


Tomatoes

\$1.49 lb.

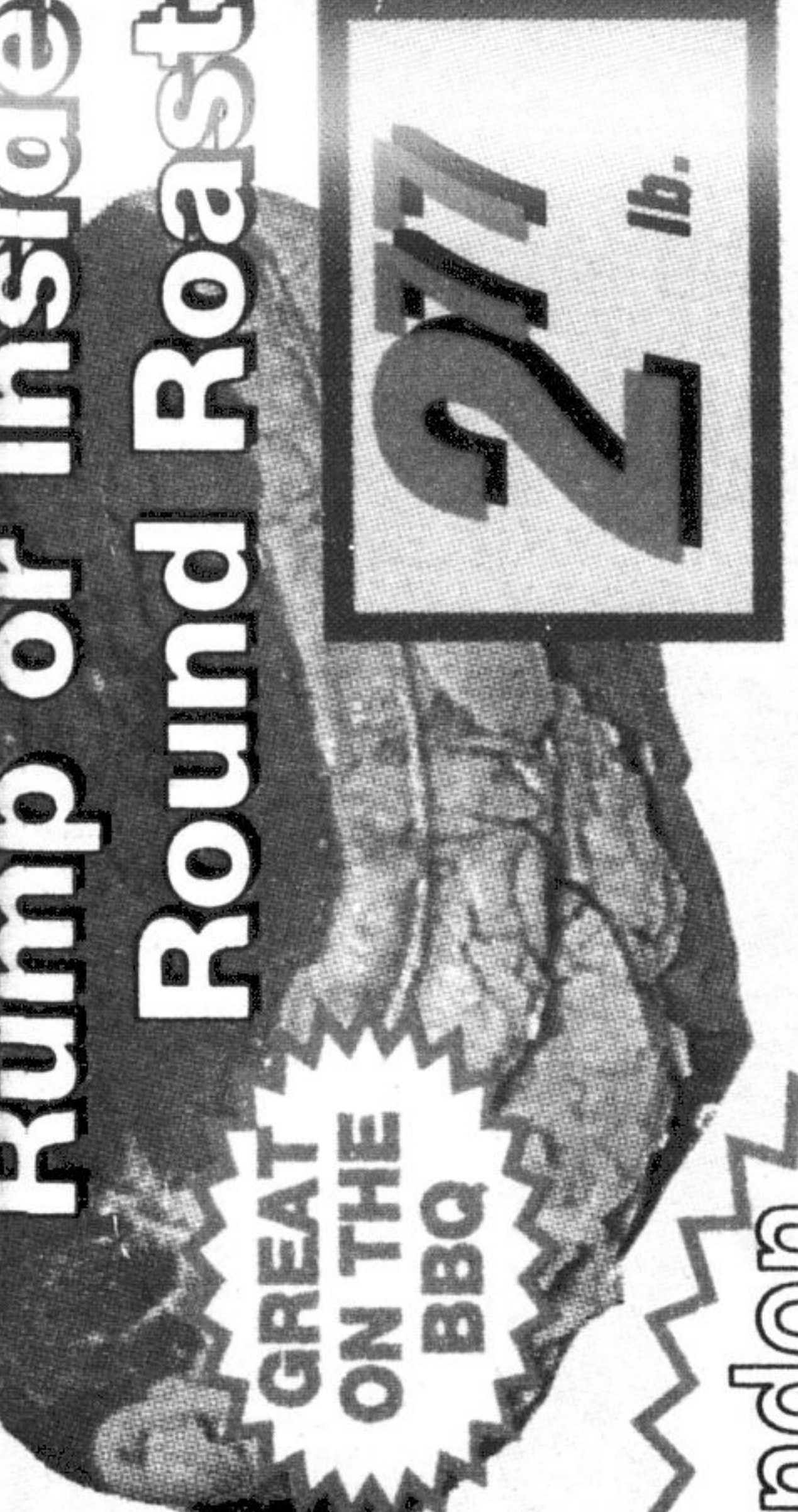
Product of Ontario
Fresh Bunch Spinach

99¢ ea.

Eye of the Round Roast

2.99 lb.

Cut from Canada Triple A Beef
Sirloin Tip Roast (cap removed)

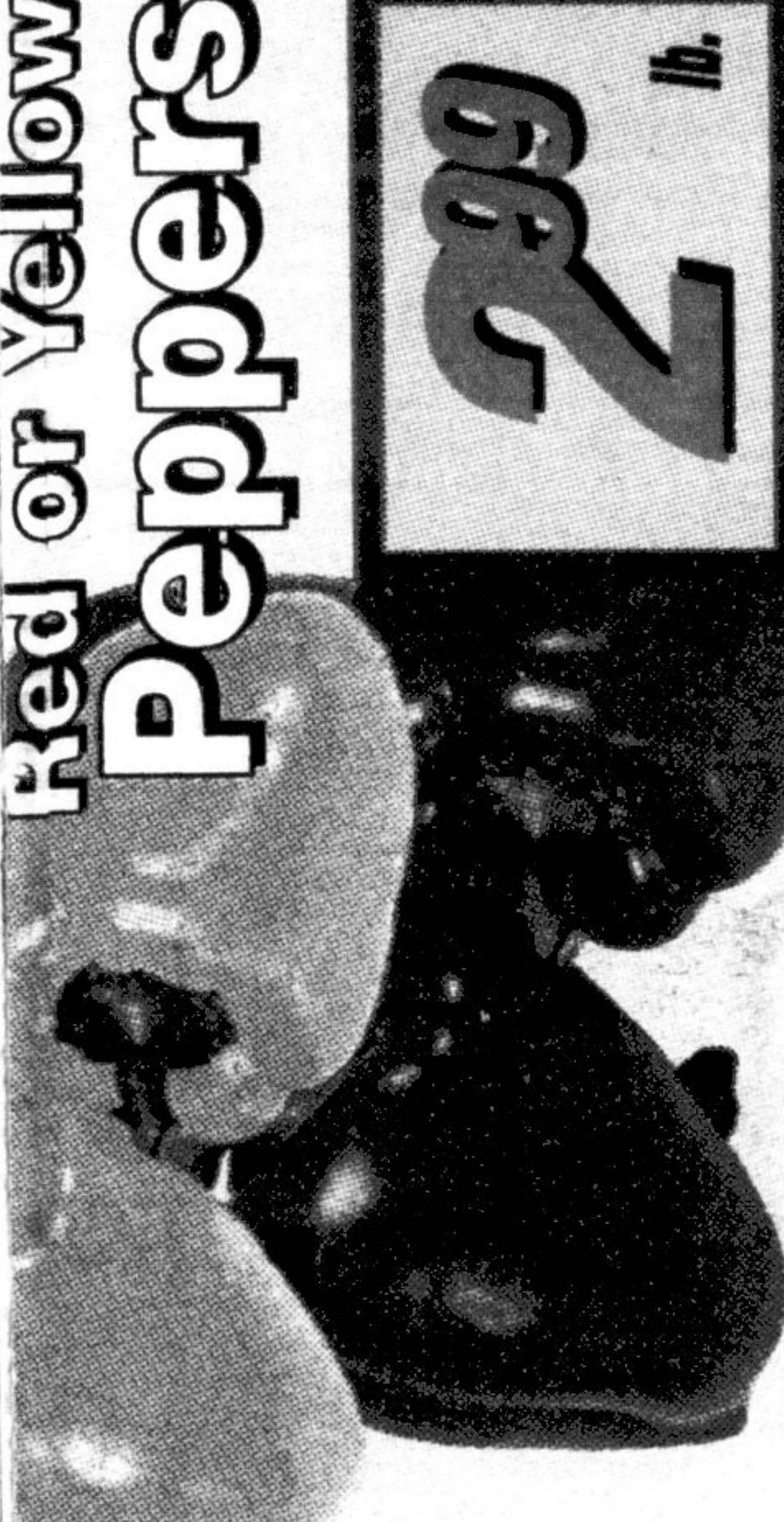
2.17 lb.

Rump or Inside Round Roast

2.17 lb.

Cut from Canada Choice
Veal Chops

3.99 lb.

London Broil
\$2.99 lb.

Red or Yellow Peppers

2.99 lb.

Product of Ont
Leaf Lettuce

79¢ ea.

Mr. Christies Fudge-O Chips Ahoy Cookies

 Assorted Flavours
 350-400g
1.99

Nestea Ice Tea or Fruitopia Beverage

 Assorted Flavours
 Case of 12x355mL
4.99

Red Rose Tea

 72's
3.29

Swanson Frozen Dinners

 Assorted Varieties
 275-312g
1.99

Nestle Quik, Cinnamon Toast Crunch, Lucky Charms, Oatmeal Crisp

 400-525g
2.99

Our Very Own Pop

 Cola, Gingerale, Club Soda Flavours
 Reg. or Diet 2L
79¢

Jell-o Instant Pudding

 Assorted Flavours
 113g
2/79¢

Our Very Own Detergent

 Reg. or Lemon 1L
99¢

King Imitation Crab Legs or Flakes

 340g
3.29

Sunkist Fresh Premium Orange Juice

 Reg. Pulp More Pulp
 Less Pulp 1.89L
3.29

Rich's Coffee Cream

 1kg
1.59

Philadelphia Soft Cream Cheese

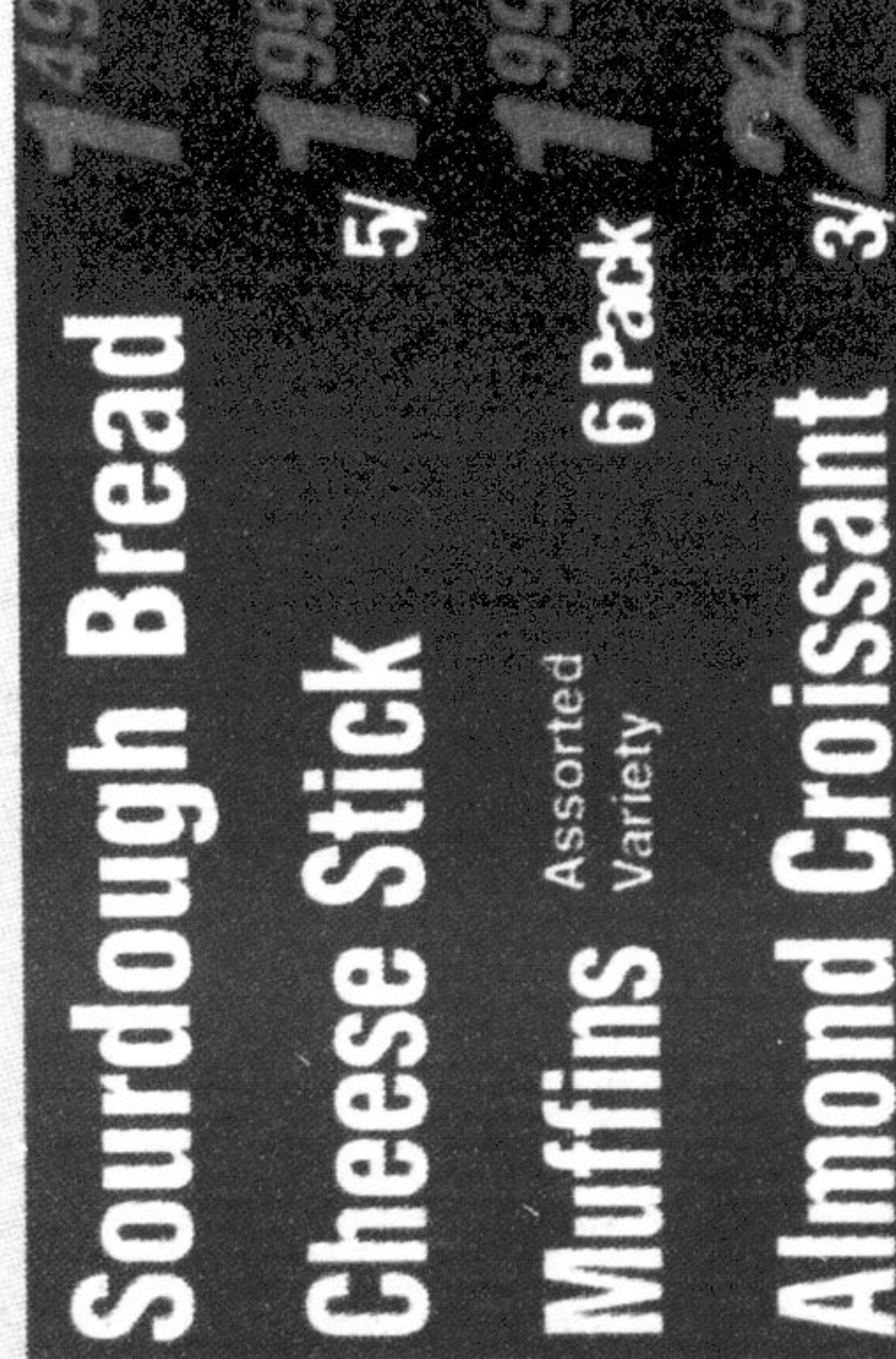
 reg. or light 250mL
2.29

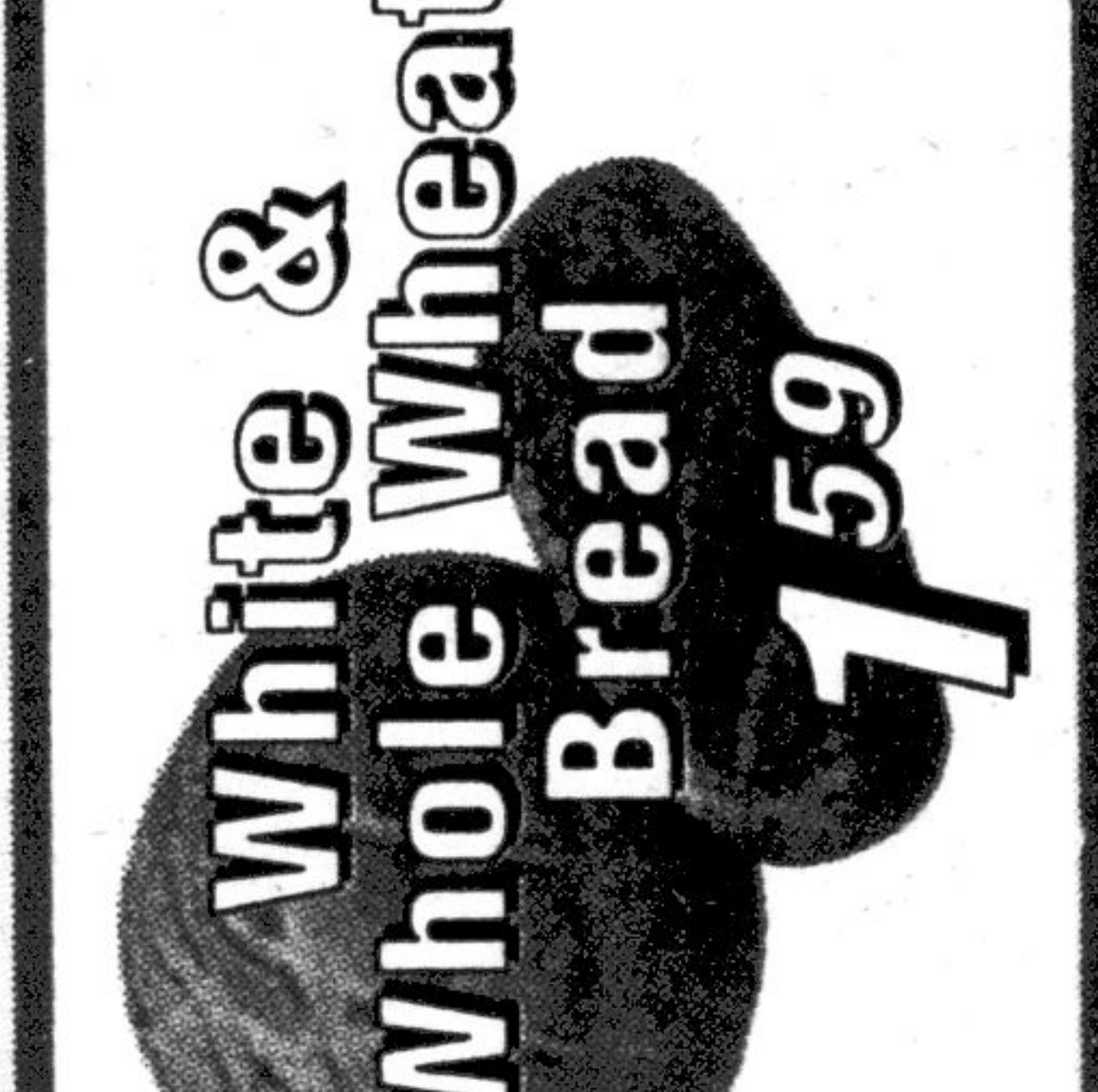
Maxwell House Roast Coffee

 Original, Light Roast, Dark Roast, Decaffeinated 300g
2.99

Scotties Facial Tissue

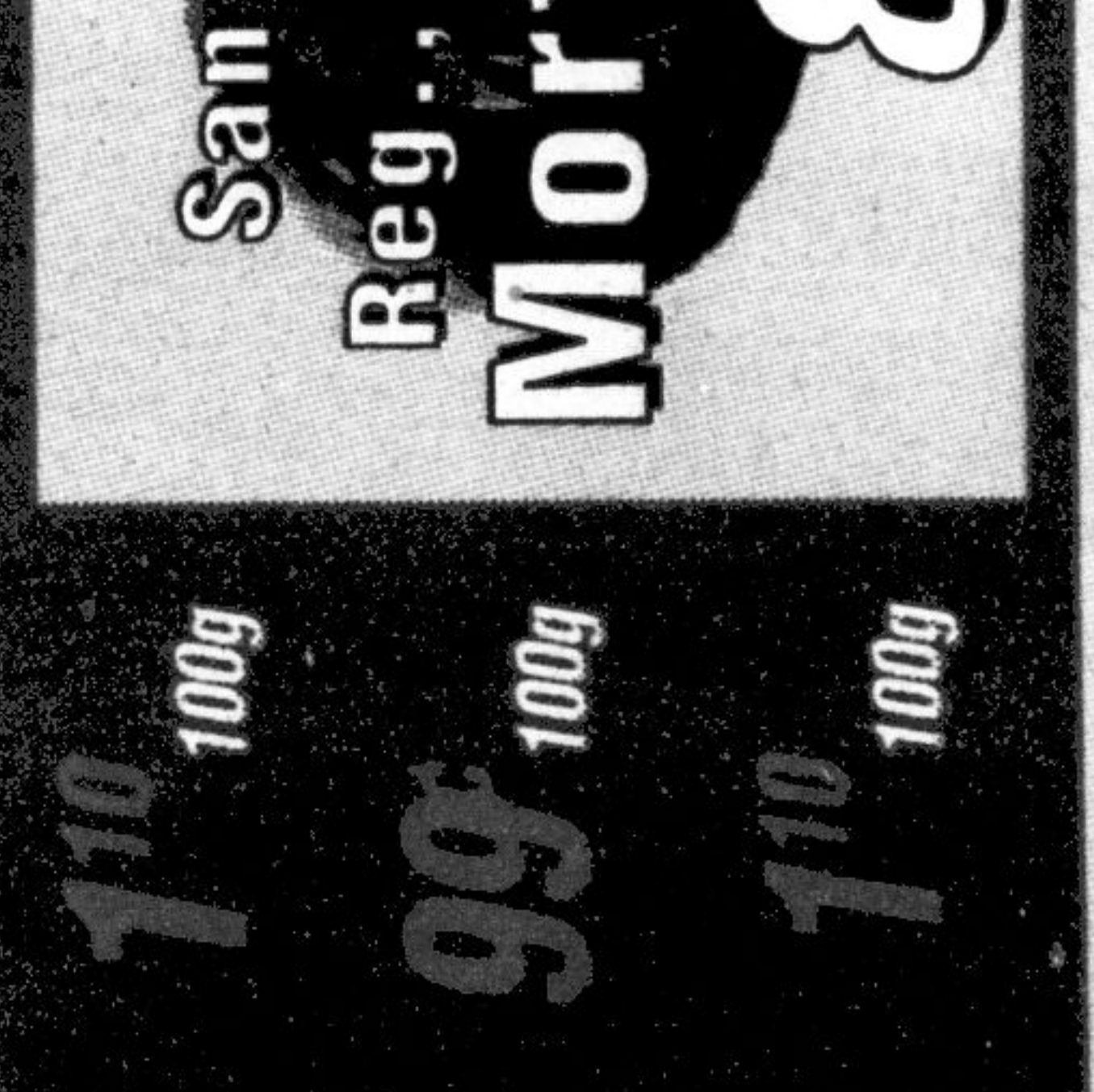
 150's
89¢

Sourdough Bread

1.49

White & Whole Wheat Bread

1.59

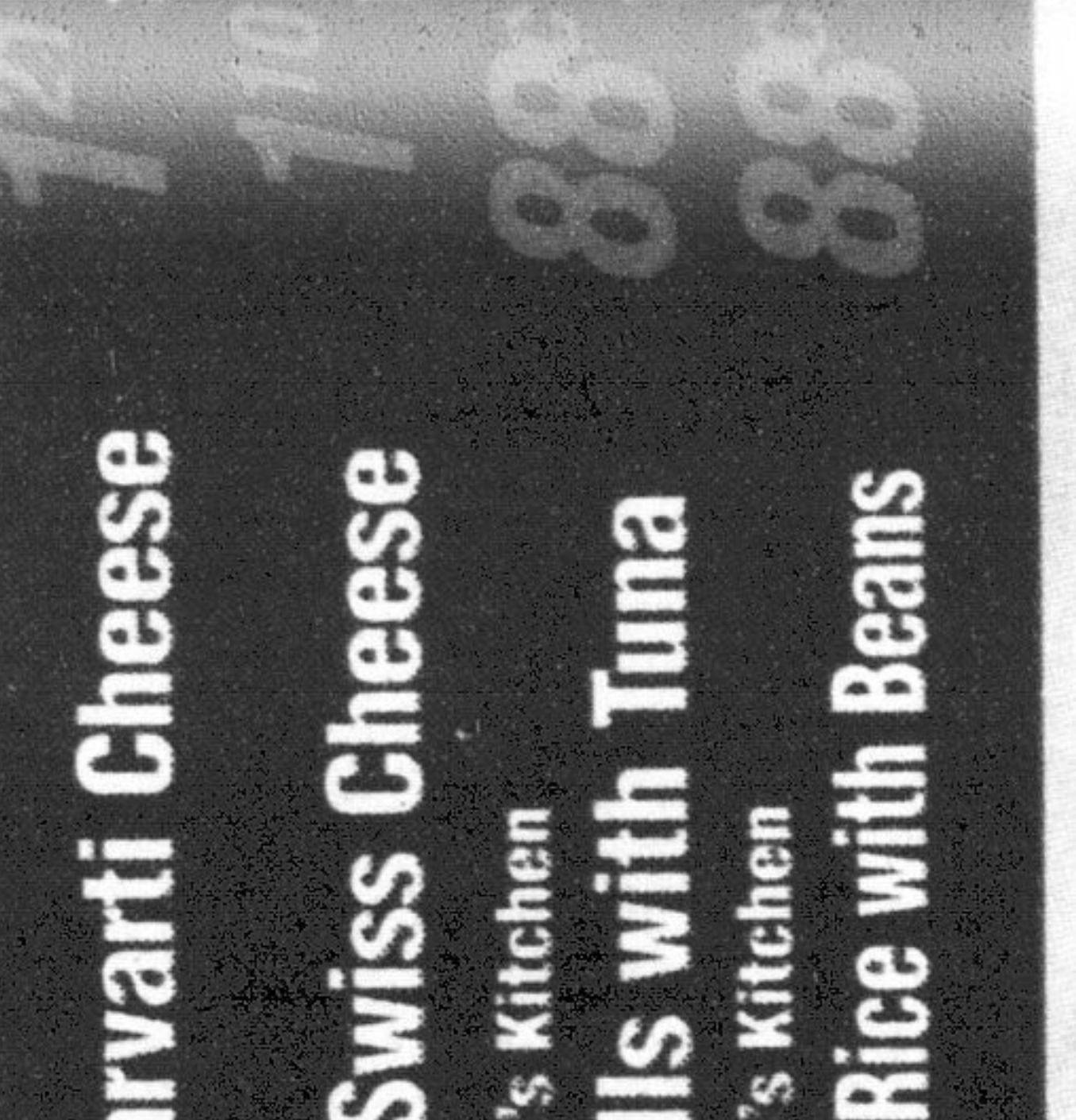
Turkey Pastrami

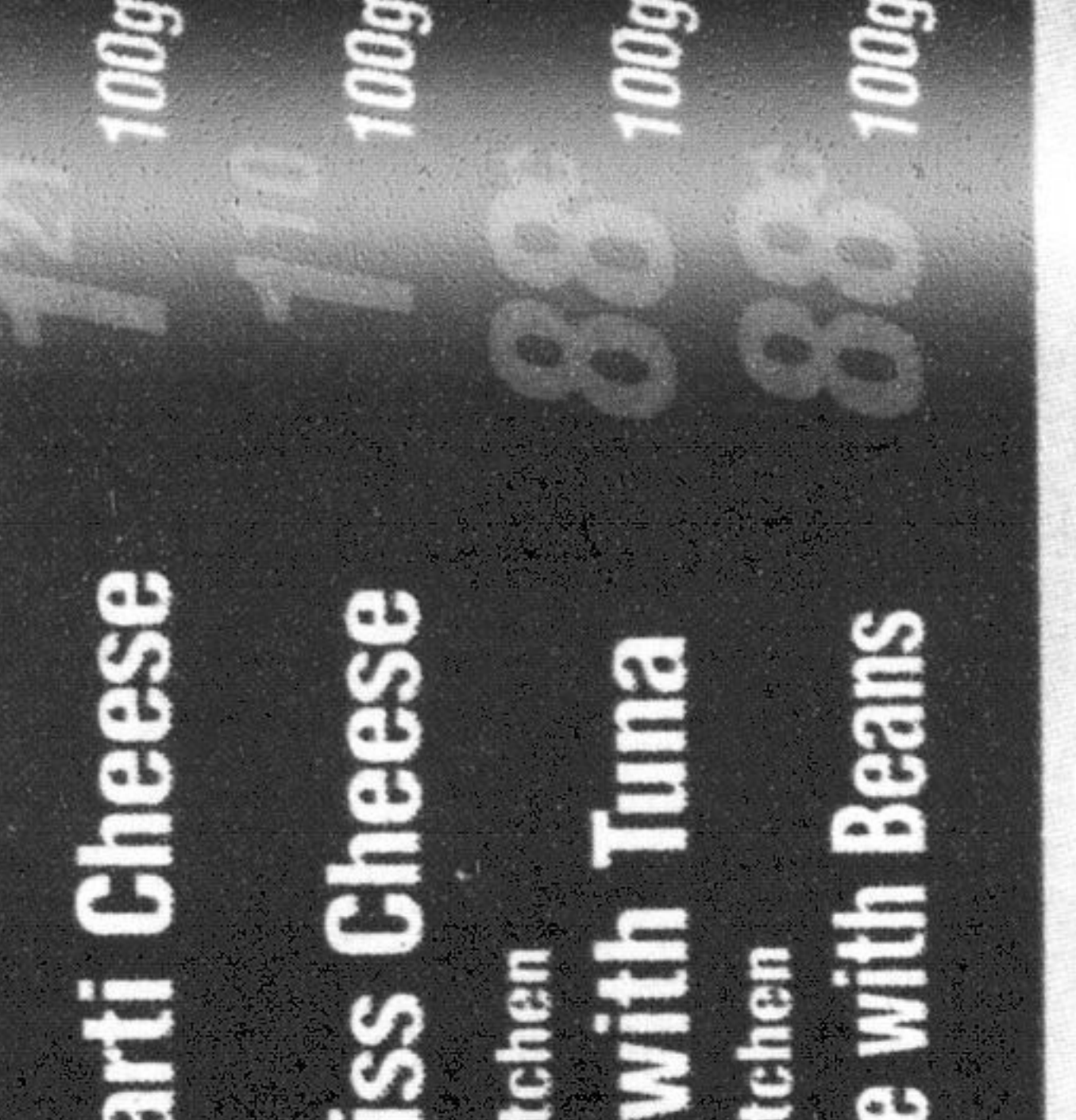
 Deli Sliced 100g
1.10

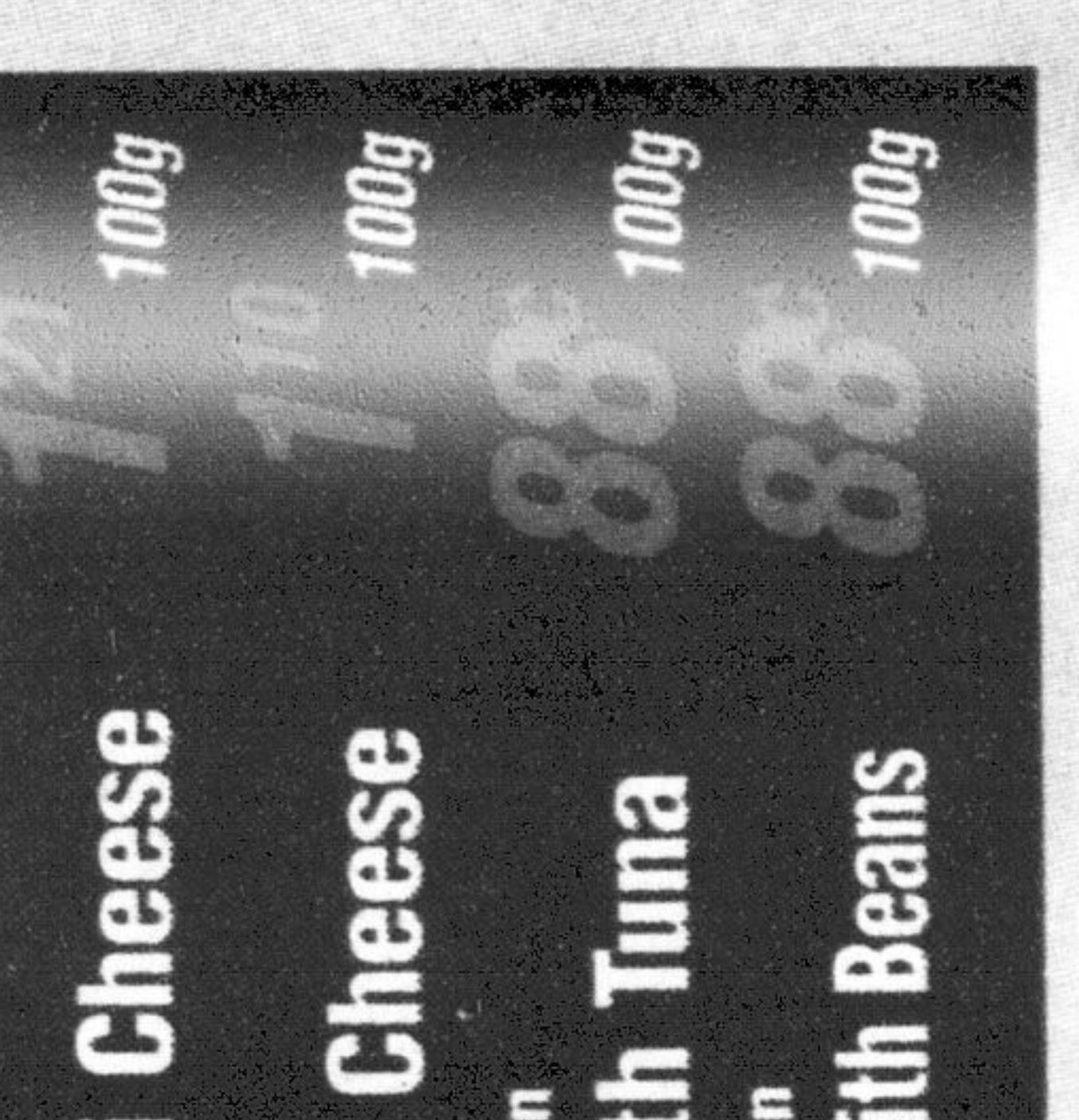
San Danielle Reg. Hot, Light Mortadella

 100g
88¢

Maxwell House Creamy Harvarti Cheese

 Deli Sliced 100g
1.19

Canadian Swiss Cheese

 Fresh from Rosa's Kitchen 100g
1.10

Pasta Shells with Tuna

 Fresh from Rosa's Kitchen 100g
88¢

Creole Style Rice with Beans

 100g
88¢

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