

General Mills, Breakfast Cereal	2²⁹	McCain	2⁹⁹
Reeces Peanut Butter Puffs . . . 400 gr		Western Pockets . . . 400 gr	
General Mills, Breakfast Cereal	2²⁹	McCain, Assorted Varieties	2⁹⁹
Cinnamon Toast Crunch 400 gr		Pizza Pockets 400 gr	
General Mills, Breakfast Cereal	2²⁹	Mr. Christies	2⁹⁹
Lucky Charms 400 gr		Chip Ahoy Cookies Bonus Pack . 600 gr	

Gold Seal	2⁹⁹
Sockeye Salmon . . . 213 gr	
Glad	1⁹⁹
Kitchen Catchers . . . 24's	
Glad	1⁹⁹
Garbage Bags 10's	

Moison	6⁹⁹
De-Alcoholized Beer . 12x355 ml	
Unico	49¢
Tomato Paste 156 ml	
Heinz, Assorted Varieties	99¢
BBQ Sauce 455 ml	

Quality PRODUCE
Product of USA Canada #1
Sunkist
Oranges /doz

Product of USA Canada #1	99¢	Product of Ontario	99¢
Fresh Bunch Spinach . . . bunch		English Cucumbers . . . ea.	
Product of Ontario	1⁹⁹	Product of USA Canada #1	99¢
Fresh Rhubarb lb.		Green Peppers lb.	
Product of USA Canada #1	99¢	Product of USA Canada #1	5⁴⁹
Celery Stalk ea.		Spring Mix lb.	
Product of USA Canada #1	88¢	Product of USA Canada #1	3⁹⁹
Cello Carrots . . . 2 lb bag		Portabella Mushrooms . . . lb	
Product of USA Canada #1	39¢	From The Tropics	99¢
Baking Potatoes lb.		Sweet Mangoes ea.	

Boneless Blade Roast Or Steak /lb

Cut From Can Triple A Beef

Cut from Can Triple A Beef	1⁸⁹	Cut from a Special Grade of Ontario Pork	1⁹⁹
SEMI-BONELESS Chuck Short Rib Roast lb.		PORK Shoulder Roast lb.	
J.M. Schneiders ASSORTED VARIETIES	3⁵⁹	Cut from Can Triple A Beef	2⁸⁹
Bacon 500 gr ea		BONELESS Cross Rib Roast lb.	
Fresh CAN GR A CHICKEN	2⁴⁹	Cut from Can Triple A Beef	2⁸⁹
Chicken Breasts lb.		BONELESS Cross Rib Steak lb.	
Cut from Can Triple A Beef	6⁹⁹	J.M. Schneiders	1²⁹
STRIPLOIN Steaks lb.		Mac & Cheese, Mock Chicken, Bologna 175 gr ea	
J.M. Schneiders JUICY	2⁶⁹	Cut from a Special Grade of Ontario Pork	2⁴⁹
Jumbos 454 gr ea		Butt Chops lb.	

Quality

J.M. Schneiders Olde Fashioned **Ham** 4⁹⁹ /lb

Reg or Lifest. \$1.10/100 gr

Weston, Assorted Varieties	1³⁹	Links	3⁹⁹
Country Harvest Bread lb.		Roast Beef 887100 gr.	
Dempster	99¢	J.M. Schneiders, Mild, Med, Old, Marble	4⁹⁹
White or 100% Brown Bread . . . lb.		Cheddar Cheese . \$1.10/100 gr.	
J.M. Schneiders, Reg, Bagged, Lifestyle	5⁹⁹	Fresh	99¢
Summer Sausage \$1.37/100 gr.		Pizza Dough ea.	
Links	3⁹⁹	Store Made, No Preservatives	2⁹⁹
Pastrami, Corned Beef 887100 gr.		Macaroni Salad 687100 gr.	

Ricotta Dijon Dip
A wonderful & flavourful dip

1 cup	light ricotta cheese	1	green onion, finely chopped
1/4 cup	low-fat plain yogurt	2	tblsp finely chooped fresh parsley
1-2 tblsp	Dijon mustard	1/4	tsp hot pepper sauce

In food processor, combine ricotta cheese, yogurt and 1 tblsp mustard. Process until smooth. (Taste for mustard flavour - add more if desired.) Remove to bowl; stir in onion, parsley and hot pepper sauce. Cover and refrigerate for up to 1 week.
Makes 4 servings, 1 1/3 cups

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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