

**SAVE  
BIG**  
all week  
with our  
monster  
Truckload  
Sale!



**\$1.67**  
LB.

**Lowest  
Price in  
Town!**

TYSON FAMILY PACK

## Fresh Boneless Skinless Chicken Breast

Chicken breast is an excellent source of protein and is so versatile it can be used in almost any dish! Grill and mix with fresh greens for a super flavorful, healthy salad.



**\$4.99**  
LB.

40 - 50 COUNT WILD-CAUGHT  
**Peeled  
Louisiana Shrimp**

Shrimp is rich in iron and vitamin B12.  
Steam instead of frying to save on fat intake.



**65¢**  
LB.

LOCALLY GROWN  
**Vidalia  
Onions**

Onions are a good source of quercetin, an antioxidant that may help heart disease.

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*"Two Things: Best Quality + Best Price."  
—Anthony J. Rouse, Sr., Founder*



# Customer Service IS AS IMPORTANT AS WHAT WE SELL.



ROUSES COUNTRY STYLE  
**Pork Ribs  
or Pork Steaks** **\$1.37** LB.  
VALUE PACK



12 OZ PACK  
**Bar-S  
Bacon** **2/\$5**



12 OZ PACK (LIMIT 6 PACKS)  
**Sugardale  
Hot Dogs** **2/\$1**



10 - 15 COUNT  
WILD-CAUGHT HEAD-ON  
**Gulf Shrimp** **\$4.99** LB.

A three ounce serving of shrimp is only eighty-five calories but has a whopping seventeen grams of protein.



3 COUNT PACK  
**Romaine  
Hearts** **\$1.99**

A full head of Romaine lettuce is only 106 calories and a good source of fiber.



FRESH CRISP  
**Jumbo Green  
Bell Peppers** **2/\$1**

Bell peppers are low in calories and add great flavor. Dip in hummus, guacamole or salsa for a snack.

# Quality AS EXCEPTIONAL AS Our Low Prices



GREEN ONION, CAJUN,  
ITALIAN, JALAPENO

**Rouses Fresh  
Pork Sausage**

VALUE  
PACK

**\$2.99**  
LB.

Grill and serve on a fresh baked  
po-boy bun from our bakery.



BEST  
LOCAL  
SEAFOOD  
Everyday

WILD-CAUGHT  
**Local Gulf  
Swordfish  
Steaks**

**\$5.99**  
LB.

A delicious way to support your local fishermen!

USDA CHOICE ANGUS BEEF (LIMIT 2 PACKS)

**Boneless  
Shoulder Roast**

**\$2.47**  
LB.



8 OZ BAG



**Dole  
Spinach**

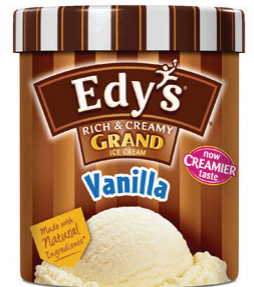
**2/\$3**



1.5 QUART SELECTED

**Edy's  
Ice Cream**

**\$2.99**



18 - 24oz Hershey's Syrup...\$2.29

14 - 15 OZ CAN SELECTED

**Best Choice  
Vegetables**

**2/88¢**



10 COUNT

**Fried Chicken  
Drumsticks**

**\$5**

*Fresh From  
Our Deli*



ROUSES

**Fresh Baked  
Braided Italian Bread**

**\$1.49**  
EA.



# BEST QUALITY MEATS FROM OUR MAKET



**\$7.97**  
LB. **VALUE PACK**

TEXAS STAR BEEF BONE-IN  
(LIMIT 3 PACKS)

**Rib Eye Steaks**



**\$11.17**  
LB. **ROUSES BEST ALL-NATURAL PORK GUARANTEED TENDER**

ROUSES TWIN PACK  
(LIMIT 2 PACKS)

**Boston Butt Roast**



**\$3.49**  
LB. **VALUE PACK**

USDA CHOICE ANGUS BEEF  
**Boneless Beef  
Shoulder Seven Steaks**



**\$3.99**  
LB.

SWIFT  
**Dry Rubbed  
Pork Tenderloin**



**\$4.99**  
EA.

12 OZ PACK  
**Burger's  
Smokehouse Bacon**



**\$3.59**  
LB.

USDA CHOICE ANGUS BEEF  
**Boneless Chuck  
Stew Meat**



**99¢**  
LB.

ADD TO BOILS  
**Turkey  
Necks**



**\$2.49**  
LB.

MEDIUM LEAN AND MEATY  
**Pork  
Spare Ribs**



**\$3.99**  
EA.

14 OZ SELECTED  
**Country Pleasin'  
Smoked Sausage**



**2/\$4**

12 OZ PACK  
**Bryan  
Wieners**



## READY TO COOK SPECIALTY MEATS



**\$19.99**  
EA.

SHRIMP & ANDOUILLE,  
PORK BOUDIN OR  
JALAPENO CREAM CHEESE  
**Stuffed Pork Tenderloin**



**\$3.99**  
LB.

**Vegetable Stuffed  
Boneless Butt Roast**



**\$4.99**  
LB.

**Boudin Stuffed  
Jalapeno Peppers**



*Rouses in-store  
butchers handcraft  
fresh sausages and  
specialties every day.*

## BAKERY FRESH BREADS & SWEETS

**\$2.49**  
EA.

14 OZ ROUSES  
**Fresh Baked  
Ciabatta Loaf**



**\$4.79**  
EA.

7 COUNT  
**Gourmet  
Cookies**



## DELI FRESH

**\$12.99**

GRAB-N-GO  
**Full Rack  
St. Louis Style BBQ Ribs**



**\$3.49**  
LB.

HOT OR COLD  
**Pulled  
Pork**



**\$1.99**  
LB.

CREAMY  
**Homestyle  
Potato Salad**



## SEAFOOD SELECTIONS

**\$6.99**  
LB.

ALASKA SEAFOOD  
**Large Alaska  
Snowcrab Clusters**



**\$1.99**  
EA.

3 OZ  
**Rouses Crawfish,  
Shrimp or Crab Cakes**



**\$4.99**  
EA.

10 OZ ORCA BAY  
**Yellowfin  
Tuna**



## FRESH DELI SELECT COLD CUTS

**\$4.99**  
EA.

NEW  
3 OZ PRE-SLICED  
**Columbus Artisan Crespone,  
Finocchiona or Hot Sopressata**



**\$4.99**  
LB.

SLICED TO ORDER  
**Rouses  
Black Forest Ham**



**GRAB-N-GO**  
HOT LINE, DELI,  
SOUP & SALAD BAR  
Ready to eat for  
lunch or dinner.

**FULL SLAB  
FRIDAY**  
Every Friday  
from 4 - 7pm  
Full Slab BBQ Ribs \$11.99  
Half Slab \$5.99

**SAUSAGE  
SATURDAY**  
Every Saturday  
from 4 - 7pm  
Grilled Sausage Link  
on a bun for \$1.00

**STAY IN TOUCH  
WITH ROUSES**

@RousesMarkets  
#MyRouses  
www.rouses.com

**\$1.77**

16 - 24 OZ SELECTED  
**Ragu Pasta Sauce**



**\$4.98**

12 PACK 12 OZ  
**Powerade Sports Drinks**



**2/\$4**

8 - 15 OZ SELECTED  
**Kraft Deluxe Mac & Cheese**



**69¢**

15 OZ CAN  
**Van Camp's Pork and Beans**



**4/\$3**

16 OZ SELECTED  
**Best Choice Pasta**



**\$3.79**

12 OZ SELECTED  
**New Orleans Roast Coffee**



**2/\$5**

5 LB BAG  
**Cajun Country Rice**



**69¢**

5 OZ CAN  
**Chicken of the Sea Chunk Light Tuna**



**89¢**

14.5 OZ CAN  
**Hunt's Diced Tomatoes**



**\$1.69**

14 - 17 OZ  
**Tony Chachere's Seasoning**



**2/\$4**

4 COUNT PACK  
**Best Choice Fruit Cups**



**\$3.99**

20 COUNT PACK  
**Happy Drinks**



**\$5.99**

27 - 45 COUNT PACKS  
**HAWAIIAN PUNCH, DR. PEPPER JOLLY RANCHER, OR KOOL POPS Freezer Bars**



**2/\$5**

24 OZ SELECTED  
**Nature's Own Oval Breads**



**\$5.99**

4 PACK 16 OZ CANS  
**Monster Energy Drinks**



**3/\$5**

9 - 13 OZ  
**Velveeta Cheesy Skillets**



**2/\$5**

5 - 8 OZ  
**Nature Valley, Betty Crocker or Fiber One Bars**



**\$6.97**

6 BIG ROLLS PACK  
**Viva Paper Towels**



**4/\$5**

ONE GALLON  
**Value Star Bleach**



**DAIRY • FROZEN**

**2/\$5**

6 - 8 OZ SELECTED  
**Sargento Shredded or Natural Cheese**



**2/\$4**

12 OZ SLICED SINGLES  
**Velveeta Slices**



**\$2.97**

ONE DOZEN  
**Farmhouse Large Cage Free Brown Eggs**



**\$1.99**

15 OZ TUB  
**Shedd's Spread Country Crock**



**\$2.99**

59 OZ  
**Florida's Natural Premium Orange or Grapefruit Juice**



**\$6.88**

26 - 36 OZ  
**DiGiorno Pizza**  
STUFFED CRUST, ULTIMATE, OR WITH BREADSTICKS OR WINGS



**2/\$6**

9 - 10 OZ SELECTED  
**Healthy Choice Café Simply Steamers**



**10/\$10**

10 OZ SELECTED  
**Green Giant Steamer Vegetables in Sauce**



**\$2.88**

24 - 32 OZ SELECTED  
**Ore Ida Potatoes**



**3/\$5**

11.7 OZ SELECTED  
**Pillsbury Toaster Strudel**



## BEST FARM FRESH PRODUCE



Billy Smith, Suwannee, Florida

### OUR Local PARTNERS

Billy Smith's Watermelons, Inc was established in 1992. Billy personally handles all sales and has done so for the entire 23 years of operation. BSW pays particular attention to detail and always strives to pack a superior product.

**\$1.49**  
LB.



JUICY  
Bartlett  
Pears



**4/\$5**



SWEET  
Large  
Red Mangos



**\$1.49**  
LB.



FRESH CUT IN-STORE  
Watermelon  
Chunks



**\$2.99**  
EA.



ONE PINT PACK  
Mixed Medley  
Tomatoes



**2/\$5**



8 OZ PACK  
Mini  
Sweet Peppers



**\$3.49**  
EA.

14 OZ  
Bolthouse  
Dressings



## Organic Selections

**\$1.59**  
LB.



SWEET  
Organic  
Navel Oranges



**\$2.99**  
LB.



RED AND RIPE  
Organic  
Cluster Tomatoes



**\$2.99**



12 OZ BAG  
Organic  
Kale



**\$3.99** Lemonade Day!

3 LB BAG  
Juicy  
Lemons



### JOIN US FOR LEMONADE DAY

Saturday, April 30, 2016  
Lemonade Day teaches kids how to start, own and operate their own business through a lemonade stand. Pick up a free kit at your local Rouses market.

## SNACKS & BEVERAGES

**4/\$10**

6 PACK HALF LITERS  
Coca-Cola  
Family



**\$2.69**

9.25 OZ  
Fritos  
Chips



**\$1.75**

3 - 11 OZ FRITO LAY  
Bakenets, Chesters,  
Munchos & Santitas



**2/\$5**

8 - 13 OZ  
Keebler Sandies  
or Chips Deluxe



**3/\$1**

2 - 3 OZ  
Little Debbie  
Single Serve Snacks



Free In-Store

### COOKING CLASS

WITH CHEF NINO

•Thurs, Apr 28th/ 6-7:30pm  
1644 Gause Blvd, Slidell

### KIDS COOKING CLASS

WITH CHEF NINO

•Thurs, May 5th/ 6-7:30pm  
3461 E Causeway Aprch,  
Mandeville

### HEALTH SCREENING

CANCER SCREENINGS

BY MARY BIRD PERKINS  
•Fri, May 6th / 9am - 2pm  
50 Park Place Dr,  
Covington

## BEER • WINE • SPIRITS

**\$4.99**

750 ML  
Flip Flop or Lindeman's  
Chardonnay



**\$5.99**

750 ML  
Naked Grape Cabernet Sauvignon  
or Trapiche Malbec



**\$6.99**

750 ML  
Cavit Pinot Grigio  
or Cocobon Red Blend



**\$12.59**

12 PACK 12 OZ  
Dos Equis,  
Modelo or  
Beers of Mexico



**\$8.99**

750 ML  
Seaglass Pinot Gris or  
Ecco Domani Pinot Grigio



**\$9.99**

750 ML  
Carnivor Cabernet Sauvignon  
or 19 Crimes Red Blend



**\$10.99**

750 ML  
Sterling Cabernet VC or  
Ferrari Carano Fumé Blanc



**\$14.49**

12 PACK 12 OZ  
Corona Extra  
or Heikenen



**\$10.99**

750 ML  
Pinnacle Vodka  
or Seagram's Gin



**\$16.99**

1.75 LITER  
New Amsterdam Vodka  
or TGIF Long Island Tea RTD



**\$25.99**

1.75 LITER  
Sailor Jerry Rum  
or Jim Beam Whisky



**\$18.99**

24 PACK 12 OZ CANS  
Miller Lite  
or Coors Light





**Best Prices**  
**AND MORE WAYS TO SAVE ON YOUR**  
**FAVORITE BRANDS EVERY DAY.**



SELECTED  
**General Mills**  
**Cereals**

**2/\$6**

\*18oz Cheerios •17oz Honey Nut Cheerios •16oz Lucky Charms  
 \*16.2oz Cinnamon Toast Crunch •18oz Reeses Puffs



4 LB BAG  
**White Gold**  
**Pure Cane Sugar**

**\$1.89**



10 - 12 OZ SELECTED  
**Pictsweet**  
**Vegetables**

**88¢**



48 OZ BOTTLE  
**Always Save**  
**Vegetable Oil**

**\$1.79**



36 OZ SQUEEZE  
**Best Choice**  
**Ketchup**

**2/\$3**



6 - 10 OZ SELECTED  
**Lean Cuisine**  
**Entrees**

**5/\$10**

# Celebrate CINCO DE MAYO



FRESH SPICY  
**Jalapeno Peppers**

**25¢**  
LB.



RED AND RIPE  
**Roma Tomatoes**

**99¢**  
LB.



3 COUNT BAG WESTPAK  
**Hass Avocados**

**\$1.99**  
EA.



3 LB BAG GREAT FISH CO.

**Tilapia Fillets**  
**\$9.99**  
EA.

**\$3.99**  
LB.

MADE FRESH IN-STORE  
**Fresh Jalapeno Sausage Kabobs**



**\$5.99**  
LB.

MADE FRESH IN-STORE  
**Mexican Stuffed Pinwheels**



**\$7.99**  
LB.

MADE FRESH IN-STORE  
GREEN ONION & BACON OR  
GREEN ONION CHICKEN SAUSAGE  
**Stuffed Jalapeno Peppers**



**\$3.79**  
LB.

ROUSES  
**Fresh Chorizo Pork Sausage**



**\$5.99**  
LB.

MADE FRESH IN-STORE  
**Stuffed Mexican Burgers**



**4/\$5**

10 OZ  
**Casa Fiesta Enchilada Sauce**  
15 OZ  
**Casa Fiesta Mexican Rice**



**5/\$5**

16 OZ  
**Casa Fiesta Refried Beans**



**2/\$3**

4.5 OZ  
**Casa Fiesta Taco Shells**



**3/\$2**

1 OZ  
**Casa Fiesta Taco Seasoning**  
4 OZ  
**Casa Fiesta Diced Green Chiles**



**\$2.24**

8.85 OZ  
**Taco Bell Dinner Kit**  
1oz Taco Bell Seasoning...66¢



**\$3.99**  
LB.

MADE FRESH IN-STORE  
**Pico de Gallo Dip**



**\$4.99**  
LB.

MADE FRESH IN-STORE  
**Fajita Vegetable Mix**



**\$3.99**  
EA.

10 OZ  
**La Mexicana Guacamole Dip**



**2/\$5**

16 OZ HOT,  
MILD OR GARLIC  
**La Mexicana Salsa**



**\$4.99**  
LB.

ROUSES  
**Queso Dip**

