

ROCH'S

FRESH FOODS

Reliably Sourced Locally Served

PROVIDING QUALITY PRODUCE AND FRIENDLY SERVICE
TO OUR COMMUNITY SINCE 1954

WEEKLY SPECIALS

PRODUCE

Orange or Yellow
Peppers

\$1.99 lb.

Assorted 4 oz.
Little Leaf Salad Mixes

\$2.99 ea.

Green or Red
Seedless Grapes

\$2.99 lb.

Green
Cabbage

99¢ lb.

1 lb. Bag

Baby Peeled Carrots

\$1.49 pk.

Yellow Turnips

99¢ lb.

Red Beets

89¢ lb.

Peeled and Diced
Butternut Squash

\$1.99 lb.



New!

Roch's Own In-Store

SUSHI

Made Fresh Daily!

Large Party Platters Available
with 36 hr. notice

Pumpkins and Mums
Arriving Daily!



BUTCHER SHOP



Beef Chuck

Fresh Grade A
Chicken
Tenderloins

\$3.99 lb.

Shoulder
Pot Roast

\$6.99 lb.

Shoulder Steak
OR London Broil

\$6.99 lb.

Sugardale
Meat

\$2.59 ea.

Hot Dogs 16 oz.

Beef Chuck
for Stew

\$7.99 lb.

SEAFOOD

True North
Natural
Smoked Salmon 4 oz.

\$7.99 ea.

DELI



Mild
Provolone
Cheese

\$7.99 lb.

Kayem Genoa
Hot Capicola

\$10.99 lb.

Roch's Own
Italian Grinder
Pasta Salad

\$7.99 lb.

Let's get ready for
FOOTBALL!



PREPARED FOODS

Beef Chili
with Cheese

\$6.99 lb.

BBQ Pulled Pork

\$8.99 lb.

Assorted
Chicken Wings

\$7.99 lb.

Chicken Tenders

\$7.99 lb.

Teriyaki
Pot Stickers

\$9.99 lb.

Spinach Artichoke Dip

\$5.99 lb.

Sweet Bourbon
Meatballs

\$9.99 lb.

GROCERY



Quaker
Life Cereal

13 oz.
Assorted Varieties

2/\$7

Mott's
Applesauce
6 Pack 24 oz.

2/\$5

Barilla Protein
or Gluten Free
Pasta 10-14.5 oz.

MIX & MATCH!
2/\$5

King Arthur GF
Muffin, Cookie,
or Cake Mix
16-22 oz.

\$4.99 ea.

Near East Rice
5.25-10 oz.

2/\$3

Green Giant
Canned
Vegetables



14.5-15.25 oz.
Assorted Varieties

4/\$5

DAIRY

Lifeway Kefir 32 oz.

\$3.99 ea.



Hood
Cottage Cheese 16 oz.

\$2.79 ea.

Stonyfield
Organic Milk 64 oz.

\$4.99 ea.

FROZEN FOODS

Ben & Jerry's
Ice Cream

\$4.99 ea.

Pints

Crav'n Flavor
Pizza 28.3 oz.

\$5.49 ea.

BAKERY



Roasted Garlic
Ciabatta

\$4.99 ea.

Festive
Sugar Cookie

\$1.99 ea.

Freshly Baked
Cinnamon Roll

\$2.99 ea.

Local Market Locations:

Visit us online at
www.rochs.com

West Greenwich

10 ARNOLD FARM ROAD
WEST GREENWICH, RI 02817
401-397-7624

HOURS: MON-SAT: 7AM-8PM; SUN: 7AM-6PM

Narragansett

1183 BOSTON NECK ROAD
NARRAGANSETT, RI 02882
401-284-2900

HOURS: MON-SAT: 7AM-8PM; SUN: 7AM-7PM

Prices
in Effect
October
1-7