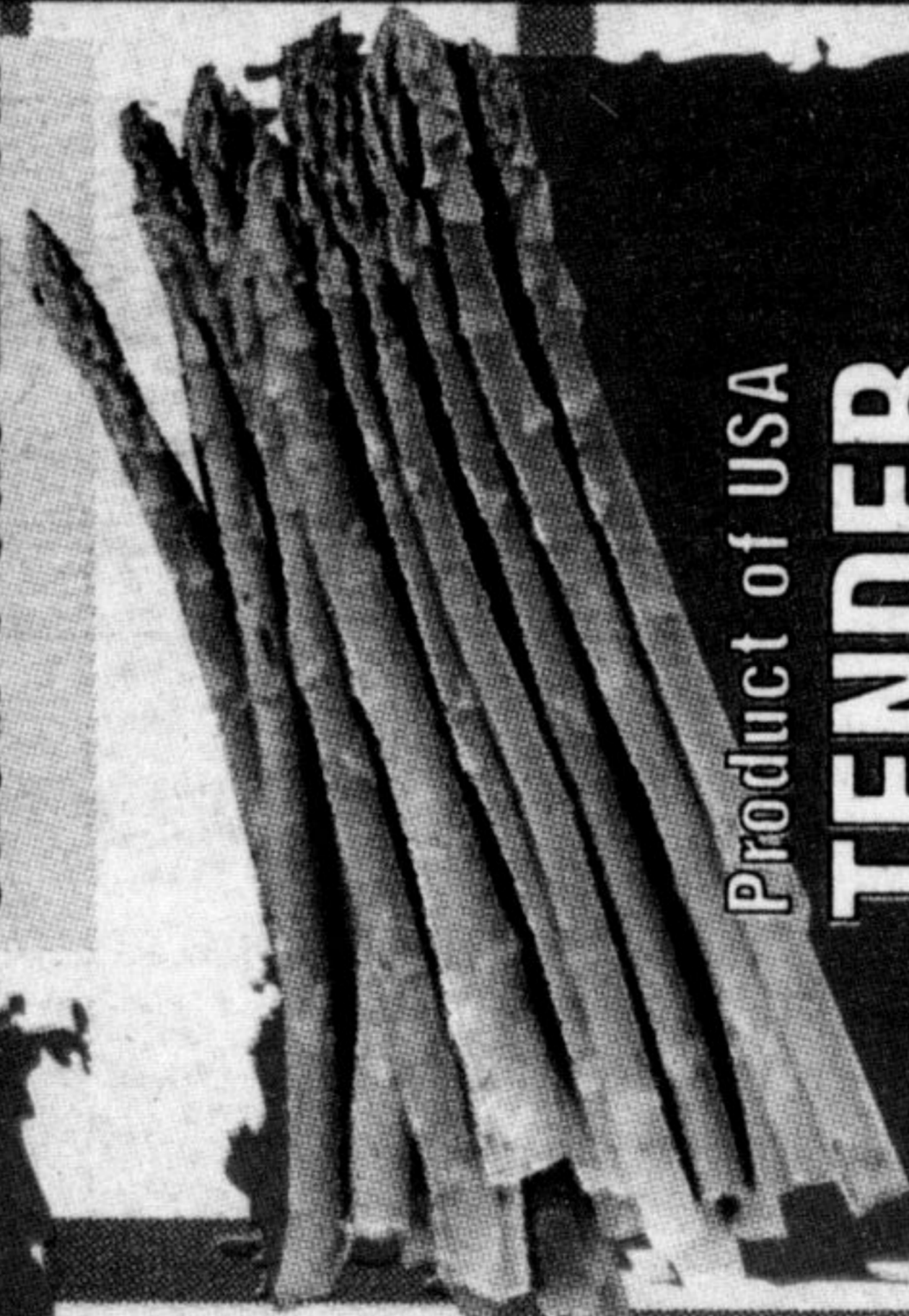


**Stalks** .... **1** ea.  
Product of Canada  
**Sweet Empire or Spartan Apples** ... **99¢** lb.



Product of Ontario  
**FRESH LOCAL MUSHROOMS**  
**1** 99 lb.

Product of USA  
**Fresh Dates** ..... **8** 99 lb.  
Product of USA  
**Fresh Snow Peas** . . . **2** 99 ea.  
Product of USA  
**Baby Spring Mix or Baby Spinach** ... **5** 99 lb.



Product of USA  
**TENDER ASPARAGUS**  
**1** 29 bunch

Product of USA  
**SWEET SEEDLESS NAVEL ORANGES**  
**1** 79 3 lb. bag

Product of Ontario  
**5 lb. bag Cooking Onions** .... **1** 49 bag  
Product of Italy  
**Sweet Blood Oranges** . **99¢** lb.  
Product of USA  
**Fresh Snow Peas** **2** 99 ea.

Assorted Varieties  
**525-540 ml Primo Soups** **1** 49  
Ocean Spray, Reg or Light Assorted Varieties,  
1.89 Litre  
**Cranberry Cocktail** ... **3** 79



Assorted Flavours  
**DELISIE OR SILHOUETTE YOGURTS**  
**\$3** 99 12x125g Case

McCain, Assorted Flavours  
**TETRA PACK JUICES**  
**\$5** 99 3 x 250 ml x 9 Case

China Lily 483 ml  
**Soya Sauce** **2** 49  
Franco American Assorted Varieties  
284 ml  
**Gravies** . . . **99¢**  
Reg, Low Fat, Ultra Low Fat, Assorted Flavours, 250 g  
**Soft Philadelphia Cream Cheese** . . . **2** 49

**Back Bacon** .... **4** 49 lb.  
By the piece or sliced  
J.M. Schneider's  
**Olde Fashion Smoked Hams** .... **4** 29 lb.



Cut from Canada Triple A Beef  
**SIRLOIN TIP OR RUMP ROAST**  
**\$3** 79 lb.

J.M. Schneider's  
500g pkg. **2** 69 Bologna  
J.M. Schneider's  
Assorted Varieties  
450 g pkg. **2** 49 Wieners

Assorted Varieties 227-284 g  
**Michelina Frozen Entrees** .... **1** 99  
Assorted Varieties, 400 g  
**McCain Pizza Pockets** ... **2** 49  
E. D. Smith  
Assorted Flavours, 500 ml  
**Triple Fruit Jams** . . . . .



**PARLOUR ICE CREAM**  
**\$2** 99 2 Litre



**FROM THE SEA**  
**Ocean Perch Fillets** . . . . . **\$3** 99 lb.  
**Whole Rainbow Trout** 8-10 oz. . . . . **\$3** 99 lb.

ALL FISH SUBJECT TO AVAILABILITY

**DELI**

National Cheese  
Mild, Med, Old, Marble  
**Cheddar Cheese** . . . **1** 10 /100 gr  
National Cheese  
**Ruppert Mountain Swiss Cheese** . . . . . **2** 20 /100 gr  
Bitters  
**Oven Roasted Turkey Breast** . . . . . **1** 79 /100 gr



Mastro  
**Roast Beef or Corned Beef** . . . . . **95¢** /100 gr  
JM Schneider's  
**Olde Fashioned Ham** **1** 19 /100 gr  
Maple Lodge  
**Cajun Chicken Breasts** **1** 19 /100 gr

**BAKERY**

**Apple & Cherry Turnover** . . . . . **1** 69  
**Cheese Buns** . . . . . **6/1** 99  
**Vienna Stick** . . . . . **99¢**  
**Butter Top Bread** . . . . . **1** 59