



MEAL PLANNING *Guide*

Turn This Week's Deals into Delicious Dinners

August 5 - 11, 2026

YOUR SHOPPING LIST

GRILLED CHICKEN *Dinner*

Grilled chicken served with locally grown sweet corn, tomatoes, and fresh watermelon.

Shopping List

- Bone-In Chicken Thighs — **\$1.00/lb.** 10lb. bag
- Bulk Spices — **20% OFF**
- Locally Grown Sweet Corn — **\$5.00/dozen**
- Locally Grown Tomatoes — **\$1.55/lb.**
- Red Seedless Watermelon — **\$3.95 each**

SLOPPY JOE *Night*

Homemade Sloppy Joes with chips, broccoli apple salad, and fresh cantaloupe.

Shopping List

- 80% Lean Ground Beef — **\$3.95/lb**
- Manwich Sloppy Joe Mix (aisle 18A) — **2/\$3**
- Utz Chips (Select Varieties) — **Buy 1, Get 1 FREE**
- Broccoli Apple Salad — **\$6.99/lb**
- Cantaloupe — **\$1.95 each**

FISH & PIEROGI *Supper*

Breaded fish with buttery pierogies, grilled peppers, and rice pudding.

Shopping List

- Mrs. Paul's Breaded Seafood — **\$4.95**
- T&L Pierogies — **\$2.95**
- Essential Everyday Butter Quarters — **2/\$5**
- Locally Grown Green Bell Peppers — **95¢/lb**
- Rice Pudding — **\$5.99/lb**

EASY SEAFOOD *Feast*

Wild-caught flounder served with seasoned rice, sautéed vegetables, marble bread, and fresh cantaloupe.

Shopping List

- USA Wild Caught Flounder Fillets — **\$7.99/lb**
- Ben's Ready Rice Pouches — **2/\$5**
- Locally Grown Tomatoes — **\$1.55/lb**
- Locally Grown Green Bell Peppers — **95¢/lb**

SMOKED SAUSAGE *Skillet*

Smoked sausage cooked with potatoes, onions, and peppers, served with marble bread.

Shopping List

- John F. Martin Smoked Sausage — **\$3.95**
- Delaware A-Sized Potatoes — **55¢/lb**
- Locally Grown Green Bell Peppers — **95¢/lb**
- Locally Grown Sweet Onions — **75¢/lb**
- Our Own Marble Bread — **\$4.95**

SUMMER BURGER *Night*

Grilled burgers with fresh tomatoes, sweet corn, baked beans, and watermelon.

Shopping List

- 80% Lean ¼-lb Hamburger Patties — **\$4.50/lb**
- Locally Grown Tomatoes — **\$1.55/lb**
- Green Bell Peppers — **95¢/lb**
- Bush's Baked Beans — **2/\$6**
- Locally Grown Sweet Corn — **\$5.00/dozen**
- Red Seedless Watermelon — **\$3.95 each**

PORK CHOP *Dinner*

Seasoned pork chops with roasted potatoes, grilled eggplant, broccoli apple salad, and angel food cake.

Shopping List

- Boneless Pork Chops — **\$2.00/lb**
- Bulk Spices — **20% OFF**
- Delaware A-Sized Potatoes — **55¢/lb**
- Eggplant — **95¢/lb**
- Broccoli Apple Salad — **\$6.99/lb**
- Angel Food Cake — **\$8.95**
- Reddi-wip Whipped Topping — **2/\$6**

- Locally Grown Sweet Onions — **75¢/lb**
- Marble Bread — **\$4.95**
- Cantaloupe — **\$1.95 each**