

Cut from Canada Triple A Beef
**Outside Round
Steak Roast**

\$2.69
Lb.

**QUALITY
GREENS**
FINE FOOD

Fresh Canada Grade A Chicken

**Chicken
Breasts**

\$2.69
Lb.

Meat

Cut from Canada Triple A Beef	Tenderized Sandwich Steaks	3⁶⁹	lb.
J.M. Schneiders	Juicy Jumbos	1⁶⁹	450 g
Cut from Canada Triple A Beef	Eye of The Round Roast ..	3⁴⁹	lb.
Cut from Canada Triple A Beef	Rump Roast	2⁹⁹	lb.
Cut from Canada Triple A Beef	Sirloin Tip Roast (Cap removed) ..	2⁹⁹	lb.
Cut from Canada Triple A Beef	Sirloin Tip Steak (Cap removed) ..	3⁹⁹	lb.

Produce

Product of USA, Sweet Large	Honeydew Melons	1⁹⁹	ea.
Product of USA, Sweet Colossal	Spanish Onions	69¢	lb.
Product of Ontario, Sweet	Green Peppers	79¢	lb.
Product of Ontario	Green Cabbage	99¢	ea.
Product of Italy	Cactus Pears	8⁹⁹	case
Product of USA	California Spring Mix	4⁹⁹	Lb.

Bakery

Whole Wheat or White Bread	1⁵⁹
Butter Top Bread	1⁴⁹
Cheese Buns	6/1⁹⁹
Cherry, Lemon & Apple Cinnamon Danish	4/2²⁹

**Allen's
White
Vinegar**

4 litre **99¢**

**Campbell's
Chicken Noodle, Cream of
Mushroom, Vegetable, Tomato**

Soup
284 ml **59¢**

Product of USA
**Red, Sweet,
Casselman
Plums**

99¢
lb.

Product of South Africa
**Sweet, Seedless, Size 88's
Oranges**

2⁹⁹
Doz.

Product of Ontario
**Field
Tomatoes**

99¢
Lb.

Product of Ontario
**Sweet
MacIntosh
Apples**

1⁴⁹
3 lb. Bag

Grocery

Majesta	Facial Tissue	69¢	150's
Quaker, Breakfast Cereal	Cap'n Crunch	2⁹⁹	350 g
Quaker, Breakfast Cereal	Life or Corn Bran	2⁹⁹	730/540 g
OUR VERY OWN	Paper Towels	79¢	2 rolls
Quaker, Assorted Flavours	Mini Rice Cakes	1⁹⁹	100 g
Quaker, Assorted Flavours	Ready to Serve Oatmeal ..	1⁹⁹	325/470 g
Kraft Dinner	6/3⁹⁹		225 g
Assorted Flavours	Quaker Dipps	1⁹⁹	510-530 g
Quaker, Assorted Flavours	Chewy Granola Bars	1⁹⁹	210 g
Heinz, Fancy	Tomato Juice	1²⁹	1.36 litre
Campbells, Assorted Varieties	Noodles In A Bowl	99¢	65 gr
Assorted Varieties	Lean Cuisin Frozen Entrees ..	2⁶⁹	225 g
Kellogg's, Assorted Varieties	Pop Tarts Danish	2²⁹	310 g
White or Whole Wheat	Wonder Bread	99¢	675g
Mr Christie	Chips A-Hoy, Oreo, Pirate Cookies ..	1⁹⁹	350-400g

Deli

NATIONAL CHEESE	Creamy Havarti	1¹⁰	100 g
	Mild & Medium Gouda	1⁸⁹	100 g
SCHNEIDERS	Macarroni & Cheese Loaf		
	Mock Chicken Loaf		
	Blue Ribbon Bologna	99¢	100 g
BITTNER'S	BBQ, Pepered, Currie, Sundried		
	Tomato & Basil Turkey Breast	1⁹⁹	100 g
LINKS	Hungarian, German, Pepperseed Salami	99¢	100 g
PASTA - FRESH FROM ROSA'S KITCHEN	Tortellini Roma	1¹⁰	100 g
	Old Fashioned Potato	88¢	100 g
	Baby Vegetables	99¢	100 g

Prices in effect from Tues. September 14, Until Mon. September 20, 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.