



Canada Grade A Chicken

JUMBO ROASTING CHICKENS

1.39 lb.

Product of Morocco

SWEET CLEMENTINES

3.99 2.3 kg

Product of USA

SWEET CANTELOUPES

67¢ lb.

Reg, Diet

COKE, SPRITE

99¢ 2 Litre

Product of USA

GREEN OR RED LEAF LETTUCE

77¢ ea.

Kellogg's

BRAN FLAKES

775 g

CORN FLAKES

750 g

MINI WHEATS

725 g

2.99

Produce

Product of USA

Fresh Rappini

(Broccoli Rabi) **99¢** lb.

Product of BC

Royal Gala Apples

99¢ lb.

Product of USA

Fresh Asparagus

1.49 bunch

Product of USA

Regular Cucumbers

79¢ ea.

Product of USA

Sweet Red Peppers

1.99 lb.

Product of Ontario

Baby Carrots

99¢ lb.

Product of USA

Roma Tomatoes

79¢ lb.

Product of California

Fresh Sweet Strawberries

1.99 pint

Assorted Varieties	Lipton Soup Works 69-191 g	1.99
Lipton	Chicken Noodle Soup 4 pack, 338 g	1.99
	Red Rose Tea 72's	2.99
Minute Maid	Frozen Orange Juice 355 ml	99¢
Mild, Med, Hot, Explosion, Black Bean	Los Almos Salsa 750 ml	2.79
In Tomato Sauce, with Pork, Molasses	Stokely Beans 398 ml	69¢
Kraft, Four Cheese, Deluxe, with Pepperoni	Delissio Frozen Pizza 834-999 g	6.99
Assorted Flavours	Philidelphia Dips 227 g	1.99
Mr. Christies	Premium Plus Crackers 450 g	1.99
Reg, Light	Kraft Cheese Whiz 500 g	3.99
Reg, Diet	Pepsi, 7-Up 355 ml x 24	5.99
Humpty Dumpty, Assorted Flavours	Potato Chips 170-180 g	99¢

<i>West</i>	Canada Grade A Chicken	Chicken Drum Sticks	99¢ lb.	Pacific Snapper Fillet	6.59 lb.	
	Cut from Canada Triple A Beef	Boneless Cross Rib Pot Roast	2.89 lb.	From Canada Triple A Beef Stewing Beef	2.99 lb.	
	From Canada Triple A Beef	Hip Tenderized Minute Steak	2.99 lb.	Cut from Select Ontario Pork	Pork Picnic Shoulder Roast	1.19 lb.
	Cut from Select Ontario Pork	Pork Leg Schnitzel or Breaded Cutlets	3.29 lb.	Shopsy's All Beef Weiners 450 g pkg	2.99	

<i>Deli</i>	National Cheese	Creamy Havarti 100g	1.10	J.M. Schneider	Dutch Meat Loaf 100g	1.10
		Mild Provolone 100g	1.29	Bittner	Ham & Bacon or French Onion Loaf 100g	1.10
	National Cheese	Granarolo Besciamella or Granarolo Panna 200 ml	1.99 ea.			
	National Cheese	Colombo Prosciutto 100g	1.99	Brandt	Kolbassa Loaf 100g	1.10
	Link's	Black Forest Ham 100g	88¢			

Prices in effect from Tues. January 25, Until Monday January 31, 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.