



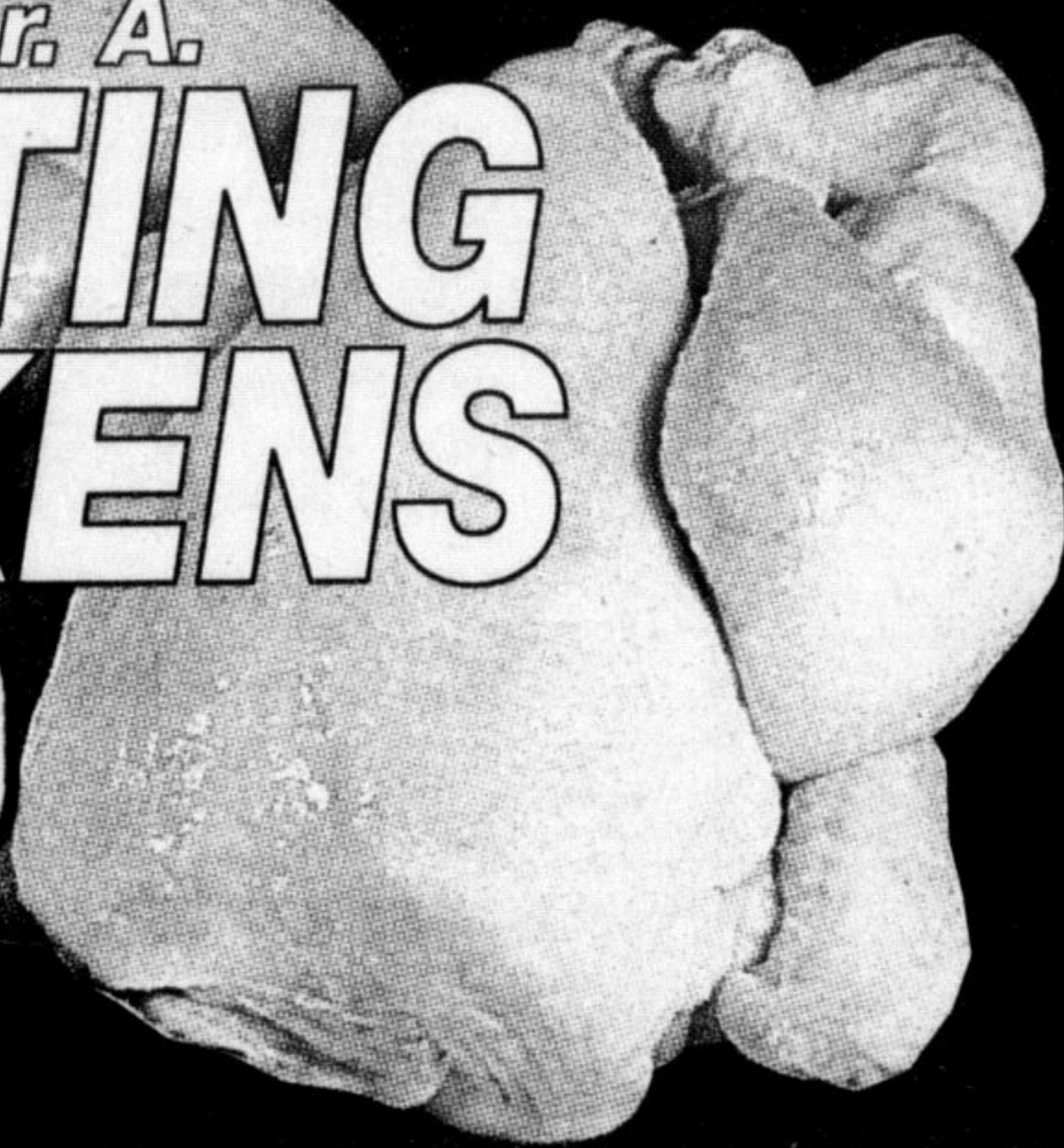
Product of Ontario, Local

**ROMAINE
LETTUCE**
59¢ each

Fresh Canada Gr. A.

**ROASTING
CHICKENS**

1 49
lb.



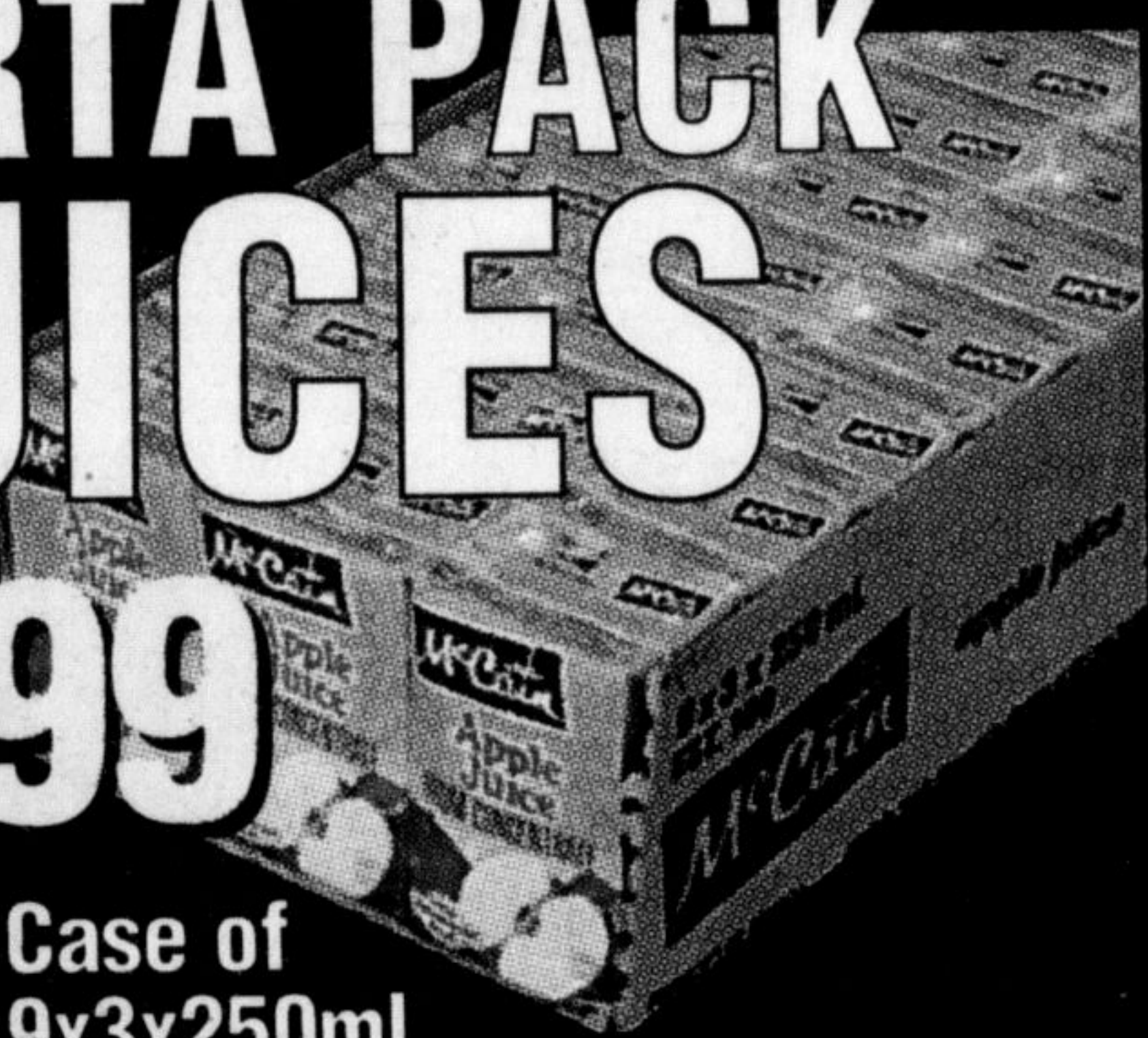
From The Tropics
**SWEET
BANANAS**

39¢
lb.



McCain, Assorted Flavours
**TERTA PACK
JUICES**

5 99
Case of
9x3x250ml



Kellogg's
**ALL BRAN,
CRISPIX, JUST RIGHT,
RICE KRISPIES,
MINI-WHEATS**

2 99
350-725 gr

Buy and 2 boxes of
Kellogg's Cereal and
get one (1 litre)
Carton of Milk
Free!



Green Giant
**FROZEN
VEGETABLES**
Assorted Varieties

1 99
1 kg bag



Produce

Product of Ontario
Large Ontario Broccoli .99¢ bunch

Product of Ontario
Large Hot House Tomatoes .99¢ lb.

Product of USA
Regular Cucumbers 3/99¢

Product of Ontario
Tender Ontario Green Beans 1 49 lb.

Product of Ontario
Fresh Bunched Radishes 79¢ bunch

From the Tropics
Sweet Bananas 39¢ lb.

Product of USA
Sweet Red Onions 79¢ lb.

Product of USA
Large Baking Potatoes 49¢ lb.

Bakery

Whole Wheat Baguette 99¢
Butter Top Bread 1 49
Cinnamon Raisin Rolls 4/1 99
Cheese Buns 6/1 99

Del Monte, Assorted Varieties
Fruit Cups 4 x 142 gr **2 49**

Fruite, Assorted Flavours
Fruit Drinks 2 liter **1 99**

Dare, Assorted Varieties
Cookies 350-400 gr **1 99**

Weston, White or Brown
Wonder Bread 675 gr **99¢**

Dairy Land
Chocolate Milk 1 liter **99¢**

Dairy Land
Buttermilk 1 liter **99¢**

Assorted Varieties
Granola Bars 230 gr **1 99**

Jell-O, Assorted Flavours
Jelly Powders 6 gr **5/1 99**

Jell-O, Assorted Flavours
Instant Puddings 106 gr **2/1 69**

Imperial
Soft Margarine 907 gr tub **2 69**

Meat

Cut from Special Select Grade of Pork
Baby Back Ribs 6 99 lb.

Made from 100% Pure Ontario Beef
Italian Style Sausage 2 29 lb.

Cut from Special Select Grade of Pork
Boneless Center Cut Pork Chops 4 99 lb.

Cut from Special Select Grade of Pork
Family Pack Pork Chops 2 49 lb.

Cut from Special Select Grade of Pork
Center Cut Pork Chops 3 49 lb.

Nor Pak
Pure Beef Hamburger Patties 12 99 5 lb box

Cut from Can triple A Beef
Boneless Blade Steak 3 49 lb.

Center Cut
Sliced Peameal Bacon 4 49 lb.

Deli

National Cheese
Creamy Havarti Cheese 1 10 100 gr

Bittner's
Beef Pastrami or Montreal Smoked Meat 99¢ 100 gr

Maple Leaf
Waxed Bologna 88¢ 100 gr

Cuddy, Oven Roasted
Turkey Breast 2 15 100 gr

Prices in effect from Tues. July 4, Until Monday July 10, 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.