

Product of Ontario

Bananas

39¢
lb.

Meat

All our Beef is Aged 21 days for a more FLAVOURFUL & TENDER cut of beef!

Cut From Canadian Triple A Beef

Tenderized Sandwich Steak **3⁶⁹** lb.

J.M. Schneiders, Hot & Spicy
Juicy Jumbos **99¢** 450 g

Cut From Canadian Triple A Beef
Eye of the Round Roast **3⁴⁹** lb.

Cut From Canadian Triple A Beef
Rump Roast **2⁹⁹** lb.

Cut From Canadian Triple A Beef
Sirloin Tip Roast (Cap Removed) **2⁹⁹** lb.

Cut From Canadian Triple A Beef
T-Bone Steaks (Tail Removed) ... **6⁹⁹** lb.

QUALITY GREENS

FINE FOOD

Five Roses All Purpose Flour **5⁷⁷**
10 kg

Delmonte, Assorted Varieties
Canned Vegetables **4⁹⁹**
398ml

U.S.A. California Sweet Strawberries **1⁵⁹**
Pint

Size (SS) (South African)
Sweet Seedless Oranges **2⁹⁹**
Bag of 10

Fall Mums **3⁹⁹**
6" pot

Local (Ontario)
Celery Stalks **7⁹⁹**

Cut From Can Triple A Beef
Boneless Top Sirloin Steak **4⁹⁹**
lb.
Ages 21 days for a more flavourful & tender cut of beef!

Cut From Can Triple A Beef Outside Round Steak Roast

2⁶⁹

Grocery

Tetley Tea Bags 72's **2⁹⁹**

Kraft, Mild, Medium, Marble, Mozzarella, Reg or Light
Cheese Bars (Old \$5.99) 620 g **4⁹⁹**

Assorted Varieties
Hamburger/Tuna Helper ... 198-220 g **1⁶⁹**

Kraft, Reg or Light
Miracle Whip 1 L **2⁹⁹**

Kraft, Assorted Varieties, Reg or Calorie Wise
Salad Dressings 475 ml **1⁹⁹**

Our Very Own, Reg or Diet
Cranberry Cocktail 1.89 L **2⁹⁹**

Motts, Reg or X-spicy
Clamato Juice 1.89 L **2⁹⁹**

Heinz Squeeze
Ketchup 1 L **2⁹⁹**

Bicks, Polish, Dills w/Garlic, Dill no Garlic
Pickles 1 L **2⁴⁹**

Post, Assorted Varieties
Fruit & Fibre 425-450 g **2/5⁰⁰**

Post, With Raisins, With Almonds
Honey Bunches & Oats ... 450 g **2/5⁰⁰**

V-8 Juice 1.36L **1⁶⁹**

Kraft Soft, Reg or Light, Plain & Assorted Flavours
Philadlphia Cream Cheese 250 gr **1⁹⁹**

Lays, Assorted Flavours
Potato Chips 170 gr **99¢**

Produce

Pie
Pumpkins **2/99¢**

Waxed/Reg
Gourds **99¢** lb.

Muscato
Italian Grapes **1⁴⁹** lb.

Large, Crisp
Head Lettuce **99¢** ea.

Product of Ontario
Bosc Pears **99¢** lb.

Sweet, Product of Ontario
Matzu Apples **79¢** lb.

Bakery

Apple & Cherry Turnover **4/2²⁹**

Cheese Bread **2⁶⁹**

Cheese Sticks **5/1⁹⁹**

French & Italian Bread **1⁵⁹**

Deli

NATIONAL CHEESE
Canadian Grated Parmesan **1⁷⁸** 100 g

NATIONAL CHEESE
Imported Edam Balls **1⁵⁹** 100 g

J.M. SCHNEIDERS
Olde Fashioned Ham **1¹⁹** 100 g

J.M. SCHNEIDERS, REGULAR, LIGHT, BAGGED
Summer Sausage **1⁵⁹** 100 g

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

LINKS
Roasted Beef **88¢** 100 g

LINKS
Corned Beef **88¢** 100 g

MASTRO
Fresh Pasta **2²⁹** 250-350 g

SALADS FROM ROSA'S KITCHEN
Chick Peas Deluxe **88¢** 100 g

SALADS FROM ROSA'S KITCHEN
Chicken Curry Bombay **99¢** 100 g

Prices in effect from Tues. September 28, Until Mon. October 24, 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.