



GALA FOODS

SUPERMARKET

www.galasupermarkets.com





120 North Main St., Freeport

516•546•8033

111 West Merrick Road, Freeport

516•223•8486

Sales Prices September 25 - October 1, 2020

FRI.	SAT.	SUN.	MON.	TUES.	WED.	THUR.
25	26	27	28	29	30	1

STORE HOURS:
Mon-Sat • 7am-10pm
Sunday • 8am-8pm

Special Senior Citizen Hours
Mon-Sat • 7am-8am

10% VETERAN'S DISCOUNT ON THURSDAY
MUST REGISTER WITH THE NASSAU COUNTY CLERK'S OFFICE.
MUST SHOW CASHIER THE OFFICIAL VETERAN'S ID CARD TO RECEIVE DISCOUNT.
10% SENIOR CITIZEN DISCOUNT ON WEDNESDAY
BOTH DISCOUNTS EXCLUDE SALE ITEMS, BEER, METROCARDS, PHONE & GIFT CARDS. DISCOUNTS ARE FOR IN STORE PURCHASES ONLY

WE ACCEPT EBT, WIC CHECKS & ALL MAJOR CARDS

FREE DELIVERY
WITH IN STORE PURCHASES - SEE STORE FOR DETAILS

ONLINE SHOPPING & CURBSIDE PICK UP AVAILABLE

Meats

Fresh
Whole Pork Shoulder
(Pernil)
79¢ Lb.



Fresh Grade 'A'
Quartered
Chicken Legs
39¢ Lb.



Fresh U.S.D.A. Choice
Beef Bottom
Round Roast
\$2.99 Lb.



Frozen
Mutton Shoulder
(Goat Meat Cut From Leg)
\$3.99 Lb.



Boar's Head PREMIUM MEATS & CHEESES

Sliced To Order
Boar's Head
Everroast Chicken
& Muenster
Cheese Combo
\$6.99 Lb. 1/2 Lb. Each



Sliced To Order
Boar's Head
Domestic
Swiss Cheese
\$7.99 Lb.



Sliced To Order
Boar's Head
Ovengold
Turkey Breast
\$7.99 Lb.



Produce

Tropical
Green
Bananas
49¢ Lb.



Imported
Plum
Tomatoes
99¢ Lb.



Imported
Hass
Avocados
89¢ Each



U.S.#1
5 Lb. Bag
Eastern
Potatoes
2/\$3



Tropical
Yuca
69¢ Lb.



California
Red
Peppers
\$1.99 Lb.



Grocery

20 Lb. Bag
Carolina
Long Grain Or
Parboiled Rice
\$6.99
With Additional \$50.00 Purchase Or More. Excluding Beer & Shipping Barrels. Limit 1 Bag



Regular
10 Oz. Brick Pack
Café
Bustelo
Coffee
3/\$9



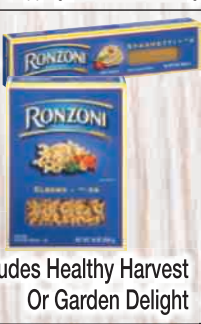
Cumin Or With Or
Without Pepper
16.5 Oz. Cont.
Goya
Adobo
2/\$5



Assorted Var.
12 Oz. Can
Nestle Carnation
Evaporated
Milk
4/\$5



Spaghetti, Elbows, Thin
Spaghetti, Penne, Ziti, Rigate,
Rotini Or Medium Shells
12 - 16 Oz. Box
Ronzoni
Pasta
89¢
Excludes Healthy Harvest Or Garden Delight



Clear Or Natural (Excludes Sesame St. Apple)
64 Oz. Bottle
Apple & Eve
100%
Apple Juice
3/\$5
Limit 1 Offer



Assorted Var.
6 Pack 40.5 Oz. Pkg.
Kool-Aid
Bursts
Drink
3/\$3
Limit 2 Offers



10.1 - 10.5 Oz. Froot Loops
Or Apple Jacks, 10 Oz. Corn
Pops, 14.3 - 18 Oz. Frosted Mini
Wheats, 12 Oz. Corn Flakes
Kellogg's
Cereal
2/\$5
Limit 4 Offers



Original
12 Oz. Can
Libby's
Corned
Beef
\$3.99



Assorted Var.
Tostitos Tortilla Chips
(9 - 13.5 Oz. Bag) Or
Salsa (15.5 Oz. Jar)
2/\$6



2 Liter Bottle + Dep. & Tax
Canada Dry,
A&W, Sunkist
Or 7-Up Soda
4/\$5
Limit 2 Offers



Regular Or Light
(Excludes Keto)
16 Oz. Cont.
Friendship
Sour Cream
3/\$5



Assorted Var.
52 Oz. Bottle
Tropicana
Or Trop50
Orange Juice
\$2.99



Assorted Var. - 5.3 Oz. Cup
Chobani Less Sugar,
Fruit On Bottom Or
Flip Greek Yogurt
5/\$5



Whole Milk Or Part Skim
16 Oz. Pkg.
Polly-O
Mozzarella
Cheese
\$2.99



Assorted Var.
(Excludes All Other Var.)
8.4 - 16.4 Oz. Box
Eggo Pancakes Or
French Toast Sticks
2/\$5



Price Promotion Effective Friday, Sept. 25 to Thursday, Oct. 1, 2020

There will be No Sales made to Other Retailers or Wholesalers. We Reserve the Right to Limit all Products.
DUE TO SHORTAGE OF SUPPLY THERE WILL BE NO RAIN CHECKS ISSUED UNTIL FURTHER NOTICE.

Meats

Fresh U.S.D.A. Choice

Beef
Rump Roast
\$3.49
Lb.



Fresh U.S.D.A. Choice

Beef Boneless
Eye Round Roast
\$3.99
Lb.



Fresh U.S.D.A. Choice

Boneless Beef
Bottom Round Steaks
\$4.99
Lb.



Fresh U.S.D.A. Choice

Beef Eye Round
Steaks
\$5.99
Lb.



Fresh
Sliced Pork
Shoulder
\$1.99
Lb.

Fresh Grade 'A' (Family Pack)

Perdue Chicken
Drumsticks
99¢
Lb.



Steered
Beef Oxtails
(Sliced)
\$6.99
Lb.

Smoked
Pork Neck
Bones Or Hocks
\$1.49
Lb.

Cold Cuts

10 - 14 Oz. Pkg.
Natural, Bigger Than Bun,
Bun Length, Cheese Or Angus

Nathan's Beef Franks
2/\$7



16 Oz. Pkg.
Regular, Thick Or Low Salt

Urban Meadow
Bacon
\$3.99



14.1 - 15.6 Oz. Pkg. - Assorted Var.

Oscar Mayer
Complete Lunchables
2/\$7



Deli & Salad

Sliced To Order

Hormel
Virginia Ham
\$4.99
Lb.



Sliced To Order, Yellow Or White

Land O Lakes
American Cheese
\$5.99
Lb.

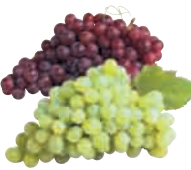


Store Prepared
Antipasta
Salad
\$4.99
Lb.



Produce

California
Green Or Red
Seedless Grapes
\$1.99
Lb.



Fresh
Brussel
Sprouts
\$1.99
Lb.



Head
Snow White
Cauliflower
2/\$5



Grey Squash
(Pipanas)
\$1.49
Lb.



Dairy & Frozen

32 Oz. Cont.

Whole Milk Or Part Skim
Polly-O
Ricotta Cheese
\$3.99



128 Oz. Cont. - Assorted Var.

Turkey Hill
Iced Tea Or Ades
2/\$5



7.5 - 8 Oz. Cont. - Assorted Var.

Philadelphia
Soft & Whipped
Cream Cheese
\$2.99



8 Oz. Pkg. - Assorted Var.

McCadam
Bar Cheese
2/\$5



4 Pack 16 - 21.2 Oz. Pkg. - Assorted Var.

Dannon Fruit On Bottom,
Light & Fit Or
Activia Yogurt
2/\$5



32 Oz. Cont. - Regular Or Fat Free

Urban Meadow
Half & Half Creamer
\$2.49



14 - 28 Oz. Pkg. - Assorted Var.

Restaurant Brand
French Fries
Or Onion Rings
2/\$6



4.85 - 11.88 Oz. Pkg.
Assorted Var.

Banquet
Dinners
4/\$5



Limit 2 Offers

6.4 Oz. Pkg.
Assorted Var.

Banquet
Brown 'N Serve
Sausage Links Or Patties
3/\$5



7.6 - 11 Oz. Pkg.
Assorted Var. (Excludes Toppers & Sliders)

TGI Fridays
Appetizers
\$3.99



48 Oz. Cont.
Assorted Var.

Edy's
Ice Cream
\$3.99



14 Oz. Cont. - Assorted Var.

Häagen-Dazs Ice Cream
& Non Dairy Frozen Dessert
3/\$10



Limit 2 Offers

Grocery

2 Liter Bottle + Dep. & Tax

Inca Kola
Soda
3/\$4



3.52 Oz. Box

Econo Pak
Goya Sazón
Con Culantro Y Achiote
2/\$4



68 Oz. Bottle

Iberia Blended
Olive Oil
\$6.99



40 Oz. Bottle

Assorted Var.
Mazola
Oil
\$3.99



23.5 - 24 Oz. Jar

Assorted Var. (Excludes Organic)
Francesco Rinaldi
Pasta Sauce
2/\$3



8 - 10 Pack 6.7 - 11.04 Oz. Box

Rich Chocolate, With Marshmallows,
Milk Chocolate Or Dark Chocolate
Swiss Miss Hot Cocoa Mix
2/\$4



8 Ct. 10.5 - 14.1 Oz. Box

Assorted Var.
Kellogg's
Pop-tarts
2/\$5



Limit 4 Offers

42 Oz. Cont.

Quick Or
Old Fashioned
Quaker Oats
\$3.99



4.6 Oz. Can

Regular, Chicken Or BBQ
Libby's
Vienna Sausage
3/\$2



20 Oz. Bottle

Easy Squeeze
Heinz Ketchup
2/\$4



20 Oz. Loaf

Urban Meadow
White Bread
\$1.29



24 Oz. Pkg. - Assorted Var.

Arnold Country
Breads
\$2.99



20 Oz. Loaf

Sara Lee Butter Or
100% Whole Wheat Bread
2/\$5



6 Pack 13 Oz. Pkg.
Original White Only

Thomas'
English Muffins
BUY ONE GET ONE
FREE



Limit 4 Offers

11 - 26.5 Oz. Pkg.
Assorted Var.

Entenmann's
Donuts
2/\$6



7 - 13 Oz. Pkg.
Assorted Var.

Nabisco Chips Ahoy!
Cookies
2/\$6



Limit 4 Offers

12 Pack 12 Oz. Cans + Dep. & Tax

Pepsi, Mountain Dew, Schweppes,
Crush Or Mist Twist Soda
\$4.99



2 Liter Bottle + Dep. & Tax

Coca Cola, Sprite, Fanta
Or Seagram's Soda
3/\$5



6 Pack

11.2 - 12 Oz. Bottles

+ Dep. & Tax

Assorted Var.

Guinness Beer
\$9.99



18 Pack 12 Oz. Cans Or Bottles

+ Dep. & Tax

Coors Or Coors Light
Beer
\$16.99

