

Fresh • Local • Organic



Sales Effective: Friday, January 9th
thru Thursday, January 15th, 2026

Pork Tenderloin

\$2⁹⁹
lb.



Chicken Party Wings

Family Value Pack

\$2⁹⁹
lb.



Bone-In NY Strip Steaks

USDA Choice



\$12⁹⁹
lb.



London Broil Shoulder

USDA Choice



\$4⁹⁹
lb.



Shoulder Pot Roast

USDA Choice



\$4⁹⁹
lb.



Flat Iron Blade Steaks

USDA Choice



\$5⁹⁹
lb.



Chicken Breast Fillets

Great For Chicken Parm

\$3⁹⁹
lb.



Chicken Leg Quarters

Great For Soup

99¢
lb.



Boar's Head Bacon

1 Lb Pkg

\$6⁹⁹
ea.



Tyson Chicken Nuggets

Popcorn • Wings Or Patties
23 To 29 Oz Pkg

\$7⁹⁹
ea.



Delicatessen...

Store Baked Ham

Sliced To Order

\$6⁹⁹
lb.



Store Baked Turkey

Sliced To Order

\$9⁹⁹
lb.



Store Brand Roast Beef

Sliced To Order

\$12⁹⁹
lb.



Hummel Bologna

Sliced To Order

\$5⁹⁹
lb.



Margherita Genoa Salami

Sliced To Order

\$7⁹⁹
lb.



BelGioioso Provolone Cheese

Sliced To Order

\$6⁹⁹
lb.



Sub Of The Week:

Ham • Cheese • Lettuce • Tomato • Mayonnaise
Full Sub

\$19⁹⁹
ea.

Produce Deals...

Fresh Ripe Strawberries

1 Lb Pkg

\$2⁹⁹
ea.



Broccoli Rabe

\$2⁹⁹
lb.



Red Peppers

\$1⁹⁹
lb.



Raspberries & Blackberries

6 Oz Pkg

\$1⁹⁹
ea.



Idaho Potatoes

5 Lb Bag

\$2⁹⁹
ea.



Broccoli Crowns

\$1⁴⁹
lb.



875 N. High Street • East Haven, CT 06512
Phone: (203) 467-6438 • www.tandjsupermarket.com



Available! Like Us On



Hours: Mon. - Sun. 8am - 8pm
Open 7 Days A Week

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Grocery • Specialty • Italian • Bakery • Deli • Cheeses

Lina Pasta
Selected Varieties
16 Oz Box
\$1.19



Sclafani Quick Crushed
28 Oz Can

2/\$3



Scott 1000 12 Rolls Bath Tissue
One-Ply • 12,000 Ct Pkg

\$9.99



Scott 6 Double Rolls Paper Towels
One-Ply • Choose-A-Sheet
648 Ct Pkg
\$5.99



Progresso Traditional Soup
Selected Varieties
18.5 Oz Can

2/\$3



Campbell's Red & White Broth Soups
Selected Varieties
10.5 Oz Can

3/\$4



IGA Corn, Carrots Or Green Beans
Selected Varieties
14.5 Oz Can

89¢



Wishbone Salad Dressing
Selected Varieties
15 Fl Oz Btl

\$1.99



Kellogg's Cereals
Selected Varieties
11.4 Oz Box

\$2.99



Heinz Ketchup
Selected Varieties
38 Fl Oz Btl

\$4.99



Light 'n Fluffy Egg Noodles
Selected Varieties
12 Oz Pkg

\$1.99



IGA Tomatoes
Selected Varieties
28 Oz Can

\$1.59



Swanson Broth
Selected Varieties
32 Fl Oz Crtn

2/\$5



Jack Rabbit Peas Or Beans
Selected Varieties
16 Oz Bag

2/\$3



Genova Solid White Tuna
Selected Varieties Or Yellowfin
In Oil Or Water • 5 Oz Can

\$2.49



Friskies Cat Food
Selected Varieties
5.5 Oz Can

6/\$5



Prepared Foods

Heat & Eat Case • Family Size

Prepared Foods

Easy Nights • Take & Bake • Your Choice

Macaroni & Cheese Family Pack
\$19.99 ea.

Broccoli Macaroni Family Pack
\$19.99 ea.



Dairy & Frozen Deals...

Chobani Greek Yogurt
Selected Varieties
5.3 Oz Cntr

\$1.29



Turkey Hill Ice Cream
Selected Varieties
46 Fl Oz Crtn

\$3.49



Coffeemate Flavored Creamer
Selected Varieties
32 Fl Oz Btl

\$3.99



Birds Eye Steamfresh Vegetables
Or Rice • Selected Varieties
10.8 Oz Bag

3/\$4



Florida's Natural Orange Juice
Selected Varieties • Grapefruit Or Orange Blends • 52 Fl Oz Crtn

Hood Half & Half
32 Fl Oz Crtn

\$3.29

2/\$5

TGI Fridays Appetizers
Selected Varieties
9 Oz Box

Grown In Idaho Fries
Selected Varieties
28 Oz Bag

\$4.49

2/\$7



Chocolate Frosted Mini Eclairs
6 Pack

\$4.99 ea.