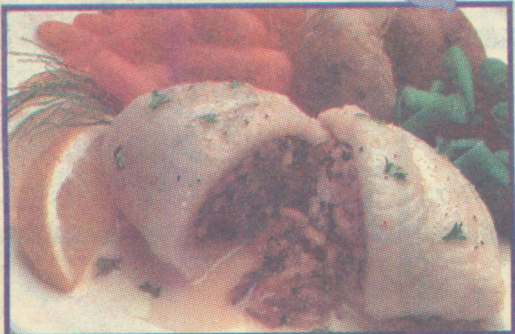


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Jan 2/93



# WARM WINTER VALUES



**M&M** Microwave or Oven Ready

## Sole Seafood Elites

**Broccoli and Mozzarella Cheese**

Broccoli & Mozzarella cheese wrapped in succulent sole.

**Lemon and Wild Rice**

Lemon and Wild Rice wrapped in succulent sole.

**Scallop and Crab Meat**

Scallop & Crab Meat wrapped in succulent sole.

**Shrimp and Garlic**

Shrimp and Garlic wrapped in succulent sole.

Only 150 - 190 calories per 135 g portion.

**1.79** each  
Sold Individually



**McCain** Microwave or Oven Heat

## Pepperoni or Deluxe Pizzas

A family favourite.

Cheese and pepperoni or cheese, pepperoni, mushrooms and peppers.  
30 x 5" pizzas.

**13.99** case



**M&M** Microwave or Oven Ready

## Lasagna

Lean ground beef, cottage cheese, tomato sauce between layers of noodles topped with mozzarella.

**5.99** 2 lb. tray

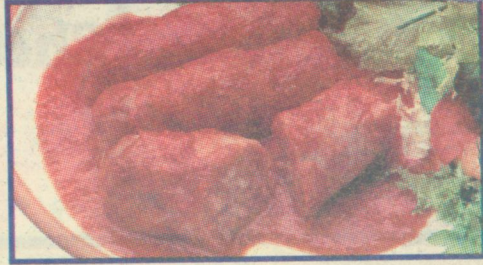


**M&M** Microwave or Oven Ready

## Shepherd's Pie

Beef and vegetable filling covered with creamy mashed potatoes.

**5.99** 2 lb. tray



**M&M** Microwave or Oven Ready

## Cabbage Rolls

Homemade quality without the work. 10 cabbage rolls.

**5.99** 2 lb. tray

Prices in effect from Sun. Jan. 3 to Sat. Jan. 16, 1993.