

Product of Ontario

**Large Cauliflower**

**99¢** ea.

**QUALITY GREENS**  
FINE FOOD

Cut from a Special Select Grade of Ontario Pork

**Family Pack Pork Chops**

**\$1.77** Lb.

**Meat**

Cut from a Special Select Grade of Ontario Pork  
**Boneless Rib or Tenderloin End Pork Loin Roasts** ..... **3<sup>69</sup>** lb.

Cut from a Special Select Grade of Ontario Pork  
**Boneless Centre Cut Pork Loin Chops** ..... **3<sup>69</sup>** lb.

Cut from a Special Select Grade of Ontario Pork  
**Meaty Baby Back Ribs** ..... **4<sup>99</sup>** lb.  
Try Boiling ribs first until end meat is tender, then BBQ on low heat, brush on your favourite sauce.

Mild, Spicy Hot, Garlic  
**Italian Sausage** ..... **2<sup>49</sup>** lb.

Cut from a Special Select Grade of Ontario Pork  
**Centre Cut Pork Chops** ... **2<sup>99</sup>** lb.

**Centre Cut Peameal Bacon** **3<sup>99</sup>** lb.

Fresh Canada Grade A Chicken  
**Boneless Blade Steaks** ..... **2<sup>99</sup>** lb.

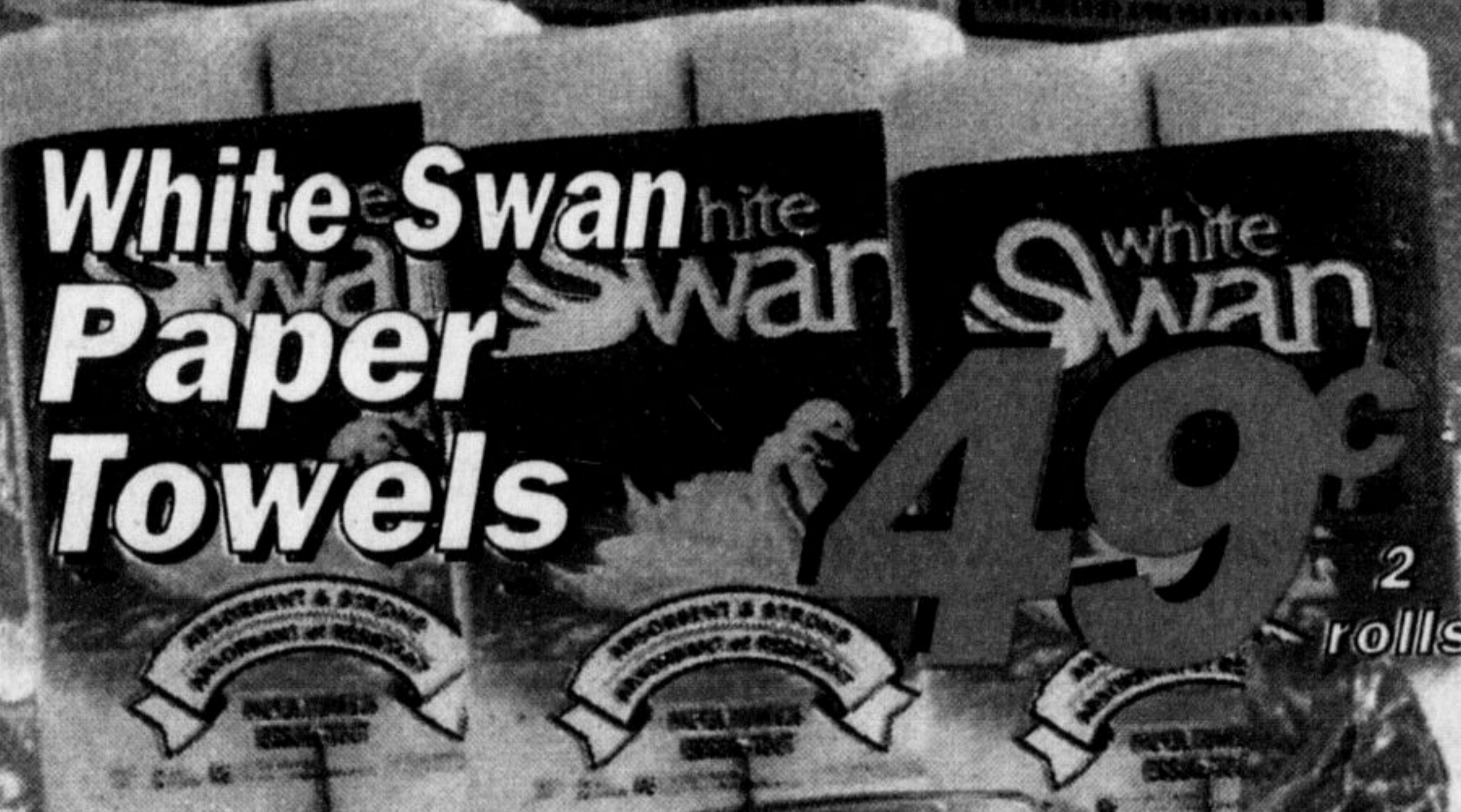
Cut from a Special Select Grade of Ontario Pork  
**Pork Cutlets (Plain or Breaded)** ..... **3<sup>49</sup>** lb.

**Bertolli Olive Oil**



**\$9<sup>99</sup>** 3 litre

**White Swan Paper Towels**



**49¢** 2 rolls

Product of Ontario

**Sweet MacIntosh Apples**



**99¢** 3 Lb. Bag

Product of USA

**Green or Red Seedless Grapes**



**\$1<sup>99</sup>** lb.

**6" Potted Fall Mumms**



**\$3<sup>99</sup>** ea.

Local Ontario

**White Mushrooms**



**\$1<sup>99</sup>** lb.

Fresh Canada Grade A Chickens

**Roasting Chickens**



**\$1<sup>49</sup>** lb.

(4-5) Lb. Average)

**Grocery**

Post, Breakfast Cereal  
**Shreddies, Honey Combs** 620/400g **2/4<sup>00</sup>**

Assorted Cuts  
**Catelli Pasta** ..... 500 g **89¢**

Assorted Varieties  
**Lipton Noodle & Sauce** 120-138 g **3/3<sup>00</sup>**

Assorted Varieties  
**Lipton Rice & Sauce** ... 128-142 g **3/3<sup>00</sup>**

Reg, Half Caffeine, Dark Roast, Light Roast  
**Maxwell House Instant Coffee** . 200 g **3<sup>99</sup>**

Assorted Varieties  
**Primo Beans** ..... 540 ml **89¢**

**Primo Tomato Paste** ..... 156 ml **49¢**

Assorted Varieties  
**Chef Boyardee Canned Pasta** . 425 g **99¢**

Assorted Varieties  
**Garden Select Pasta Sauce** . 700 ml **1<sup>99</sup>**

Assorted Varieties  
**Primo Soups** ..... 525-540 ml **1<sup>49</sup>**

Assorted Varieties  
**Delmonte Fruit Cups** ..... 4x142 g **2<sup>29</sup>**

**Imperial Soft Margarine** ... 907 g **2<sup>99</sup>**

Assorted Flavours  
**Minute Maid Frozen Punches** . 355 ml **77¢**

Assorted Flavours  
**Fruit By The Foot** ..... 128-153 g **2<sup>29</sup>**

**Deli**

NATIONAL CHEESE  
**Imp. Swiss Cheese** ..... **1<sup>32</sup>** 100 g

NATIONAL CHEESE  
**Imp. Smoked Gruyere** ..... **2<sup>89</sup>** 100 g

NATIONAL CHEESE  
**Imp. Applewood Smoked Cheddar** **2<sup>99</sup>** 100 g

NATIONAL CHEESE  
**Imp. Bel Paese** ..... **2<sup>99</sup>** 100 g

CUDDY  
**Smoked Chicken Breast** ... **99¢** 100 g

BITTNER'S  
**Currie, BBQ, Peppered, Sundried Tomato Turkey Breast** ..... **1<sup>99</sup>** 100 g

BITTNER'S  
**Montreal Smoked Meat** ..... **1<sup>09</sup>** 100 g

MASTRO  
**Sweet, Hot Capicollo** ..... **99¢** 100 g

LINKS  
**Jellied Tongue** ..... **1<sup>75</sup>** 100 g

SALAD  
**Penne Asparagus** ..... **88¢** 100 g

SALAD  
**Summer Salad** ..... **88¢** 100 g

**Produce**

Product of P.E.I.  
**Large Baking Potatoes** ..... **49¢** lb.

Product of USA Size 5's  
**Dole Golden Pineapples** ... **4<sup>99</sup>** ea.

Product of USA, Tender  
**Asparagus** ..... **1<sup>49</sup>** bunch

Great for Cooking  
**Courtland Apples** ..... **99¢** lb.

Product of Ontario  
**Red Sweet Shepherd Peppers** ... **99¢** lb.

**Bakery**

**Apple & Cherry Turnover** ..... **4/2<sup>29</sup>**

**Cheese Bread** ..... **2<sup>69</sup>**

**Cheese Sticks** ..... **5/1<sup>99</sup>**

**French & Italian Bread** ..... **1<sup>59</sup>**

Prices in effect from Tues. September 21, Until Mon. September 27, 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.