

Carapelli Extra Virgin
Olive Oil 750 ml
6⁹⁹

Alessia Minestroni, Country Style, Prima Vera
Dry Soup Mix . . . 400gr
1⁹⁹

Oreo or Fudgee-0 . 400 gr
99¢

Old South. Reg, Less Pulp, More Pulp
Frozen Orange Juice . 355 ml
99¢

Dempster's, New Delicious
White Bread . . 675 gr
99¢

Grill Fillets 215 gr
2⁹⁹

Colonial
Chocolate Chip Cookies . 800 gr bonus pack
2⁹⁹

Minute Maid, Asst. Flavours
Frozen Punches. 355 ml
2/99¢

Macaroni & Cheese Dinner . 225 gr
59¢

Sunmaid
Miniature Raisins . 14x14gr
1⁷⁹

Electrasol, Reg. or Lemon
Dishwasher Detergent 1.8 kg
3⁴⁹

Quality PRODUCE
 South African, Size 105
Juicy, Seedless Oranges
99¢ doz.

Fresh Canada Grade A Chicken Breasts
\$2.49 Lb.

Product of USA
Beefstake Tomatoes 89¢ lb.

Product of USA, Large
Baking Potatoes 49¢ lb.

Product of Ontario, Large, Snow White
Cauliflower 1⁴⁹ ea.

Product of Ontario, Large Winter
Green Cabbage 79¢ ea.

Product of Ontario
Cooking Onions 1⁹⁹ ea.

Product of U.S.A., Andy-Boy,
 Large Green or Red
Leaf Lettuce 99¢ ea.

Product of Ontario, Crispy
Macintosh Apples 99¢ lb.

Product of Ontario, Super Sweet
Bunch Carrots 99¢ bunch

Product of USA, Indian River, Size 48's
Red Grapefruit 6/1⁹⁹

Product of Italy, Prickly Pears
Cactus Pears \$7.99 case of 20 or
2/99¢

Cut from Can Triple A Beef
Semi-Boneless Short Rib Roast 1⁷⁹ lb.

Cut from Can. Triple A Beef
Boneless Cross Rib Roast 2⁴⁹ lb.

Cut from Can. Triple A Beef
Cross Rib Steak 2⁴⁹ lb.

Cut from Can. Triple A Beef
Blade Steak 2²⁹ lb.

Made from Special Select Grade Ontario Pork Extra Lean
Black Forest Bacon 4⁴⁹ lb.

Made from a Special Select Grade of Ontario Pork. Lean
Black Forest Ham Steak 4⁹⁹ lb.

Made from 100% Canadian Beef
Flank Steak 3⁹⁹ lb.

Stuffed with Ground Beef, Pork, Bacon, Herbs & Spices

Made from a Special Select Grade Ontario Pork
Breaded Pork Cutlets 3⁹⁹ lb.

From Maple Lodge Farms
Chicken Nuggets 1⁹⁹ lb.

J.M. Schneiders
Octoberfest Sausage 2⁴⁹ ea. 500g

Quality DELI BAKERY
Black Forest Ham
 Links \$3.99 lb.
 \$3.88/100 gr.

Baked fresh from our ovens
Cinnamon Bread 1⁷⁹ ea.

Baked fresh from our ovens
Apple, Cinnamon, Cherry, Lemon Danish 4/2²⁹ ea.

J.M. Schneiders mild, med., old, marble
Cheddar Cheese \$1.10/100 gr. 4⁹⁹ lb.

Cuddy
Oven Roasted Chicken Breast \$1.43/100 gr. 6⁴⁹ lb.

Connoisseur
Montreal Smoked Meat \$9.99/100 gr. 4⁴⁹ lb.

Bittner's Dry Cured, Asst. Varieties
Salami \$1.32/100 gr. 5⁹⁹ lb.

San Danielle Reg., Light, Hot
Mortadella \$1.10/100 gr. 4⁹⁹ ea.

Farfalle with Fillet of Salmon

- Saute celery in butter and vegetable oil in a skillet for 1 minute.
- Add salmon to skillet and saute for approximately 1 minute.
- Add white wine to skillet and reduce by simmering for 1-2 minutes.
- Add cream to skillet and stir until well blended. Simmer for approximately 2 minutes until sauce thickens slightly. (If sauce is too thick add more cream.)
- Season with salt and pepper to taste.
- Cook Farfalle 5-7 minutes, al dente.
- Add farfalle to sauce in skillet. Toss and heat.
- Sprinkle with chives or green onions.

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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.