

Product of USA
**HEAD
LETTUCE**

99¢
ea.



**QUALITY
&
GREENS**
FINE FOOD

Product of USA
**BEEFSTEAK
TOMATOES**

79¢
lb.



**WHITE SWAN
BATHROOM
TISSUE**

\$4.99
24's

Super Special

GROCERY

Assorted Flavours, Reg or Light
Bugles Corn Snacks ... 170g **99¢**

Honey Nut
Cheerios 525g **2/5.00**

Maxwell House, Reg, Half Caffeine Dark Roast, Light Roast, Decafinated
Instant Coffee 200/150g **3.99**

Scotties Multi Pack, 6 pack of 150's
Facial Tissues **4.99**

Kraft Dinner 225g **77¢**

Kraft, Smooth Crunchy, Light
Peanut Butter 1 kg **3.99**

Breakfast Cereal, 400-500g
Nestle Quick, Lucky Charms, Cinnamon Toast Crunch, French Toast Crunch **2/5.00**

Assorted Varieties
Heinz Beans 398ml **77¢**

Assorted Varieties
Heinz Pasta 398ml **77¢**

McCain Superspirals, Supercrisp
French Fries 750g **1.99**

Glad
Garbage Bags 40's **6.49**

Kraft, Assorted flavours
Pure Jams 500g **3.49**

MEATS

Fresh
Chicken Drum Sticks **1.29**
lb.

Ontario Special Select Grade of Pork...From the Leg
Plain or Breaded Pork Schnitzel **3.99**
lb.

J.M. Schnieders
Octoberfest Sausage ... 500g **2.49**

Mild, Spicy Hot
Italian Sausage **1.99**
lb.

BAKERY/DELI

Butter Top Bread **1.49**

Onion Bun **6/1.99**

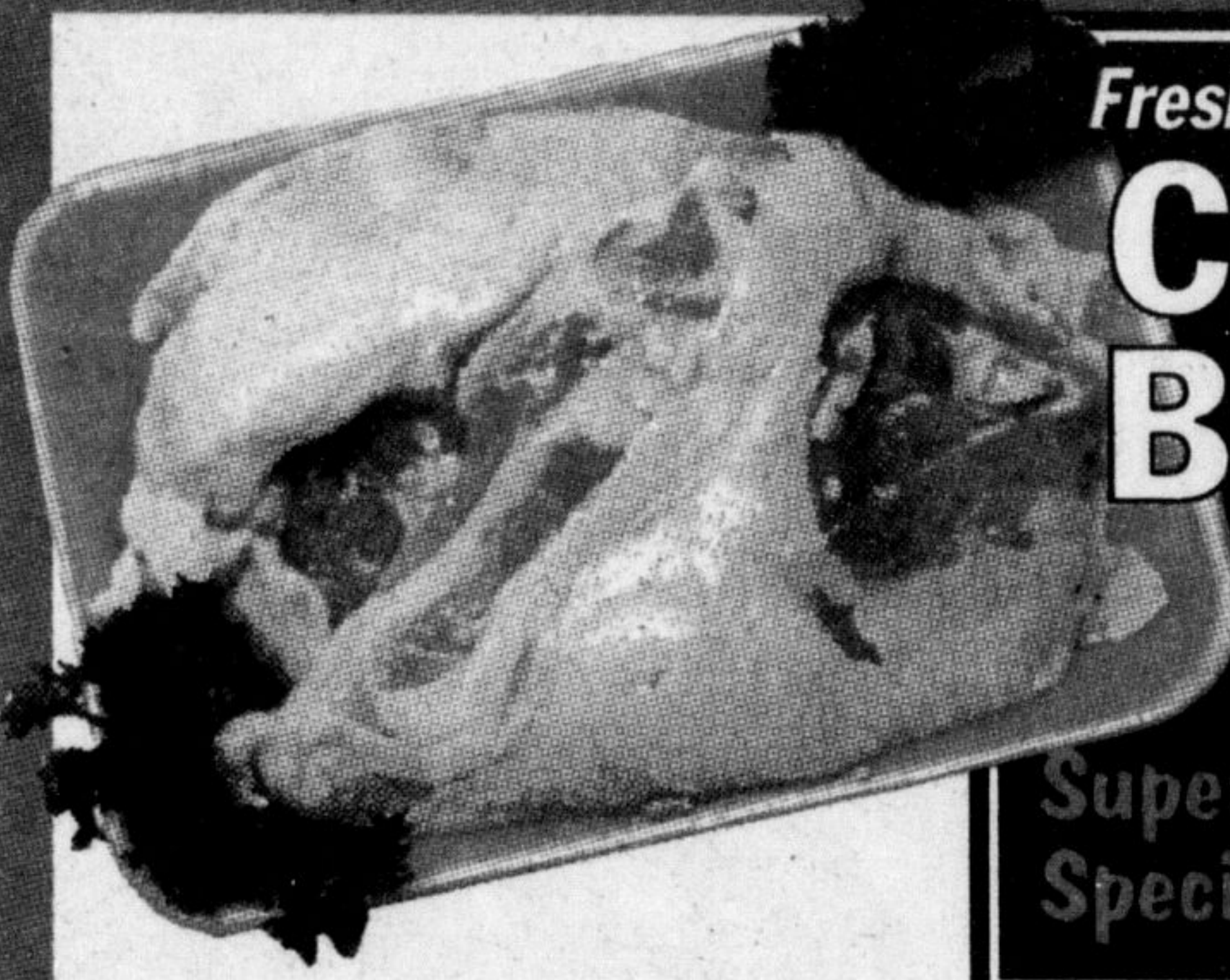
LINKS, Assorted Varieties
Sausage 100 g **88¢**

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

ITALIA
Sopressa Salami 100 g **1.49**

CUDDY
Classic Herb Turkey Breast 100 g **1.99**

Salad Fresh from Rosa's Kitchen
Old Fashioned Potatoes 100 g **88¢**



Fresh (No backs Attached)
**CHICKEN
BREASTS**

\$2.49
lb.

Super Special

**GOLD SEAL
PINK
SALMON**

Super Special

99¢
213 g



Cut from a Special Select grade of Ontario Pork

**PORK
SIDE RIBS**

\$1.99
lb.

Super Special



**HELLMANN'S
MAYONNAISE**
Reg or Light

\$2.99
1 L

Super Special

DEMPSTERS, REG & W.W.
**TEXAS
TOAST**

Super Special

99
675g



PRODUCT OF USA
**LARGE GREEN
PEPPERS**

99¢
lb.

Super Special



Cut from Can. Triple A Beef
**BONELESS BLADE
or CROSS RIB
POT ROASTS**

\$2.69
lb.

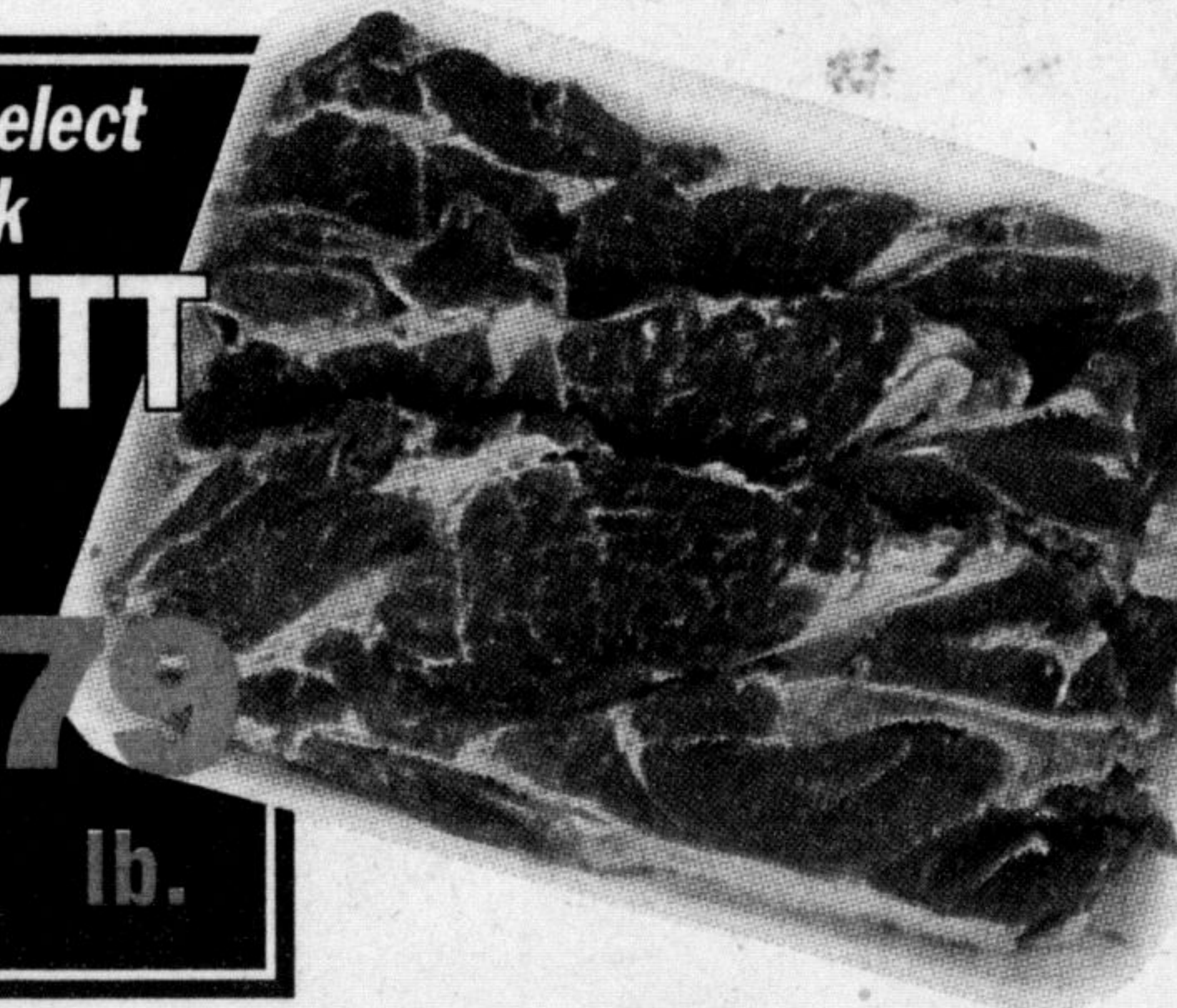
Super Special

Cut from a Special Select grade of Ontario Pork

**PORK BUTT
CHOPS**

\$1.79
lb.

Super Special



PRODUCT OF ONTARIO
**YUKON GOLD
POTATOES**

\$1.49
5 lb. bag

Super Special

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.

Prices in effect from Tues. October 19, Until Monday October 25, 1999

WE RESERVE THE RIGHT TO LIMIT QUANTITIES