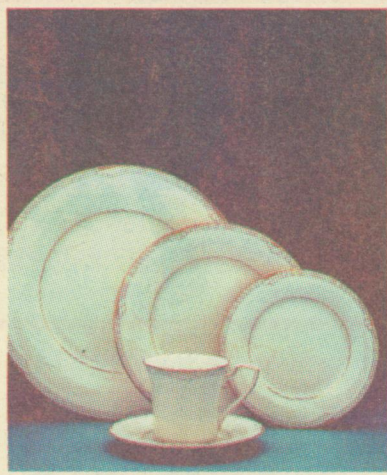


CHINESE NEW YEAR Celebration



WIN

*1 OF 3 NORITAKE
GOLDEN COVE
45 PIECE SETS
OF CHINA

* SUGGESTED RETAIL VALUE
\$2,500.00 EACH)

or A PROFESSIONAL
STIR FRY SET. (A WINNER
AT EVERY STORE!)

See details at store.

Seafood

MIRABEL Peeled and Deveined

Medium Size Black Tiger Shrimp

72 - 80
uncooked
shrimp.

18⁹⁹
2 lb. bag

MCM Oven Ready

Breaded Cod

Mild in flavour.
15 - 17 pieces.

5⁹⁹
2.2 lb. box

Desserts

Shortbread Cookies

350 g Tin **6⁹⁹**
While quantities last

MCM Thaw n' Serve

Nanaimo Bars

Real custard filling
on a coconut graham
cracker crumb crust,
topped with rich dark
chocolate.

9⁹⁹
3.12 lb.
8" x 12" tray

RICH'S Thaw n' Serve

Chocolate Eclairs

Puffed pastry covered
with rich chocolate
and filled with
Bavarian cream.
Delicious!

6⁹⁹
23 oz. tray of 12

MCM Ready to Bake

Bumbleberry Pie

An exciting blend of
apples, raspberries,
blackberries and
rhubarb.

3⁶⁹
24 oz. pie

MCM Thaw n' Serve

Pumpkin Pie

All natural ingredients.
20 oz. pie.

While quantities last.

1⁹⁹
each

Oriental Food



MCM Heat n' Serve

Oriental Stir-fry Kit

14⁹⁹
2.4 lb. box

A complete meal containing 1 lb. of fully cooked
marinated chicken, 1 lb. chopped oriental style
vegetables and 2 oriental sauce packets.
Serves approx. 4.

WONG WING Microwave or Boil in Bag

Pineapple Chicken

Fully prepared. Tender pieces of breaded
chicken breasts in a pineapple sauce.
Serves approx. 4.

6⁴⁹
1.5 lb. bag

WONG WING Heat n' Serve

Mini Pizza Egg Rolls

Egg roll filled with
spicy tomato
sauce, pepperoni,
peppers, onions,
and mozzarella.
100 pieces.

10⁹⁹
2.5 lb. box

WONG WING Heat n' Serve

Pot Stickers

Chinese style
turnover with
minced pork,
celery, onion
cabbage and
water chestnuts.
30 pieces.

10⁹⁹
835 g box

**Sweet &
Sour Sauce**
350 mL jar
\$1.89

WONG WING Heat n' Serve

Cantonese Style Egg Rolls

24 dinner size egg
rolls with meat.

8⁹⁹
3 lb. box

WONG WING Microwave or Boil in Bag

Dry Garlic Spare Ribs

Fully Prepared. Pork
spare ribs in an Oriental
dry garlic sauce.
Serves approx. 4.

6⁴⁹
1.5 lb. bag

WONG WING Microwave or Boil in Bag

Diced Almond Chicken

Fully Prepared. Pieces of
chicken with almonds and
vegetables in an authentic
Chinese sauce. Serves
approx. 4.

5⁴⁹
1.5 lb. bag

MCM Heat n' Serve

Egg Rolls

Authentic dinner size
Chinese style egg roll.
10 portions.

4⁵⁹
1 lb. box

**VH
Plum Sauce**
227 mL jar
\$1.29

WONG WING Microwave or Boil in Bag

Chicken Fried Rice

Fully prepared.
Oriental style rice
with chicken and
vegetables. Serves
approx. 4.

3⁴⁹
1.5 lb. bag

WONG WING Microwave or Stove Top

Won Ton Soup

Authentic Chinese
style soup.

1²⁹
426 ml tub