

**Coke
Canada
Dry**
Assorted

99¢
2L



**QUALITY
GREENS**
FINE FOOD

Cut from Special Select Grade
of Ontario Pork

**Family Pack
Pork
Chops**

\$4.77
lb.

Meat

Cut From Special Select Grade of Ontario Pork Pork Cutlets	3.49 lb.
Cut From Special Select Grade of Ontario Pork Meaty Baby Back Ribs ..	4.99 lb.
Mild, Spicy Hot, Garlic Italian Sausage	2.49 lb.
Cut From Special Select Grade of Ontario Pork Centre Cut Pork Chops ..	2.99 lb.
Canada Grade A Chicken Roasting Chickens (4-5 lb. Average).	1.79 lb.
Centre Cut Peameal Bacon	3.99 lb.
Cut From Can Triple A Beef Boneless Blade Steaks	2.99 lb.

Produce

Product of Ontario Celery Stalks	99¢ ea.
Tender Celery Hearts	49¢ ea.
Italian Sweet Musatto & Black Grapes	1.99 lb.
Product of Ontario Cooking Onions or Carrots 2 lb. bag	79¢
Product of Ontario NEW CROP Jersey Mac's	79¢ lb.
Product of Ontario Fresh Blueberries	2.49 pint

Bakery

White or Whole Wheat Bread	1.59 ea.
Apple, Cherry, Lemon Danish Twist	2.29 4/pck
Onion Buns	6/1.99
Cheese Sticks	5/1.99
Sausage Rolls	2/99¢ 5 oz.

Post
Honey Combs, Alpha Bits
Sugar Crisp, Alpha Bits
(Reg or Marshmallow)

2.49

McCain
Fruit Juices

5.99
Case of 9
3x250 ml
tetra pack

Cut from Special Select
Grade of Ontario Pork
**Boneless Rib or
Tenderloin End
Pork Loin
Roast**

2.99
lb.

Product of USA
Large,
Sweet
79¢
lb.
Nectarines

Product of Ontario
Large, Loose
Red or White
4.99
lb.
Potatoes

Cut from Special Select
Grade of Ontario Pork
**Boneless Centre Cut
Pork Loin
Chops**

3.69
lb.

Product of USA
Sweet Fresh
**California
Strawberries**

1.79
pint

Grocery

Majesta Paper Towels	2.29 8's
McCain, White or Pink Lemonade	59¢ 355 ml
McCain Fruit Punch	59¢ 355 ml
OUR VERY OWN Cranberry Juice	4.99 3.78 L
OUR VERY OWN Ice Tea	3.99 3.78 L
OUR VERY OWN Lemonade	3.69 3.78 L
Kraft, Reg or Light Mayonnaise	2.99 750ml
McCain Frozen, Assorted Varieties Pizza Pockets	2.49 400 gm
Assorted Varieties Gatorade Fruit Beverage ..	2/5.00 1.9 L
Assorted Varieties Pine-Sol Liquid Cleaner ...	2.99 800 ml
OUR VERY OWN Butter	2.99 454 gm
Imperial Soft Margarine	2.49 907 gm

Deli

Mastro, Sweet, Hot Capicollo	99¢ 100 g
Mastro, Mild Hot Prosciutto Cotto	1.10 100 g
Schneiders Old Fashioned Ham	1.25 100 g
Schneiders, Reg, Light Summer Sausage	1.54 100 g
Cuddy BBQ Chicken Breast	1.35 100 g
Cuddy Montreal Smoked Turkey Breast ..	1.95 100 g
Bittners Beef Pastrami	1.15 100 g
National Cheese, Reg & Light Cremona Ricotta Tubs	2.39 400 g ea.
National Cheese Swiss Gruyere	1.99 100 g
Summersweet Double Gloucester	1.79 100 g
Fresh From Rosa's Kitchen Pasta Pesto	88¢ 100 g
Fresh From Rosa's Kitchen Fresh Herbs Pasta	88¢ 100 g

Prices in effect from Tues. August 17, Until Mon. August 23, 1999

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 7:00 P.M.
SUN. 10:00 A.M. to 6:00 P.M.