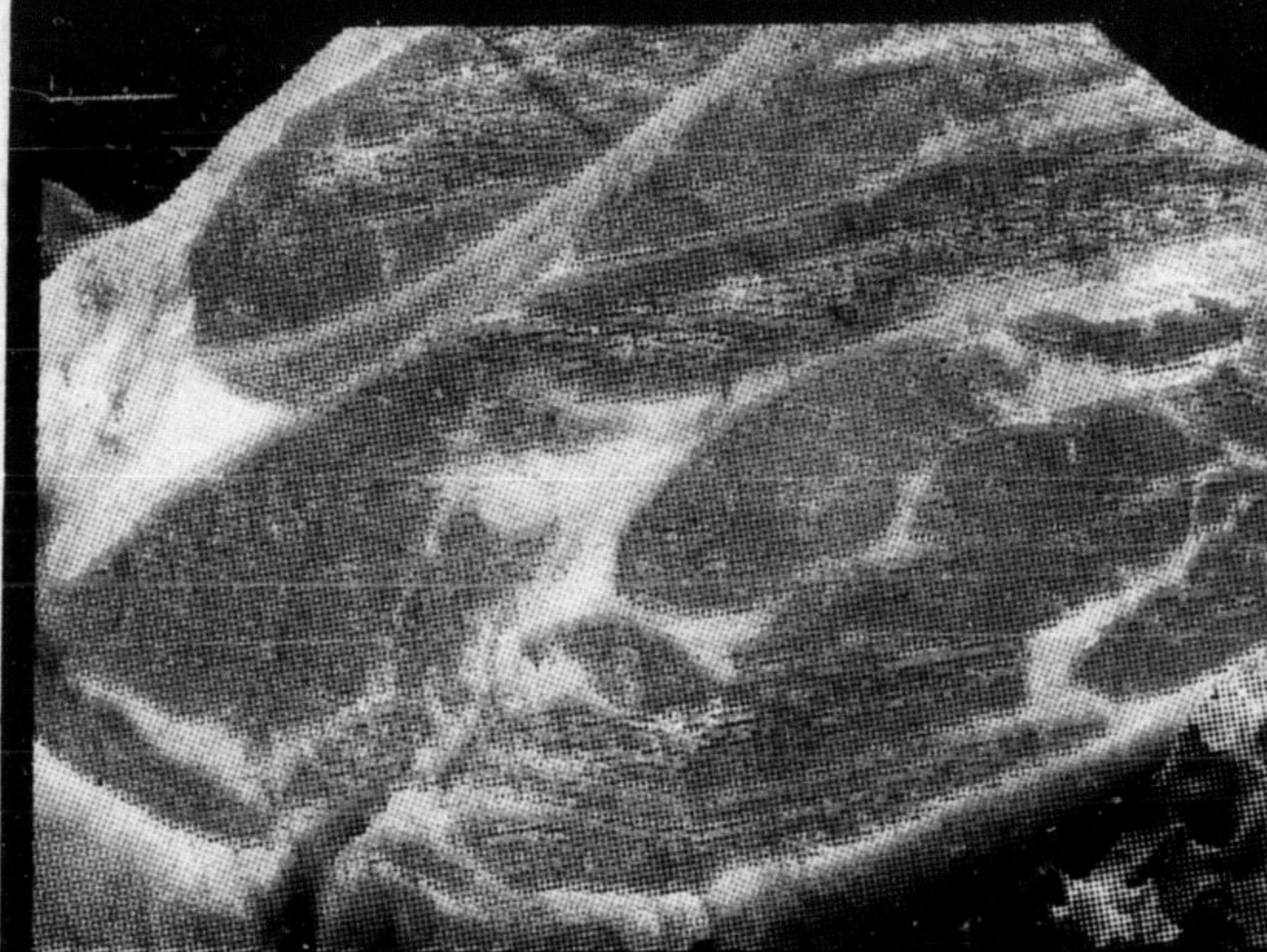




# OVER 500 & SPECIALS THIS WEEK

# FREE

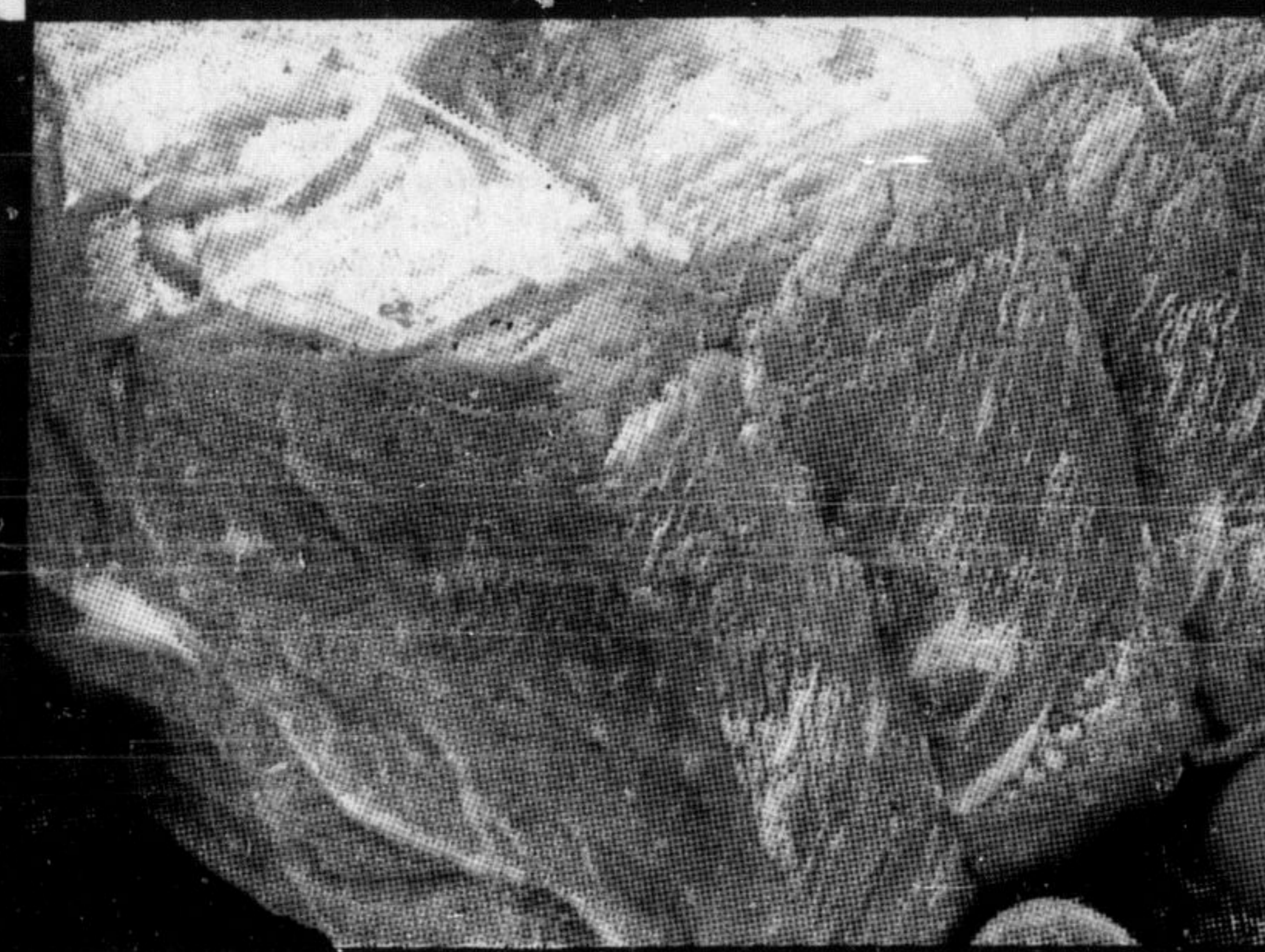
## Blade steaks



Cut from Canada Grade 'A' Beef chuck

**3.02** /kg | **1.37** lb.

## Cross rib roasts



Cut from Canada Grade 'A' Beef

**4.39** /kg | **1.99** lb.

## Rio mushrooms



brand names for less than non-names

Pieces and stems 10 fl. oz. tin

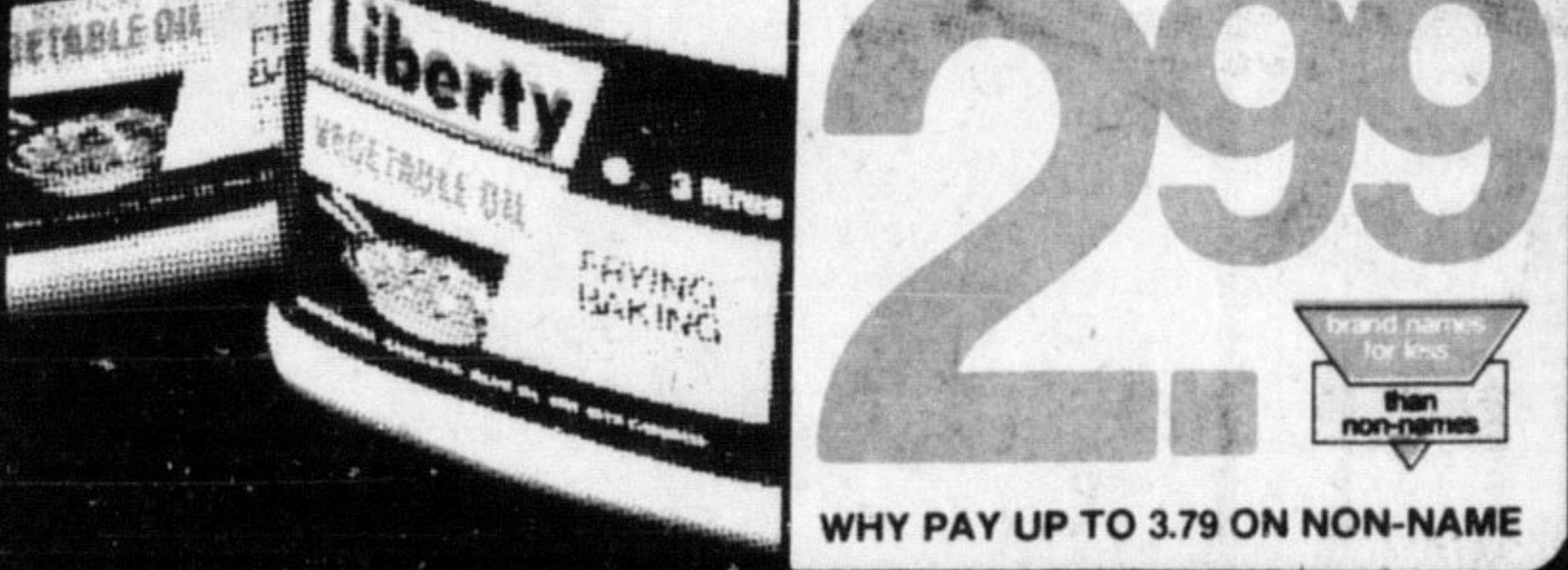
**.59**

WHY PAY UP TO .79 ON NON-NAME

Holiday Farms, frozen 1 kg box

**Beef burgers** **3.29**

## Liberty oil

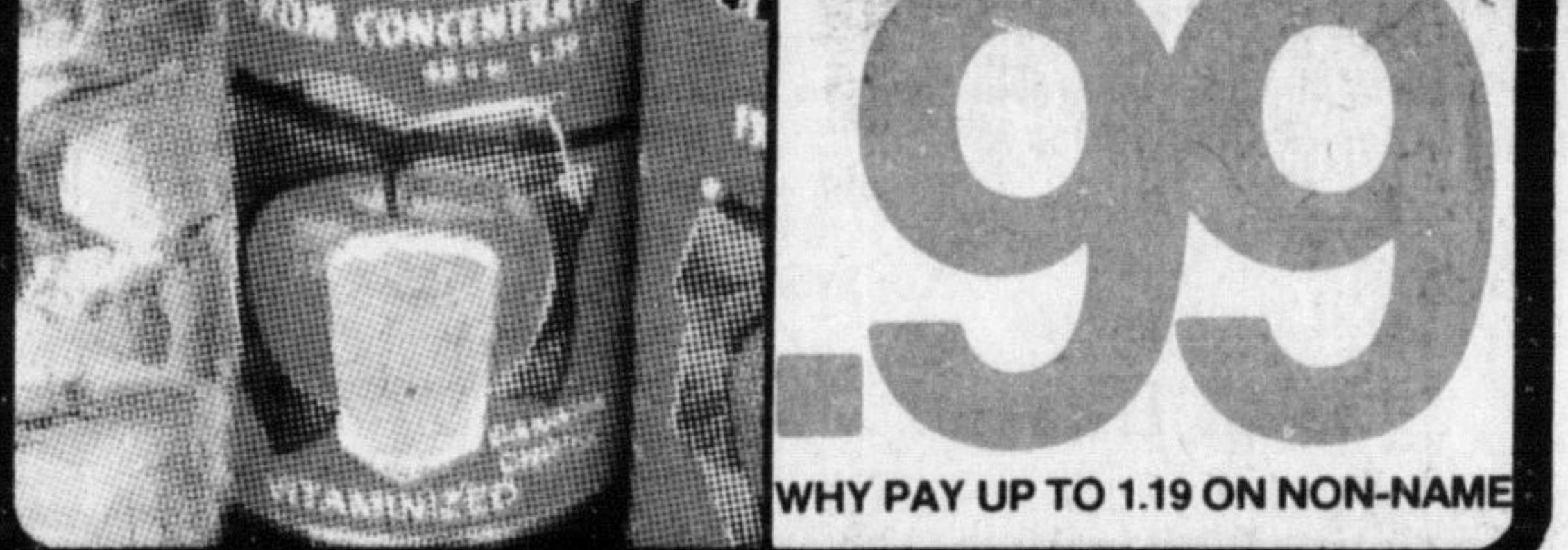


Vegetable, 3 litre cont.

**2.99**

WHY PAY UP TO 3.79 ON NON-NAME

## Martins apple juice



Reconstituted 1.36 litre cont.

**.99**

WHY PAY UP TO 1.19 ON NON-NAME

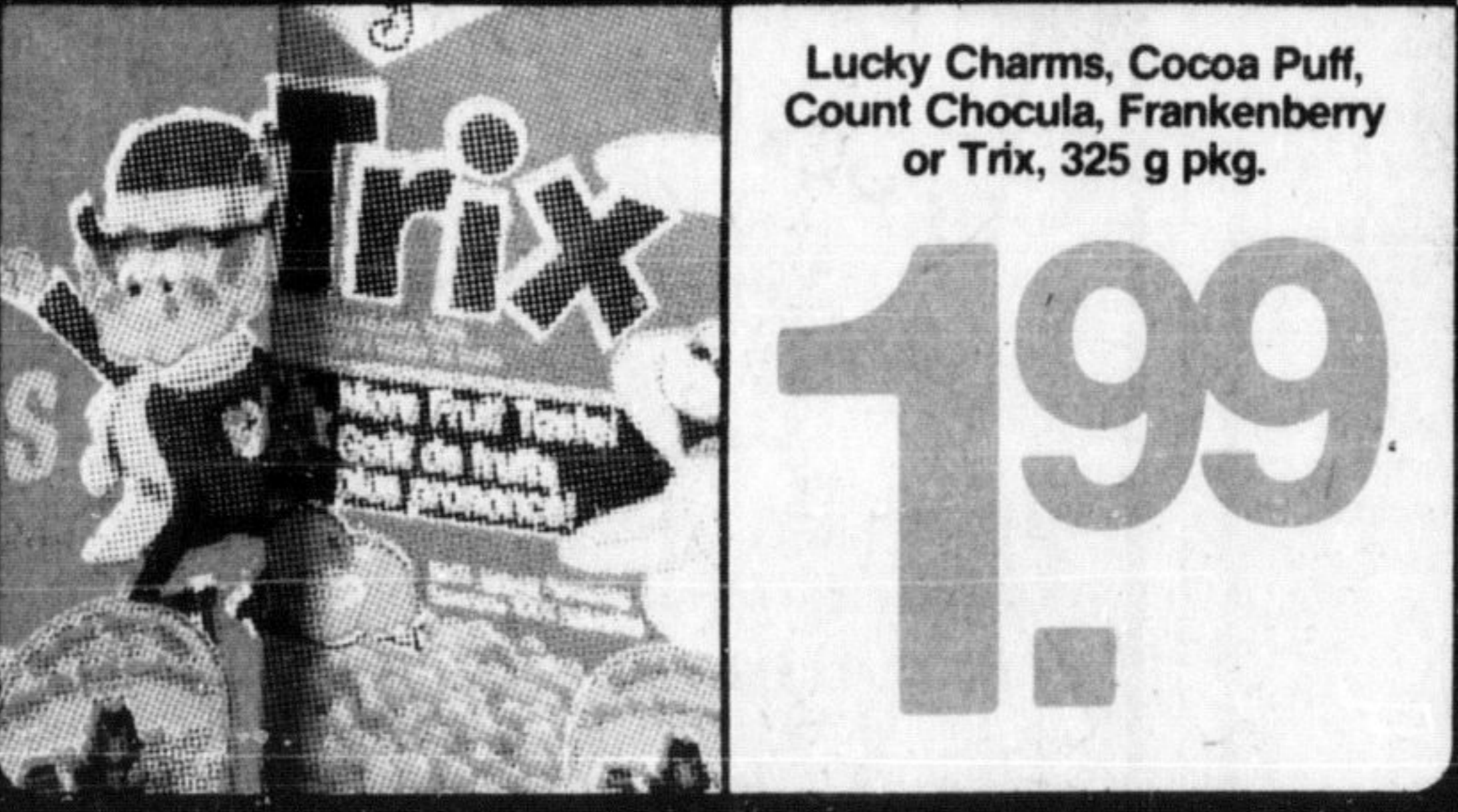
Cut from Canada Grade 'A' beef boneless

**Stewing beef** **4.17** /kg | **1.89** lb.

Skinless, sliced devined

**Beef liver** **1.30** /kg | **.59** lb.

## General Mills cereal



Lucky Charms, Cocoa Puff, Count Chocula, Frankenberry or Trix, 325 g pkg.

**1.99**

## Soft margarine



Dominion, 907 g tub

**1.49**

Dominion quality medium

**Ground beef** **3.28** /kg | **1.49** lb.

Fresh

**Rainbow trout** **5.93** /kg | **2.69** lb.

Black Forest halves

**Bittner's ham** **8.80** /kg | **3.99** lb.

Mary Miles rindless side, sliced, 500 g pkg.

**Breakfast bacon** **1.99**

Dominion sweetened or unsweetened, blended, grapefruit or 1.36 litre cont.

**1.09**

Pure Spring soda water, tonic or 750 mL ret. btl. plus deposit

**Ginger ale** **.39**

Swanson frozen beef, turkey, or 227, g pkg.

**Chicken pie** **.89**

Frozen New Zealand semi boneless

**Whole lamb legs** **6.59** /kg | **2.99** lb.

Shopsy's 500 g pkg.

**Old Vienna salami** **2.99**

Bologna, head Cheese, chicken or macaroni & cheese, 175 g pkg.

**Maple Leaf sliced meats** **.99**

Raspberry, apple, honey'n oats, peanut or date, 250 g pkg.

**Nature Valley granola bars** **1.75**

Ready cut macaroni, spaghetti or spaghetti, 750 g pkg.

**Catelli pasta** **1.69**

Regular or Italian style Hunt's, 14 fl. oz. tin

**Tomato sauce** **.69**

Frozen New Zealand vacuum pack

**Loin lamb chops** **6.59** /kg | **2.99** lb.

Available stores with deli counters only

Country Fare sliced 100 g **.44**

**Mock chicken loaf** **1.98**

454 g pkg.

**Maple Leaf wieners** **1.99**

Orange pekoe 227 g pkg. of 72

**Tetley tea bags** **1.99**

Regular or sugar free 24 x 280 mL tins

**Hires root beer** **5.49**

Heinz, 1.25 litre cont.

**Tomato ketchup** **3.49**

Frozen New Zealand vacuum pack

**Shoulder lamb chops** **3.95** /kg | **1.79** lb.

English Style, breakfast or Farm Style Bratwurst frozen

**Bittner's sausage** **5.27** /kg | **2.39** lb.

Maple Leaf 500 g pkg.

**Sliced bologna** **1.79**

Wong Wing shrimp or 12 oz. pkg.

**Meat egg rolls** **1.39**

**CHINESE NEW**

Frozen eviscerated Grade 'A'

**Young ducks** **2.84** /kg | **1.29** lb.

Country Fare 375 g pkg.

**Sliced bologna** **1.39**

Maple Leaf sliced, 175 g pkg.

**Cooked ham** **1.49**

Uncle Ben's 2 kg pkg.

**Converted rice** **3.99**

China Lily 10 fl. oz. tin

**Sweet & sour sauce** **.79**

Kikkoman soya or 295 mL cont.

**Teriyaki sauce** **.99**

Frozen, headless and dressed, whole or by the piece

**Pacific chum salmon** **3.51** /kg | **1.59** lb.

Portion pack, shank quarter or butt portion

**Maple Leaf ham** **5.71** /kg | **2.59** lb.

Bens Montreal famous 2 x 85 g pouches

**Smoked meat** **2.39**

Chun King frozen chicken or, 11 oz. pkg.

**Shrimp dinner** **1.99**

China Lily 10 fl. oz. tin

**Bamboo shoots** **.89**

Chun King plum sauce, (250 mL cont.) or 142 g cont.

**Chow mein noodles** **.99**

Frozen, breaded

**Chicken cutlettes** **2.62** /kg | **1.19** lb.

Available stores with deli counters only

Bittner's Ben's Bottom round 100 g **.88**

**Pastrami** **3.99**

Burns' Dinner hams

**5.93** /kg | **2.69** lb.

5 fl. oz. cont.

**China Lily soya sauce** **.79**

Chun King frozen chicken egg rolls or 6 oz. pkg.

**Shrimp egg rolls** **1.35**

VH strong, medium, all purpose, sweet & sour or pineapple, 12 fl. oz. cont.

**Spare rib sauce** **1.29**