



A Harvest Of Freshness

5 A Day Of Fresh Fruits & Vegetables Is Recommended For A Balanced Diet



Florida Pink Grapefruit
New Crop

4 For \$1.99

Washington State **Granny Smith Or Red Delicious Apples**

1.39 lb.

Red Ripe **Tomatoes "On The Vine"**

2.68 lb.

California **Jumbo Pomegranates**

2.88 ea.

All Purpose **Super Sweet Onions**

1.29 lb.

California **Sleeve Celery**

1.79 ea.



Premium Idaho Potatoes
5 Lb Bag

2 \$5

Bursting With Juice **Extra Large Lemons**

3 \$1.99

High In Fiber **Maine Broccoli Crowns**

1.49 lb.

California **Iceberg Lettuce**

1.69 ea.

High In Fiber **California Cauliflower**

2.69 ea.

New Crop **Florida Tangerines**

8 \$1.99

Floral Shoppe at Armatas

Assorted Colors **Half Dozen Rose Bouquet**

3.99

Fall Colors **Asters Bouquet**

4.99



Double Manufacturers Coupons
DETAILS IN STORE

BUY BULK & SAVE
USDA Gov't Inspected • 7 To 10 Lb Bag

Family Pack
Farm Fresh Boneless Skinless Chicken Breast
1.29 lb.

IN ARMATA'S DELI

Land O Lakes **White American Cheese** **3.99** lb.
Store Made **Ham Salad** **3.99** lb.
Store Baked **Turkey Breast** **4.99** lb.

SEAFOOD SPECIALS

All Seafood Subject To Availability

WHILE SUPPLIES LAST!

Live & Kicking Maine Lobsters

Up To **1 1/4 Lbs** **5.95** lb.

Over **1 1/4 Lbs To 1 1/2 Lbs** **6.75** lb.

Claw & Knuckles • 11.3 Oz Can
Regular Price \$18.99
Lobster Meat **11.95** ea.

2 Lb Bag Fresh Maine Mahogany Clams **2.99** ea.
Fresh Atlantic Jumbo Sea Scallops **9.99** lb.
Small Hard Shell
20 To 30 Ct



BUY BULK & SAVE
USDA Gov't Inspected • 7 To 10 Lb Bag

Fresh 90% Lean Ground Sirloin
2.22 lb.

BUY BULK & SAVE
USDA Gov't Inspected Beef Loin
Whole Beef Tenderloins **4.75** lb.
Cut Free

IN OUR PRODUCE DEPT

High In Potassium **Golden Ripe Bananas** **58¢** lb.
McIntosh • Empire • Macoun Or Cortland • Sold In Tote Bags
Local Apples **88¢** lb.

Frozen Favorites

Totino's Pizza Rolls
Selected Varieties • 7.5 Oz Pkg
2 \$3

IGA Whipped Topping
Regular Or Lite • 8 Oz Cntr
4 \$5



Fresh Dairy

Cabot Shredded Or Bar Cheese
Selected Varieties • 8 Oz Pkg
2 \$5

Cabot Sour Cream
Regular Or Light • 16 Oz Cntr
3 \$5

White Or Yellow • 12 Oz Pkg
IGA American Cheese Food Singles **2 \$3**
Selected Varieties • 6 Oz Cntr
Breyers Yogurt **10 \$6**
Or Salsa Grande • 12 Oz Cntr
Cabot French Onion Dip **3 \$5**
Or Ultimates • Selected Varieties • 16 To 16.5 Oz Pkg
Nestle Cookie Dough **2 \$6**
Mousse Or Gelatin Snacks • Selected Varieties • 13.8 To 24 Oz Pkg
Jell-O Pudding Snacks **2 \$6**
Regular Or Non Fat • 16 Oz Cntr
Cabot Cottage Cheese **2 \$4**
Selected Varieties • 64 Fl Oz Cntr
Sunny D Drinks **2 \$3**

16 Oz Or 2 Pack • 13.4 Oz Pkg
Parkay Spread Quarters **3 \$5**
8 Ct • 20 Oz Pkg
Mission Burrito Style Tortillas **3 \$5**
Selected Varieties • 24 Oz Pkg
Yoplait Yogurt 4 Pack **2 \$4**
Selected Varieties • 16 Oz Pkg
Yoplait Delights 4 Pack **2 \$5**
Fat Free • 32 Fl Oz Cntr
Skim Plus Half & Half **1.99**
Selected Varieties • 4 Oz Cntrs • 16 Oz Pkg
Breakstone Cottage Cheese 4 Pk **2 \$5**
10 Ct • 17.5 Oz Pkg
Mission Soft Flour Tacos **3 \$5**

Selected Varieties • 6 To 11.5 Oz Pkg
Weight Watchers Smart Ones Entrees **2 \$5**
Or Regular Or Rice • Selected Varieties • 10 To 16 Oz Bag
Birds Eye Steamfresh Vegetables **4 \$5**
Selected Varieties • 16 To 32 Oz Bag
McCain French Fries **2 \$6**
Selected Varieties • 4 To 6 Oz Pkg
Weight Watchers Smart Ones Desserts **2 \$5**
Selected Varieties • 14 Oz Pkg
Celentano Italian Entrees **2.99**
Selected Varieties • 18.25 Oz Pkg
Stouffer's Selects **3.59**
Or Select Entrees • Selected Varieties • 8 To 10 Oz Box
Healthy Choice Naturals Entrees **1.99**
24 Ct Pkg
Green Giant Corn On The Cob **5.99**
24 Oz Value Pkg
Celentano Ravioli **3.99**
Regular Or Mini • 13 Oz Pkg
Celentano Ravioli **2 \$4**
13 Oz Pkg
Celentano Cheese Tortellini **2 \$5**
Or Texas Toast • Selected Varieties • 9.5 To 11.75 Oz Pkg
Pepperidge Farm Garlic Bread **2 \$5**

Stock Up & Save Everyday At IGA

Fresh Baked In-Store Using The Finest Ingredients
Fresh In Store Baked Goods

Fresh Store Baked **8" Apple Pie**
26 Oz. **3.44** ea.

Boston Coffee Cake
Selected Varieties 24 Oz. **4.99** ea.

Heat & Serve Crusty French Dinner Rolls
Dozen **2.99** pkg.

Vanilla Cheesecake
2 Pieces 1 1/4 Lb Avg **3.29** pkg.

ARMATA'S TWO DAY SALE! Good Only Thurs. Oct. 14 and Fri. Oct. 15, 2010

USDA GOV'T INSPECTED • FAMILY PACK
Extra Lean Beef Round For Stew **2.99** lb.
USDA GOV'T INSPECTED BEEF
Flank Steaks **3.99** lb.

IN OUR PRODUCE DEPT • 3 PACK
California Romaine Hearts **1.99** ea.
IN OUR SEAFOOD DEPT • PREVIOUSLY FROZEN
Wild Caught Alaskan Cod Fillets **4.75** lb.

IN OUR DELI DEPT
Store Made Seafood Salad **3.44** lb.

IN OUR BAKERY DEPT • 2 PACK
Fresh Store Baked "Elephant Ears" **1.99** ea.

128 FL OZ CNTR
IGA Spring Water **58¢** ea.
SELECTED VARIETIES • 1.1 TO 1.38 OZ BOX
Nestle Hot Cocoa Mix **88¢** ea.

LONGMEADOW • 901 SHAKER RD.
TEL. 413-567-5637
STORE HOURS
MON.-SAT. 8 A.M.-8 P.M.
SUNDAY 8 A.M.-7 P.M.

MASS State Lottery Agent

Valid OCTOBER 2010	THURS	FRI	SAT	SUN	MON	TUES	WED
	14	15	16	17	18	19	20



We Accept Food Stamps

Not Responsible for Typographical Errors. We Have the Right to Limit Quantities. Pictures Do Not Necessarily Depict Item On Sale.