



Cut from Canada Triple A Beef

OUTSIDE ROUND OVEN ROAST

2.99
lb.



Product of Ontario
MACINTOSH & EMPIRE
APPLES
99¢ 3 lb. bag

Product of USA
FRESH BROCCOLI
99¢ ea.

Lancia Assorted Cuts
PASTA
69¢ 900 g

BRVA Assorted Varieties
SPAGHETTI SAUCE
79¢ 680 ml

Unico
VEGETABLE OIL
2.99 3 Litre

Heinz
SQUEEZE KETCHUP
2.59 1 Litre

Produce

Product of Mexico
Sweet Red Peppers **1.99** lb.

Product of Ontario
10 Lb. Bag
Cooking Onions **2.49** bag

Product of USA, Florida, Indian River
Ex-Large - Size 27
Red Grapefruit .. **3/1.99**

Sweet Seedless Navel Oranges ... **1.99** 3 lb. bag

Product of P.E.I.
3 Lb. Bag
Yukon Gold Potatoes **1.99** bag

Product of USA
Sweet Cantelopes or Honeydew Melons **1.49** ea.

Product of USA
Fresh Hand Picked Green Beans . **1.49** lb.

6" potted
Tulips or Daffodils ... **4.99** ea.

Bakery

Cinnamon Bread **1.69**
Fruit Sticks **1.79**
Country Brown Loaf **1.49**

White Swan
Bathroom Tissue . . . 1 ply, 8 Roll **1.88**

Old South
Frozen Orange Juice . . 355 ml **99¢**

Breakfast Cereal, Reg or with Marshmallows
Post Alpha Bits 450/400 g **2.99**

Breakfast Cereal,
Post Honey Combs or Sugar Crisps 400 g **2.99**

Lipton, Assorted Varieties
Noodles or Rice & Sauce . 120-138g **1.00**

Assorted Varieties
Lean Cuisine Frozen Entres 225-326g **1.99**

Corn, Peas, Potatoes, Pea & Carrots
Aylmer Canned Vegetables 540 ml **99¢**

Assorted Varieties
Aylmer Tomatoes 796 ml **99¢**

Assorted Varieties
Classico Pasta Sauce . . 700 ml **2.99**

Assorted Varieties
Unico Beans 540 ml **79¢**

Churn or Light
Country Crock Margarine 454 g **1.69**

Assorted Varieties
Eggo Waffles 312 g **1.69**

Weston, White or Brown
Wonder Texas Toast . . . 675 g **99¢**

Meat

Cut from Canada Triple A Beef
Inside Round Marinating Steak **3.59** lb.

Fresh
Rainbow Trout Fillets ... **6.59** lb.

Cut from Canada Triple A Beef
Fast Fry Minute Steak **3.69** lb.
(Cut from Beef Hip)

Ontario Select Grade of Pork
Fresh Pork Hocks or Riblets **99¢** lb.

Extra Lean Ground Beef **2.99** lb.

Ontario Select Grade of Pork
Fresh Pork Leg Breaded Cutlets **2.99** lb.

Sweet Pickled
Corn Beef Brisket **3.49** lb.

Canada Grade A Chicken
Fresh (2-3lb. average) Whole Chicken .. **1.59** lb.

Deli

National Cheese
Havarti Lite . 100g **1.10**

Schneider's
Fat Free Ham 100g **1.19**

National Cheese
Provolone Lite 100g **1.29**

Schneider's
Blue Ribbon Bologna . . . 100g **99¢**

Cudy's
BBQ Chicken Breast 100g **1.49**

Bitner's
Montreal Smoked Meat 100g **1.10**

Prices in effect from Tues. January 11, Until Monday January 17, 2000
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.