

Milk, Reg, Light, NO Fat

Patrimoine, Reg, Antimicrobial, Sensitive Skin

Minute Maid, White or Pink

Minute Maid

Miracle Whip 1 litre **2⁹⁹**

Liquid Dish Detergent . 950 ml **1⁹⁹**

Lemonade 355 ml **59¢**

Clamato Juice 1.89 liter **2⁹⁹**

Kraft, Assorted Flavours, Reg, Cal Wise

Mardi Gras

Minute Maid

Salad Dressings 475 ml **1⁹⁹**

Printed Serviettes . . 250's **2⁴⁹**

Limeade 355 ml **59¢**

Cranberry Juices 1.89 liter **3⁸⁹**

Frenchs

J-Cloth, Assorted Colours

Minute Maid, Reg, More Pulp, Pulp Free

Mustard 500 ml **99¢**

Towels 8's **1⁹⁹**

Frozen Orange Juice . 355 ml **99¢**

Apple Juice 1.89 liter **2⁵⁹**

Quality PRODUCE
From the Tropics

Bananas **33¢** lb

Whole Chickens
2 1/2 - 3 lbs average



1.29 lb

Product of USA Canada #1

Green Peppers 99¢ lb

Product of USA Canada #1

Jumbo Canteloupe 1⁵⁹ ea.

Product of Africa

Granny Smith Apples . 3 lb bag **2⁷⁹** bag

Product of USA Canada #1

New White Potatoes . . . 5 lb bag **1⁹⁹** bag

Product of USA Canada #1

Zucchini 69¢ lb

Product of Ontario

Fresh Bunch Radish . . . 79¢ bunch

Product of Ontario

Fresh Bunch Spinach . 79¢ ea.

Product of USA Canada #1

Sweet Peaches 99¢ lb

Product of USA Canada #1

Black Plums 99¢ lb

Product of USA Canada #1

Mini Peeled Carrots . . . 12 oz bag **1⁴⁹** bag

Quality DELI BAKERY

National Cheese

Havarti Cheese
Plain, Jalapeno, Herb & Spices **4⁹⁹** lb.

Roasted Chicken . \$1.32/100 gr. **5⁹⁹** lb.

Weston

Texas Toast 99¢ 675 gr

Deli Sliced

Smoked Chicken . \$1.03/100 gr. **4⁶⁹** lb.

Weston

Big Buns Pkg of 8's **1⁴⁹** ea.

Links

Kolbassa \$1.81/100 gr. **3⁶⁹** lb.

Dempsters

Gourmet Buns Pkg of 8's **1⁶⁹** ea.

Piping Hot

BBQ Chicken **5⁹⁹** ea.

Deli Sliced

Penne Alfredo \$1.66/100 gr. **2⁹⁹** lb.

From Rosa's Kitchen, All Natural, Store Made

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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5% SENIORS DISCOUNT! EVERY DAY!!
(Excludes Tobacco, Specials & In-store Features)

A Favourite from Italian Cooking Teseen

Grilled Shrimp with Arugula

- 30 large shrimp
- 1/4 cup extra-virgin olive oil
- salt
- 1 clove garlic, sliced
- 1 chili pepper, sliced
- 1 bunch arugula, washed and chopped
- 1 bunch basil, washed

Preheat grill or broiler. Thread the shrimp onto 6 skewers. Brush with 1 tablespoon of the olive oil and season with salt. Grill or broil, turning once, until golden, about 8 minutes. Meanwhile, heat the remaining olive oil. Add the garlic and chili. Stir in the arugula, 1/4 cup of water, and salt; cover and simmer 3 minutes. Purée in a food processor with the basil. Pour the sauce over the shrimp and serve immediately.

Cut From Can Triple A Beef

Sirloin Tip Steak **2⁹⁹** lb.

Cut From Can Triple A Beef

Round Roast **3²⁹** lb.

Made From Ontario Pork

Veal Cutlets **4⁹⁷** lb.

Cut from a Special Select Grade of Pork

Breakfast Sausage **1⁹⁹** lb.

Maple Lodge BREADED

Chicken Cutlets **1⁵⁹** lb.

Cut From Can Triple A Beef

Steak Roast **2⁵⁹** lb.

Cut From Can Triple A Beef

Inside Round Steak **2⁹⁹** lb.

Cut From Can Triple A Beef

Rump Roast **2⁹⁹** lb.

Cut From A Special Select Grade of Ontario Pork

Butt Chops **2⁴⁹** lb.

Fresh Can Gr. A Chicken

Chicken Drums or Thighs **99¢** lb.

Cut From Can Triple A Beef

Sirloin Tip Roast **2⁶⁹** lb.

Cut From Can Triple A Beef

Cube Steak **2⁹⁹** lb.

Made From 100% Pure Canadian Beef & Ontario Pork

Flank Steak **2⁹⁹** lb.