

**Peas** . . . . . **4<sup>99</sup>** lb.  
 Product of USA  
**Spring Mix**  
**Baby**  
**Salad** . . . . . **4<sup>99</sup>** lb.

Canada #1  
**FRESH VINE-RIPE**  
**TOMATOES**  
**2<sup>99</sup>** lb.

3 X 250 ml  
**McGain**  
**Tetra**  
**Packs** . . . . . **89¢**  
 Bounty Jumbo, 2x64 sheets  
**Paper**  
**Towels** . . . . . **2<sup>89</sup>**

**CHEERIOS**  
 Reg. Apple Cinnamon, Honey  
 Nut, Multi-Grain, Frosted  
**2<sup>49</sup>** 575/450 g

**Breast** . . . . . **3<sup>29</sup>** lb.  
 From the Hip  
**Fresh**  
**Veal**  
**Cutlets** . . . . . **6<sup>99</sup>** lb.

Cut from Canada Triple A Beef  
**BONELESS INSIDE**  
**ROUND ROAST**  
**\$3<sup>49</sup>** lb.

Local White  
**BUTTON OR REG SIZE**  
**MUSHROOMS**  
**1<sup>99</sup>** lb.

10 oz. Bag  
**Cello**  
**Spinach** . . . . . **99¢** ea.  
 Product of USA  
**Fresh**  
**Green**  
**Onions** . . . . . **2/99¢**

**Cracker Barrel**  
**Cracker Barrel**  
**KRAFT Reg. of Light, Mild,**  
**Med, Marble, Mozzarella**  
**CHEDDAR**  
**CHEESE BARS**  
**4<sup>99</sup>** OLD  
**620 g** **CHEDDAR**  
**5<sup>49</sup>**

Gold Seal, 170 g  
**Light**  
**Tuna**  
**in Water** . . . . . **99¢**  
 Polish, Dills with Garlic,  
 Dill with no Garlic, 1 L  
**Bicks**  
**Pickles** . . . . . **2<sup>39</sup>**  
 Robin Hood, 2.5 Kg  
**All Purpose** **3<sup>69</sup>**  
**Flour** . . . . .

Cut from Canada Triple A Beef  
**BONELESS**  
**RUMP ROAST**  
**\$3<sup>59</sup>** lb.

Boneless Chicken  
 Breast Stuffed with  
 Fontina Cheese &  
 Black Forest Ham  
**Chicken**  
**Cordon** **4<sup>99</sup>** lb.  
**Bleu** . . . . .  
**Black Forest**  
**Style Ham** **4<sup>49</sup>** lb.  
**Steaks** . . . . .

Product of B.C.  
**Crisp Sweet**  
**Fuji**  
**Apples** . . . . . **99¢** lb.  
 Product of Italy  
**Large Sweet**  
**Kiwi** **3/99¢**  
**Fruit** . . . . .

Product of Ontario  
**3 LB. BAG**  
**MACINTOSH**  
**APPLES**  
**1<sup>99</sup>** Bag

Assorted Varieties, 4x142 g  
**Del Monte**  
**Fruit**  
**Cups** . . . . . **2<sup>79</sup>**  
 Reg or Light, 907 g  
**Becel** **3<sup>99</sup>**  
**Margarine** . . . . .  
 Heb, Lemon, Traditional,  
 Honey, 397-450 g  
**Kraft Oven** **3<sup>99</sup>**  
**Classics** . . . . .

**HEINZ KETCHUP**  
 1 LITRE SQUEEZE BOTTLE  
**2<sup>79</sup>**

**FROM THE SEA**  
**Cat Fish Fillets** . . . . . **\$6<sup>99</sup>** lb.  
**Mahi Mahi Fillets** . . . . . **\$8<sup>99</sup>** lb.  
 Fresh Boned Product of Jamaica  
**Tilapia Fillets** . . . . . **\$8<sup>99</sup>** lb.  
 ALL FISH SUBJECT TO AVAILABILITY

**DELI**

From Nation Cheese, Product of Canada  
**Creamy Havarti** . . . . . **1<sup>10</sup>** 100 gr  
 From Nation Cheese, Product of Canada  
**Grated Parmesan Cheese** . . . . . **1<sup>55</sup>** 100 gr  
 Links  
**Black Forest Ham** . . . . . **99¢** 100 gr  
 Italia Meats  
**Sopressa Venetta** . . . . . **1<sup>39</sup>** 100 gr

Mastro Foods  
**Roast Pork with Rosemary** **1<sup>29</sup>** 100 gr  
 J.M. Schneiders,  
 JUMBO, LIGHT, BAGGED  
**Summer Sausage** . . . . . **1<sup>59</sup>** 100 gr  
 Cuddy  
**Oven Roasted**  
**Turkey Breast** . . . . . **2<sup>19</sup>** 100 gr

**BAKERY**  
 Fresh Store Baked  
**Sourdough Bread** . . . . . **1<sup>49</sup>** ea.  
 Fresh Store Made  
**Cheese Sticks** . . . . . **5/1<sup>99</sup>**  
 Cherry, Apple, Lemon Flavour  
**Danish Twist** . . . . . **1<sup>99</sup>** 4 pack  
 Fresh Store Baked,  
**Multigrain Rolls** . . . . . **10/1<sup>99</sup>**

