

Prices Effective: Monday, Jan. 10 to Saturday, Jan. 15, 1994
We reserve the right to limit quantities.

FOODLAND



SAVE \$1.00
225 g Macaroni & Cheese
Kraft Dinner
.39
with coupon & the purchase of 4
4/1.56 with coupon, 4/2.56 without.
Available at Foodland only.
Limit 4 pkgs. per coupon. Expires: Jan. 15/94.
A.C. NIELSEN 44604279 rl

Grade "A" Whole
fresh chickens
2.18/kg **.99** lb.
Limit 3 per family purchase

Product of P.E.I.
Canada No. 1 Grade
20 lb. bag **fresh potatoes**
2.99

SAVE 50¢
150 g/200 g Jar Viva Decaf,
Colombian or Rich Blend
Nescafé instant coffee
2.99
with coupon
3.49 without coupon.
Available at Foodland only.
Limit 1 jar per coupon. Expires: Jan. 15/94.

675 g White FOODLAND bread .69	213 g Admiral sockeye salmon 1.99	800 g Kellogg's Raisin Bran 2.99 with coupon 3.99 without coupon	284 ml Heinz tomato soup 3.99 FOR	341 ml - 398 ml Selected Varieties Stokely fancy vegetables .69	355 ml "Frozen" Selected Varieties Welch's juices & drinks .99
400 g Selected Varieties McCORMICKS Viva Puffs or Tin Tie cookies 1.99 with coupon 2.49 without coupon	135 g - 227 g Selected Varieties Rice A Roni .99	900 g - 1 kg Quick, Old Fashioned, One Minute Quaker oats .99 with coupon 1.29 without coupon	1 litre BONUS Squeezable Heinz ketchup 2.49	48 oz. Tin or 3 x 250 ml Tetra Pack Welchade grape drink .99	27's, 32's FOODLAND diapers 7.99

TENDERBEST

"Fresh" Ontario Pork Rib or Tenderloin Ends
family pack loin pork chops 4.39/kg **1.99** lb.

"Fresh" Hot or Mild Store Made Italian sausages 5.49/kg 2.49 lb.	"Fresh" Ontario Pork centre cut loin pork chops 6.59/kg 2.99 lb.
Cut From Canada "A" Grades Beef boneless top sirloin steaks 8.58/kg 3.89 lb.	450 g Skinless, Red Hots, Dutch Treet, Lifestyle Schneiders wieners 1.99
"Fresh" Ontario Pork Regular or Breaded pork schnitzel 8.80/kg 3.99 lb.	"Fresh" Ontario Pork side spareribs 4.17/kg 1.89 lb.

Kraft Miracle Whip
with coupon **2.99**
3.49 without coupon

3 roll multi pack **Majesta paper towels**
2.99

750 ml bottle Regular or Diet
7-UP or Pepsi
9c/100 ml **.69** plus deposit

24 x 355 ml cans Regular or Diet 7-UP or Pepsi 8c/100 ml 5.99 case	2 litre bottle Regular or Diet 7-UP or Pepsi 8c/100 ml 1.49
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FRESHBEST

Product of U.S.A. Fancy Grade
Granny Smith apples 1.74/kg **.79** lb.

Product of U.S.A. No. 1 Grade head lettuce each .69	Product of the Tropics No. 1 Grade fresh cantaloupes each 1.39
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DELI

Deli Sliced Popular Varieties Schneiders lunch meats 3.99/lb. .88 100 g	Deli Sliced SCHNEIDERS olde fashioned ham 4.99/lb. 1.10 100 g
Deli Served Mild, Medium or Old Schneiders cheddar cheese 4.69/lb. 1.03 100 g	Deli Sliced Jumbo or Bag Schneiders summer sausage 5.99/lb. 1.32 100 g

deli-sliced cooked ham
1.89/lb. **.42** kg.

Fresh Daily
lean ground beef
4.17/kg **1.89** lb.

FOODLAND pure apple juice
.99 48 oz. tin

Product of P.E.I.
Canada No. 1
potatoes
1.79 10 lb. bag

Save 50¢
1.5 litre Large Size
Kraft Miracle Whip
2.99 with coupon, 3.49 without.
Limit 1 jar per coupon.
Available at Foodland. Expires Jan. 15/94.
A.C. NIELSEN 44604237 rl

Save \$1.00
800 g
Kellogg's Raisin Bran
2.99 with coupon, 3.99 without.
Limit 1 box per coupon.
Available at Foodland. Expires Jan. 15/94.
A.C. NIELSEN 71369033 rl

Save 50¢
400 g Selected Varieties
McCORMICKS
Viva Puffs or Tin Tie cookies
1.99 with coupon, 2.49 without.
Limit 1 pkg. per coupon.
Available at Foodland. Expires Jan. 15/94.
A.C. NIELSEN 41614482 rl

Save 30¢
900 g - 1 kg Quick,
Old Fashioned, One Minute
Quaker oats
.99 with coupon, 1.29 without.
Limit 1 pkg. per coupon.
Available at Foodland. Expires Jan. 15/94.
A.C. NIELSEN 75601674 rl

Save 70¢
312 g "Frozen" Selected Varieties
Eggo toaster waffles
.99 with coupon, 1.69 without.
Limit 1 pkg. per coupon.
Available at Foodland. Expires Jan. 15/94.
A.C. NIELSEN 71163707 rl