  
QUART

**\$2.79**

DUTCH FARMS  
SHINGLES CHEESE  
6 OZ.

**\$2.59**

KEMPS  
SOUR CREAM  
24 OZ.

**\$4.45**

DUTCH FARMS  
CHUNK CHEESE  
8 OZ.

**\$2.59**



DUTCH FARMS  
BAGELS  
5 CT.

**\$2.05**

DUTCH FARMS  
SHREDDED CHEESE  
6-8 OZ.

**\$2.59**

DUTCH FARMS CREAM  
CHEESE SPREAD  
STRAWBERRY, BLUEBERRY, CHIVE  
& ONION OR GARDEN VEGGIE 8 OZ.

**\$3.15**

# FROZEN

GREEN GIANT VALLEY  
FRESH STEAMERS  
SWEET PEAS  
BROCCOLI CUTS, CUT GREEN BEANS,  
NIBLETS CORN OR MIXED  
VEGETABLES 10 OZ.

**\$2.15**

HOT POCKETS  
PEPPERONI PIZZA  
2 PACK

**\$3.45**

MRS. FRESHLEY'S  
FRUIT SNACK PIES  
MINI DONUTS, CUPCAKES,  
SNOWBALLS, HONEY BUNS,  
BUDDY BAR OR DREAMIES EACH

**\$1.25**

KID CUISINE  
MINI CORN DOGS  
OR CHICKEN NUGGETS 8.8 OZ.

**\$2.69**

RHODES BAKE 'N PAN SWEET ROLLS  
CINNAMON OR CARAMEL 6 CT.-2.9 OZ., GIANT CINNAMON ROLLS  
36.5 OZ., CINNAMON ROLLS WITH ICING 12 CT.-2.5 OZ., TEXAS  
WHITE DINNER ROLLS 24 CT. OR WHITE DINNER ROLLS 48 OZ.

**\$5.55**

ORE-IDA TATER TOTS  
FRENCH FRIES, GOLDEN TWIRLS, HASH  
BROWNS OR POTATOES O'BRIEN 26-32 OZ.

**\$5.79**

CAPTAIN KEN'S  
OVEN-BAKED BEANS  
14 OZ.

**\$2.25**

KEMPS ICE CREAM  
SANDWICHES  
VANILLA OR CHOCOLATE CHIP 12 PK.

**\$4.69**

BEST CHOICE  
COFFEE FILTERS  
200 CT.

**\$1.59**

HEFTY  
LAWN & LEAF BAGS  
39 GALLON 10 CT.

**\$8.15**

PUFFS PLUS WHITE  
FACIAL TISSUE  
124 CT.

**\$2.45**

# HOUSEHOLD

HEFTY  
ULTRA STRONG  
TRASH BAGS  
30 GALLON 14 CT.

**\$8.15**

MR. CLEAN  
MULTI-SURFACE  
CLEANER  
2X LIQUID LEMON, MEADOWS & RAIN  
OR GAIN ORIGINAL SCENT 23 OZ.

**\$3.95**

PRAISE COMPLETE  
CAT FOOD  
5.5 OZ.

**5/\$4.75**

SUPREME DOG FOOD  
MINI CHUNK OR HIGH PROTEIN 40 LBS.

**\$27.65**

CHARMIN ESSENTIALS  
BATH TISSUE  
MEGA ROLL 6 PK.

**\$7.15**

# HEALTH AND BEAUTY

BAYER ASPIRIN  
TABLETS 24 CT.

**\$3.69**

CREST TOOTHPASTE  
REGULAR OR WITH BAKING SODA  
WHITE 4.2 OZ.

**\$2.29**

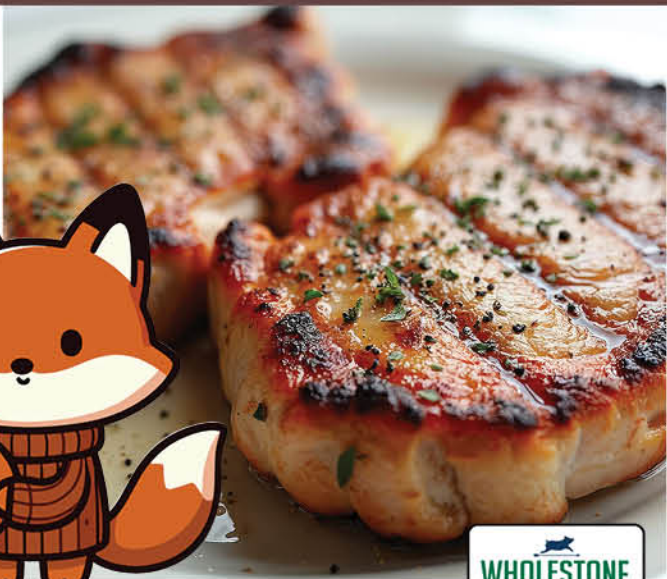
LUDEN'S  
THROAT DROPS  
WILD CHERRY 30 CT.

**\$2.09**

MEAT



WHOLESTONE FARMS  
COUNTRY STYLE PORK RIBS  
FRESH FAMILY PACK BONELESS PER LB.  
**\$2.49**



WHOLESTONE FARMS  
THICK CUT PORK CHOPS  
FRESH BONELESS PER LB.  
**\$2.69**



HEARTLAND FARMS  
ARM CUT CHUCK STEAK  
ALL NATURAL USDA CHOICE BONELESS PER LB.  
**\$6.39**



WHOLESTONE FARMS  
ST. LOUIS STYLE  
PORK SPARE RIBS  
FRESH PER LB.  
**\$3.48**



HEARTLAND FARMS  
BEEF STEW MEAT  
ALL NATURAL USDA CHOICE  
BONELESS PER LB.  
**\$7.49**



HEARTLAND FARMS  
T-BONE STEAK  
ALL NATURAL USDA CHOICE PER LB.  
**\$11.88**



OSCAR MAYER  
WIENERS  
OR JUMBO HOT DOGS 16 OZ.  
**\$3.67**



SCHWEIGERT  
SAUERKRAUT  
32 OZ.  
**\$2.89**



CLOVERDALE TANGY  
SUMMER SAUSAGE  
28 OZ.  
**\$10.69**



BALL PARK  
FULLY COOKED FLAME  
GRILLED BEEF PATTIES  
16.2 OZ.  
**\$9.49**

BANQUET BROWN'N  
SERVE SAUSAGE LINKS  
ORIGINAL, BEEF OR SAUSAGE PATTIES 6.4 OZ.  
**\$2.25**



OSCAR MAYER  
DELI SHAVED  
LUNCH MEAT  
7-9 OZ.  
**\$5.25**



OSCAR MAYER  
BOLOGNA  
ORIGINAL, THICK SLICED  
OR COTTO SALAMI 12 OZ.  
**\$2.89**



SMITHFIELD  
SLICED BACON  
ORIGINAL OR THICK CUT 12 OZ.  
**\$3.99**



WHOLESTONE  
FARMS FROZEN  
GROUND PORK  
16 OZ.  
**\$3.49**



BIG PAPA'S  
SMOKED  
BRATWURST  
SMOKED CHEDDAR OR  
POLISH SAUSAGE 16 OZ.  
**\$6.59**



BIG PAPA'S  
SMOKED PORK  
BREAKFAST LINKS  
OR SMOKED BLUEBERRY MAPLE  
12 OZ.  
**\$4.79**

SNACKS

GURLEY'S TRAIL MIX  
PISTACHIOS, JUMBO CASHEWS,  
SNACK MIX, SMOKED ALMONDS,  
YOGURT PRETZELS, SUNFLOWER  
NUTS, SOUTHWEST CASHEW  
BLEND 2.25-7 OZ.  
**\$2.05**



KOOL-AID  
JAMMERS  
10 PK.  
**\$3.99**



NABISCO  
OREO COOKIES  
FAMILY SIZE 8-18.71 OZ.  
**\$5.75**



HERSHEY'S  
CANDY BARS  
KING SIZE EACH  
**\$2.49**



FRITO-LAY  
FRITOS  
9.25-10 OZ.  
**2/\$8**



FRITO-LAY  
DORITOS  
9-10.75 OZ.  
**2/\$8**



OLD DUTCH DUTCH  
CRUNCH KETTLE CHIPS  
VARIETIES 9 OZ.  
**\$3.87**



OLD DUTCH MINI  
CHEESE PUFFS  
8.5 OZ.  
**\$3.87**



NABISCO  
HALLOWEEN OREOS  
PACKAGE  
**\$5.97**

Galens POP SALE



COKE  
ASSORTED VARIETIES 24 PK.  
**\$12.97**



MONSTER  
ENERGY DRINK  
ASSORTED 12 PK.  
**\$19.97**



TOPO CHICO  
8 PACK  
**\$5.97**



CHIPPEWA WATER  
24 PK.  
**\$5.47**

Galens BREAD & BUN SALE



COUNTRY HEARTH  
12 GRAIN BREAD  
24 OZ.  
**\$3.97**



COUNTRY HEARTH  
CINNAMON  
BURST BREAD  
18 OZ.  
**\$3.97**



FRESCADOS  
TORTILLAS  
10 INCH GRANDE BURRITO 8 CT.  
**\$2.97**



KINGS  
HAWAIIAN ROLLS  
12 OZ. -12 CT.  
**\$3.97**