

Prices Effective: Monday Dec. 6 to Saturday Dec. 11, 1993.
We reserve the right to limit quantities.



FOODLAND



SAVE 80¢
250 g Brick Regular or Light
Philadelphia cream cheese
with coupon **.99**
1.79 without. Available at Foodland only.
Limit 1 pkg. per coupon. Expires Dec. 11/93.
A.C. NIELSEN 41990490 rl

Skinless Waste-Free Portions
boneless chicken breasts
8.55/kg **3.88** lb.

Product of U.S.A.
No. 1 Grade
head lettuce
.59

3 litre Jug
Liberty vegetable oil
2.99

1 kg "Frozen" Selected Varieties
Cavendish fries
.99

48 oz. Tin ALLEN'S
pure apple juice
.88

P.G. Tips
tea bags
72's **.99**

213 g
Gold Seal sockeye salmon
1.99

28 oz. Selected Varieties
Habitant soup
.99

750 g Honey Nut, Super Chunk, Creamy
Skippy peanut butter
2.99

500 g Plain, Light, Mexican
Kraft Cheez Whiz
with coupon **2.99**
3.49 without coupon

900 g Selected Varieties
Primo pasta
.89

156 g Selected Varieties
Nine Lives cat food
3 FOR **.99**

300 g Reg., Fine, Extra Fine, Light, Reg. or Fine Decaf
Maxwell House coffee
1.99

355 ml "Frozen" Selected Varieties
Welch's juices & drinks
.99

180 g - 200 g Selected Varieties
MURPHY'S
chips & snacks
.99

TENDERBEST

12" MOLINARO'S PIZZA Traditional, Deluxe featuring
Pizza-of-the-Month Mexican style pizza
5.99

All Available Sizes "Frozen"
grade "A" young turkeys
2.84/kg **1.29** lb.

Skinless, Whole, Fully Cooked
smoked ham
3.73/kg **1.69** lb.

Fresh "Ontario" Pork
fresh side spareribs
3.48/kg **1.58** lb.

Fully Cooked, Waste-Free
boneless smoked ham
6.59/kg **2.99** lb.

340 g MIRABEL
shrimp ring
7.99

Cut From Canada "A" Grades Beef
boneless rib eye steaks
17.61/kg **7.99** lb.

1.5 litre KRAFT
Miracle Whip dressing
3.99

2 litre Selected Varieties
Chapman's ice cream
1.79

750 ml bottle Selected Varieties
Canada Dry beverages
7c/100 ml **.49** plus deposit

2 litre bottle Selected Varieties
Canada Dry beverages
7c/100 ml **1.49**

24 x 355 ml cans Selected Varieties
Canada Dry beverages
7c/100 ml **5.99** case

Product of U.S.A. Florida Grown
red grapefruit
5 FOR **.99**

Product of U.S.A.
cello radishes
6 oz. pkg. 2 FOR **.99**

Product of U.S.A. California Grown SUNKIST
navel oranges
doz. **1.99**

DELI

Deli Served Assorted Varieties MAPLE LEAF
Country Kitchen ham
4.99/lb. **1.10** 100 g

Deli Served Assorted Varieties
Maple Leaf bologna
2.49/lb. **.55** 100 g

Deli Sliced Pepperoni or MAPLE LEAF
peppercorn salami
2.99/lb. **.66** 100 g

Deli Served Assorted Varieties
Maple Leaf liverwurst
2.49/lb. **.55** 100 g

Save 50¢

500 g Plain, Light, Mexican
KRAFT
Cheez Whiz

2.99 with coupon, 3.49 without.
Limit 1 jar per coupon.
Available at Foodland. Expires Dec. 11/93.
A.C. NIELSEN 41990676 rl

Save 75¢

525 g
GENERAL MILLS
Triples cereal

1.99 with coupon, 2.74 without.
Limit 1 box per coupon.
Available at Foodland. Expires Dec. 11/93.
A.C. NIELSEN 76226797 rl

Save 90¢

600 g UNCLE BEN'S
Rice in an Instant

1.49 with coupon, 2.39 without.
Limit 1 pkg. per coupon.
Available at Foodland. Expires Dec. 11/93.
A.C. NIELSEN 08247025 rl

Save 50¢

28 oz. Glass Jar Selected Varieties
Allen's applesauce

1.49 with coupon, 1.99 without.
Limit 1 jar per coupon.
Available at Foodland. Expires Dec. 11/93.
A.C. NIELSEN 22209593 rl

Save 50¢

6's O'DOUL'S
non-alcoholic beer

4.49 with coupon, 4.99 without.
Limit 1 pkg. per coupon.
Available at Foodland. Expires Dec. 11/93.
A.C. NIELSEN 75601313 rl

RECIPE CORNER

Beef Rolls, Roulades or Paupiettes

Thin strips of meat or fish rolled around vegetables or other stuffing are known also as Roulades or Paupiettes. They may be further wrapped in salt pork or bacon. To make them with beef use: **Thin strips of round or flank steak, 3x4 inches.**

Season with: **Salt and Pepper.**

You may pound the meat. Place on each strip about 2 tablespoons of one of the following fillings:

I. A well-seasoned smoked or cooked sausage, 1 teaspoon chopped parsley or 1 sliver of dill pickle.

II. A thick julienned carrot, a rib of celery, 2 teaspoons minced ham.

III. 2 tablespoons seasoned cooked rice, 2 chopped stuffed olives.

Roll the meat and tie with string near both ends or wrap as for cabbage leaves, dredge in: **Flour.**

Brown in bacon grease or rendered salt pork. Place in a casserole and use for every six rolls:

1 1/2-cups stock or dry red wine

1 1/2 to 2 tablespoons tomato paste

Cover and cook slowly in a preheated 325 degrees F oven or on direct low heat for about one hour and 15 minutes.

Inside Round Steak or Roast

\$3.29 lb.

(\$7.25 kg.)

At Acton Foodland only!!