

Fast Fry Minute

Gold Seal, 213 g

Product of USA

3/4 00

QUALITY GREENS

FINE FOOD

- WE DELIVER
 - Seniors 5% Discount Mon-Wed
 - Ask us about our fresh Cheese, Meat, Vegetable & Fruit Trays
 - Catering by Rosa's Kitchen
 - Coming Soon
- SOUTHERN STYLE FRIED CHICKEN**
- Sick, no time - Call in your order. **876-4496**

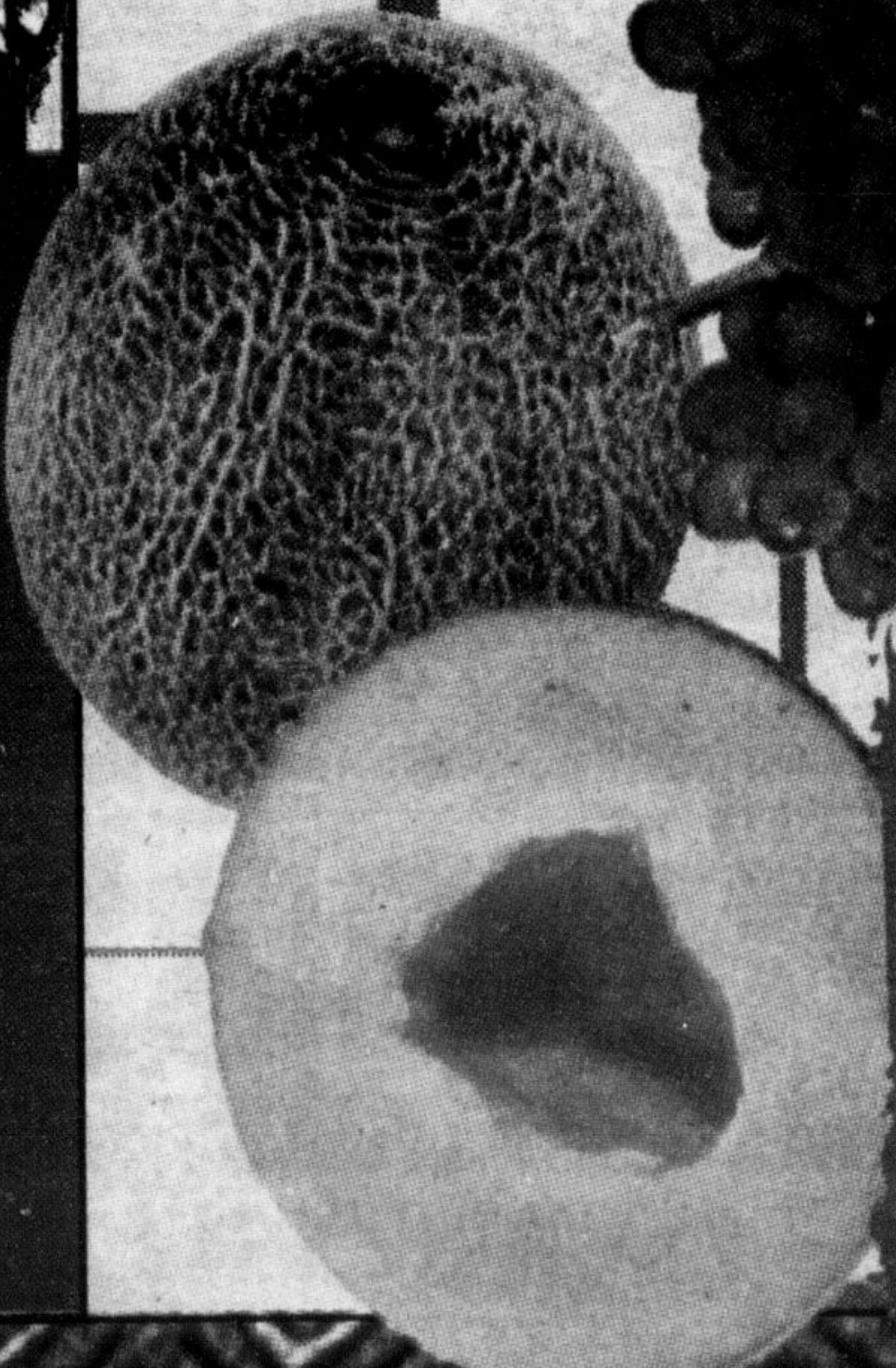
Prices in effect from Tues. February 22, Until Monday February 28, 2000

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.

Look for Hot One Day Specials in our Ad in Friday's Champion



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Large **Cantaloupes** **59¢** ea.

Product of USA
Sweet, Seedless Red or Green Grapes **1.99** lb.



Kellogg's, 475/525/350g
Raisin Bran
Corn Flakes
Rice Krispies **3/5.00**



Cut from Extra Lean Special Select Grade of Ontario Pork
Fresh Pork Side **1.99** lb.
Ribs **2.29** lb.
Stuffed

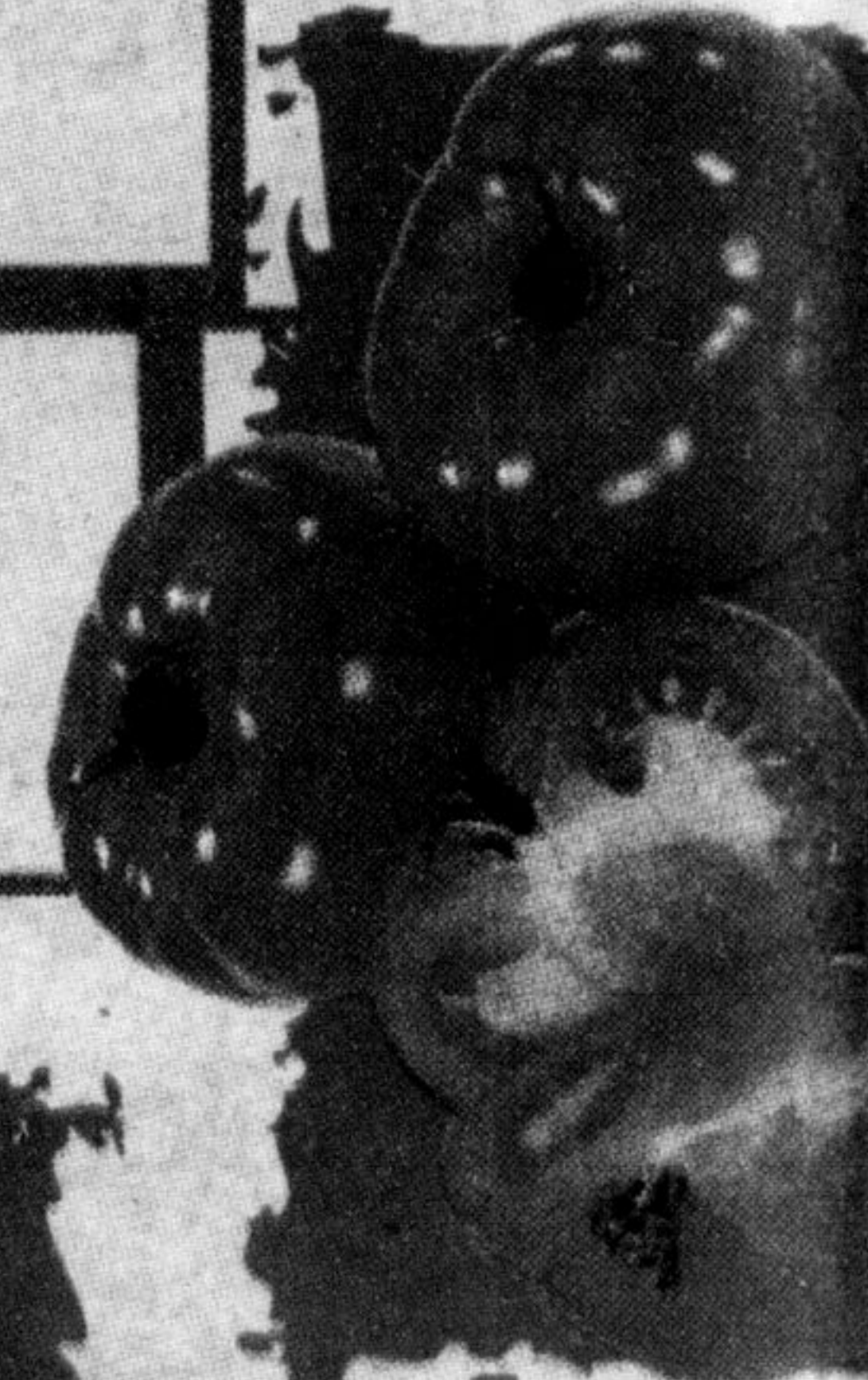


Product of USA

FRESH BAKING POTATOES **49¢** lb.

Product of USA
Fresh Green Peppers **1.49** lb.

Product of USA
Regular Cucumbers **99¢** ea.



Product of USA
Large Indian River Red

Assorted Varieties

Chef Boyardee **79¢** 425 g Pasta



Quaker, Assorted Varieties, 127-186 g

Rice Cakes **1.99**

OUR VERY OWN Reg or Diet, 1.89 litre

Cranberry Juice **2.88**

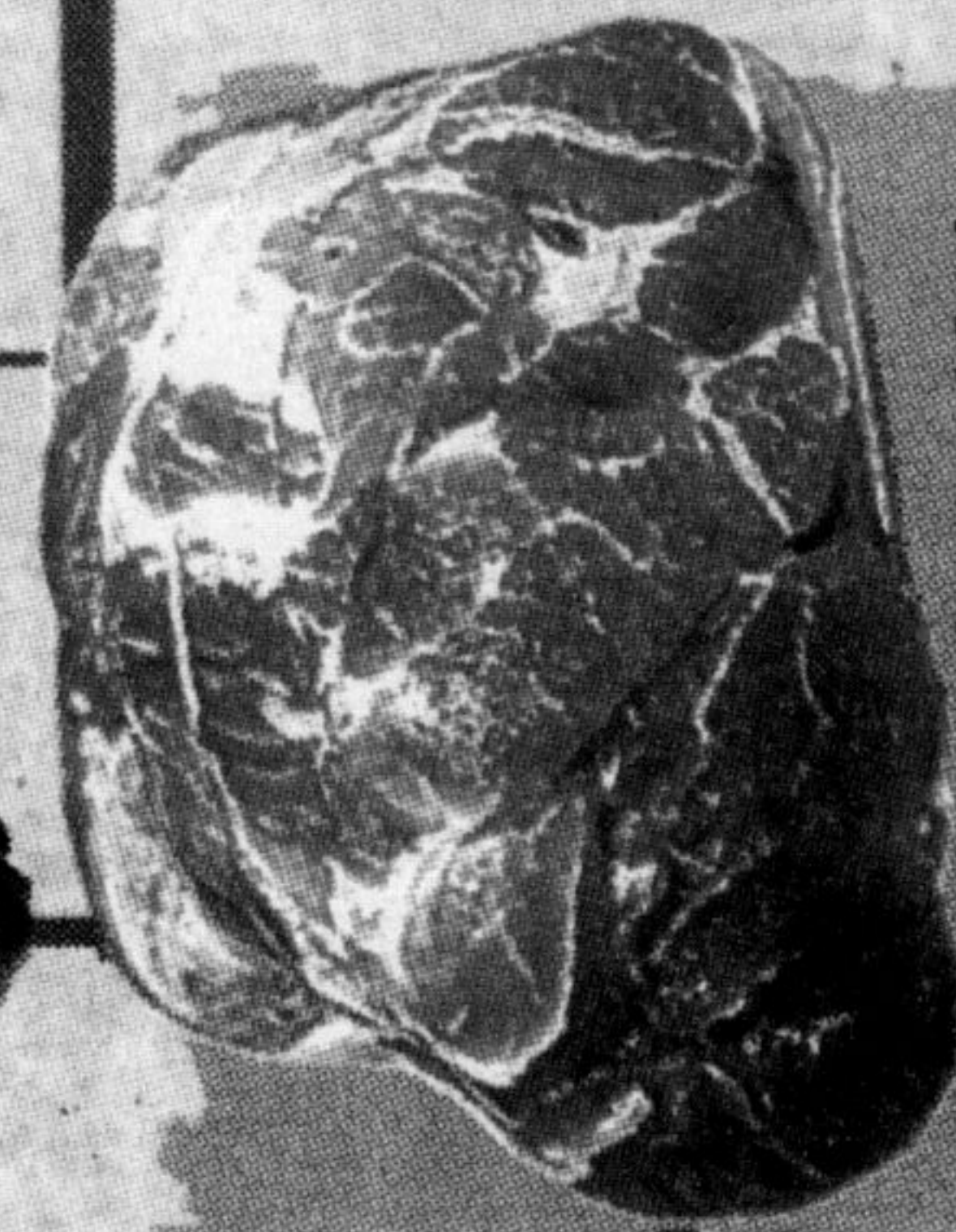
OUR VERY OWN 1.89 litre

Cranraspberry Cran **2.88**

Currant **2.88**



CAMPBELL'S
CHICKEN NOODLE CREAM OF MUSHROOM TOMATO SOUP **59¢** 10 OZ.



Ontario Select Grade of Pork
LEG OF PORK ROAST
Butt or Shank Portion **\$1.39** lb.

Cut from Canada Triple A Beef

Fresh X-Lean Ground Beef **2.79** lb.

Fresh Store Made Sausage **1.99** lb.

Cut from Canada Triple A Beef, From the Hip **Fresh Beef Stir Fry Strips** or



OUR VERY OWN Case of 24, 500ml

Spring Water **6.99**