

# ROCH'S

## FRESH FOODS

# Reliably Sourced Locally Served

PROVIDING QUALITY PRODUCE AND FRIENDLY SERVICE  
TO OUR COMMUNITY SINCE 1954

## WEEKLY SPECIALS

### PRODUCE

Beefsteak  
Tomatoes

**99¢**  
lb.

*Red  
& Ripe!*

Spaghetti Squash **Locally Grown!**  
Large Idaho Baking Potatoes

Large Size Lemons

1 lb. Container Strawberries

Large Size Hass Avocados

Stem and Leaf Mandarins **Super Sweet!**

**89¢** lb.

**79¢** lb.

**2/\$1**

**\$1.99** ea.

**99¢** ea.

**\$1.99** lb.



Green or Yellow Squash

**99¢** lb.

Florida Large Pink Grapefruit

**\$1.29** ea.

Cara Cara Seedless Navel Oranges **89¢** lb.



### BUTCHER SHOP

Top Round Roast **\$6.99** lb.

Top Round London Broil **\$7.49** lb.

Beef Stir Fry **\$8.49** lb.

85% Lean Ground Beef **\$6.49** lb.

Lean Stew Meat **\$7.99** lb.



### GROCERY

Bonne Maman Jams **\$5.99** ea.

Quaker Oats Instant Variety Pack **\$5.49** ea.

Kellogg's Frosted Flakes **\$3.99** ea.

Barilla Protein+ and Gluten Free Pasta **2/\$6**

Ben's Ready Rice **2/\$5**

Teddie Old Fashion Peanut Butter **\$3.79** ea.



### DAIRY

Cabot Cheese Bars 8 oz. **2/\$6**

Cabot Shredded Cheese 8 oz. **2/\$6**



### FROZEN FOODS

Pictsweet Steam'ables **2/\$4**

Wyman's Blueberries, Raspberries, & Mixed Berries **\$3.79** ea.

### BAKERY

Crusty Italian Bread **\$3.99** ea.

M&M Cookie **\$1.99** ea.



### SEAFOOD

Salmon Fillets

**\$13.99** lb.



### DELI

Krakus Imported Ham **\$7.99** lb.

Pepper Jack Cheese **\$7.99** lb.

German Potato Salad **\$5.99** lb.



### PREPARED FOODS

Grilled Chicken Breast **\$9.99** lb.

Stir Fry Vegetables **\$6.99** lb.

Beef & Broccoli **\$9.99** ea.

Long Grain Wild Rice **\$5.99** lb.

### ENTRÉE

Chicken Stir-fry w/Rice and Vegetables **\$8.99** lb.

## Local Market Locations:

Visit us online at [www.rochs.com](http://www.rochs.com)

### West Greenwich

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

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

### Narragansett

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

HOURS: MONDAY-SUNDAY 7AM-7PM

Prices  
in Effect  
January  
14-20