

Product of USA

Broccoli

99¢ ea.

QUALITY GREENS
FINE FOOD

Fresh Pure Canadian Beef

Lean Ground Beef

\$1.99 lb.

Meat

Cut from Canada Triple A Beef
Boneless Blade Steaks or Roasts **2.99** lb.

Fresh from the leg
Fresh Veal Cutlets **4.99** lb.

Flank Steak Stuffed with Bacon Ground Pork & Beef, Herbs & Seasonings
London Broil **2.99** lb.

Fresh Special Select Grade of Pork
Stuffed Boneless Butt Roast **1.99** lb.

Black Forest Bacon **3.99** lb.

Fresh Canada Grade A Chicken
Chicken Cordon Bleu **4.99** lb.

Produce

Product of Ontario
Celery Stalks **79¢** ea.

Product of Ontario
Spinach **99¢** bunch

Product of Ontario
Hand Picked Green, Yellow Flat Beans **99¢** lb.

Product of Ontario
MacIntosh Apples **1.99** 3 lb. bag

Product of Ontario
Baking Potatoes **59¢** lb.

Bakery

Steak & Kidney, Cheese & Cauliflower, Steak & Onion, Steak & Mushroom, Steak & Potato
Home Style Meat Pies **1.79**

Onion Buns **6/1.99**

Cheese Sticks **5/1.99**

Vienna Bread **99¢**

Old Fashioned Bread **1.49**

Kraft Cheese Slices

Reg, Fat Free, Light, Mozzarella, Velveeta grilled
2.99 16's 24's

McCain Fruit Juices

Assorted Flavours
5.99 Case of 9 3x250ml

Product of the Tropics

Bananas

29¢ lb.

Product of USA

Canteloupes

79¢ ea.

Green or Red Seedless Grapes

1.99 lb.

Mastro

Black Forest Ham

66¢ 100 g

Fresh Chicken Leg Quarters

79¢ lb.

Grocery

Reg, Fine, X-Fine Grind
Nabob Coffee **2.99** 300g

Aylmer, Assorted Varieties
Canned Vegetables **89¢** 540 ml

Skippy, Creamy, Chunky, Light
Peanut Butter **2.99** 1 kg

Kraft, Reg, Light, Low Fat
Miracle Whip **2.99** 1 L

Heinz, Assorted Flavours
BBQ Sauce **99¢** 455 ml

Apple, Cinnamon, Honey Nut, Multi Grain
Cheerios **2/5.00** 400-425 g

Breakfast Cereal
Reese Peanut Butter Puffs, Count Chocula, Trix **2/5.00** 325-375 g

Breakfast Cereal
Golden Grahams **2/5.00** 385 g

Our Very Own
Spring Water **6.99** case of 24x 500 ml

McCain Straight, Curley, Jullienne, Beefeater
Frozen French Fries **1.29** 1 kg

Breakfast Cereal, with Almonds, Raisins, Maple Nut
Oatmeal Crisp **2.99** 475-525 gr

Kraft, Assorted Flavours, Reg or Calorie Wise
Salad Dressings **1.99** 475 ml

Heinz, Squeezable
Ketchup **2.99** 1 L

Assorted Varieties
Philadelphia Dips **1.99** 227 g

Assorted Flavours
Pringles Potato Chips **1.99** 190 g

Deli

Parmeggiano Reggiano (Grated/Piece) **2.99** 100 g

Danish Fontina **1.59** 100 g

Bittners
Honey Ham **1.10** 100 g

Maple Lodge
Cajun Chicken Breast **1.19** 100 g

Cuddy
Dijon Style Turkey Breast **1.39** 100 g

Italia
Sopressa & Calabrese Flat Salami **1.79** 100 g

Links
Garlic Bologna **88¢** 100 g

Links
Spiced Ham, Beerwurst, Tyroler, Jagwurst Sausage **88¢** 100 g

Potato Dijon Salad **88¢** 100 g

Prices in effect from Tues. September 7, Until Mon. September 13, 1999
WE RESERVE THE RIGHT TO LIMIT QUANTITIES

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.