

- 2.99** **Soft Cream Cheese** .250 gr
- 2.49** **Life Cereal** .730 gr
- 2.99** **Apple Juice** .1.9 litre
- 2.99** **Cheddar Cheese Strings** .84 gr
- 4.49** **Haddock Fillets** .400 gr
- 2.99** **Highliner**
- 2.99** **Soft Cream Cheese** .250 gr
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Quality PRODUCE
 Product of USA - Can #1

Large & Firm Head Lettuce **79¢** ea.

Quality PRODUCE
 Product of Ontario

- 1.99** **Fresh Local Mushrooms** 1 lb.
- 1.69** **Honeydew Melon** 1 ea.
- 99¢** **Bartlett Pears** 1 lb.
- 89¢** **Granny Smith Apples** 1 lb.
- 59¢** **New White or Red Potatoes** 1 lb.
- 1.99** **Nectarines** 1 lb.
- 99¢** **Fresh Bunch Spinach** 1 lb.
- 3/99¢** **Fresh Green Onions** 1 lb.
- 79¢** **Fresh Beefstake Tomatoes** 1 lb.
- 79¢** **Zucchini** 1 lb.

Fresh Can Gr A

Chicken Breasts **1.99** lb.

2.99 **Sirloin Tip Roast** 1 lb.

3.29 **Eye of the Round Roast** 1 lb.

1.99 **BBQ or Regular Weiners** ea.

2.79 **Inside Round Steak Roast** 1 lb.

2.99 **Sirloin Tip Steak** 1 lb.

2.99 **Minute Steak** 3 lb.

2.99 **Bacon** 500 gr

2.99 **Rump Roast** 1 lb.

2.99 **Inside Round Steak** 1 lb.

2.99 **Country Kitchen 1/2 Hams** 1 lb.

Quality DELI BAKERY

Links

3.49 **Kolbassa** 1 lb.

3.49 **Goil** 1 lb.

77¢/100 gr

Mastro

11.99 **Prosciutto** \$1.64/100 gr

4.99 **Capocollo** \$1.10/100 gr

99¢ **Texas Toast** .675 gr ea.

4.49 **Chicken Breast** .99¢/100 gr

1.99 **Mozzarella Balls** 2 ea.

5.99 **Rieder Cheese** \$1.32/100 gr

1.39 **Bread & Rolls** .450 gr ea.

6.99 **Roast Beef** \$1.54/100 gr

B.B.Q. Favourites from Canadian Living

Rosemary Mustard Chicken Breasts

- 4 boneless skinless chicken breasts
- 5 cloves garlic minced
- 2 tbsp minced fresh rosemary
- 2 tbsp grainy mustard

2 tsp lemon juice
 2 tsp olive oil
 Salt & Pepper

• In shallow glass dish, arrange chicken in single layer, Combine garlic, rosemary, mustard, lemon juice and oil; pour over chicken, turning to coat. Cover and marinate at room temperature for 30 minutes.

• Place chicken on greased grill over medium high heat; cook, turning once, for 12 to 15 minutes or until no longer pink inside. Season with salt and pepper to taste. Makes 4 servings.

HOURS:
 MON. - WED. 8:00 A.M. to 8:00 P.M.
 THURS. - FRI. 8:00 A.M. to 9:00 P.M.
 Sat. 8:00 A.M. to 6:00 P.M.
 SUN. 10:00 A.M. to 5:00 P.M.

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