



Cut from Ontario Special Select Grade

**FAMILY PACK  
PORK CHOPS**

**249**  
lb.



Product of U.S.A.  
Sweet, Seedless  
**RED OR GREEN  
GRAPES**

**179**  
lb.



Large Ontario  
**Romaine  
LETTUCE**

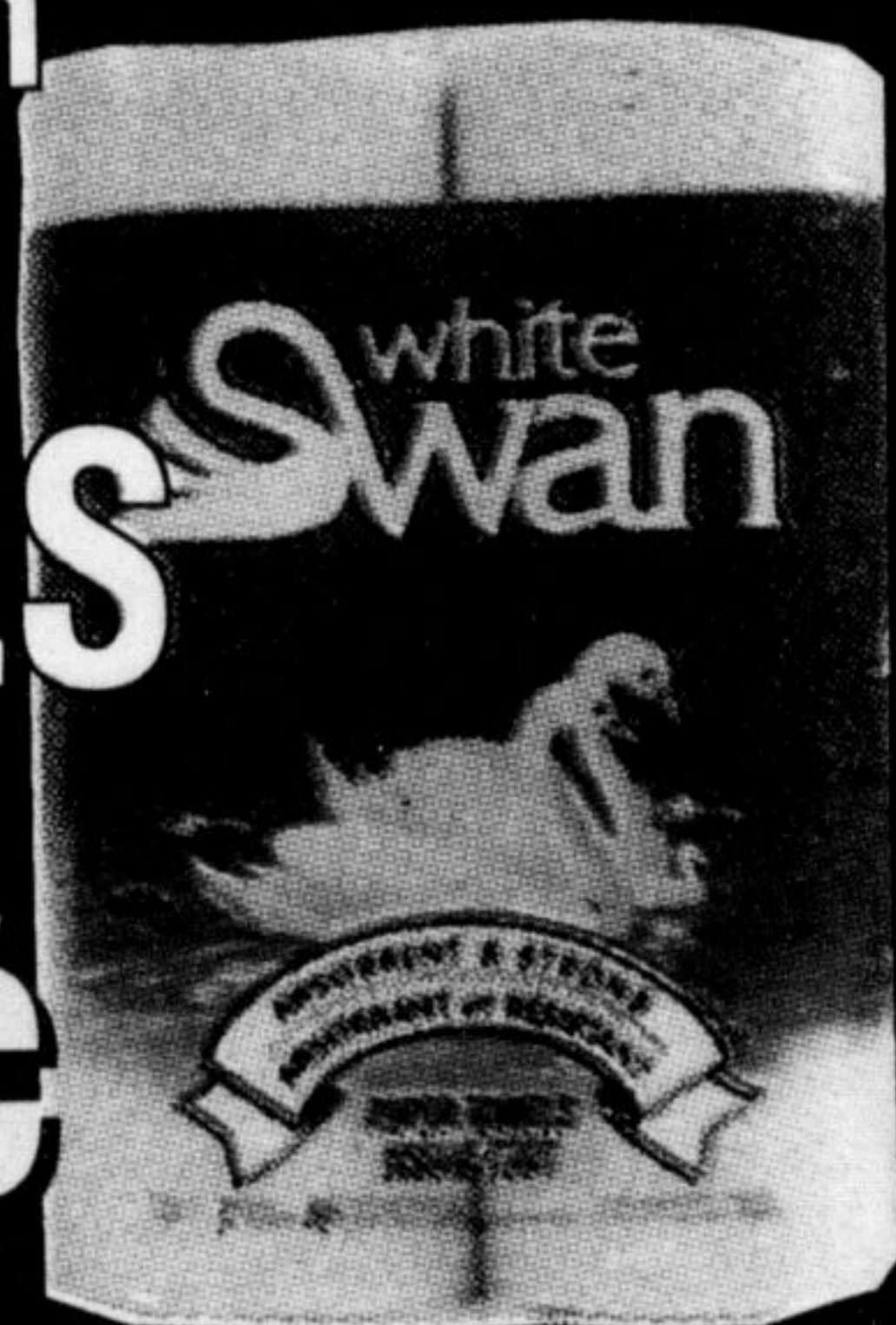
**69¢**  
each



White Swan  
**PAPER  
TOWELS**

2 Rolls

**79¢**



Javex Reg

**BLEACH**



Kraft, Assorted var.

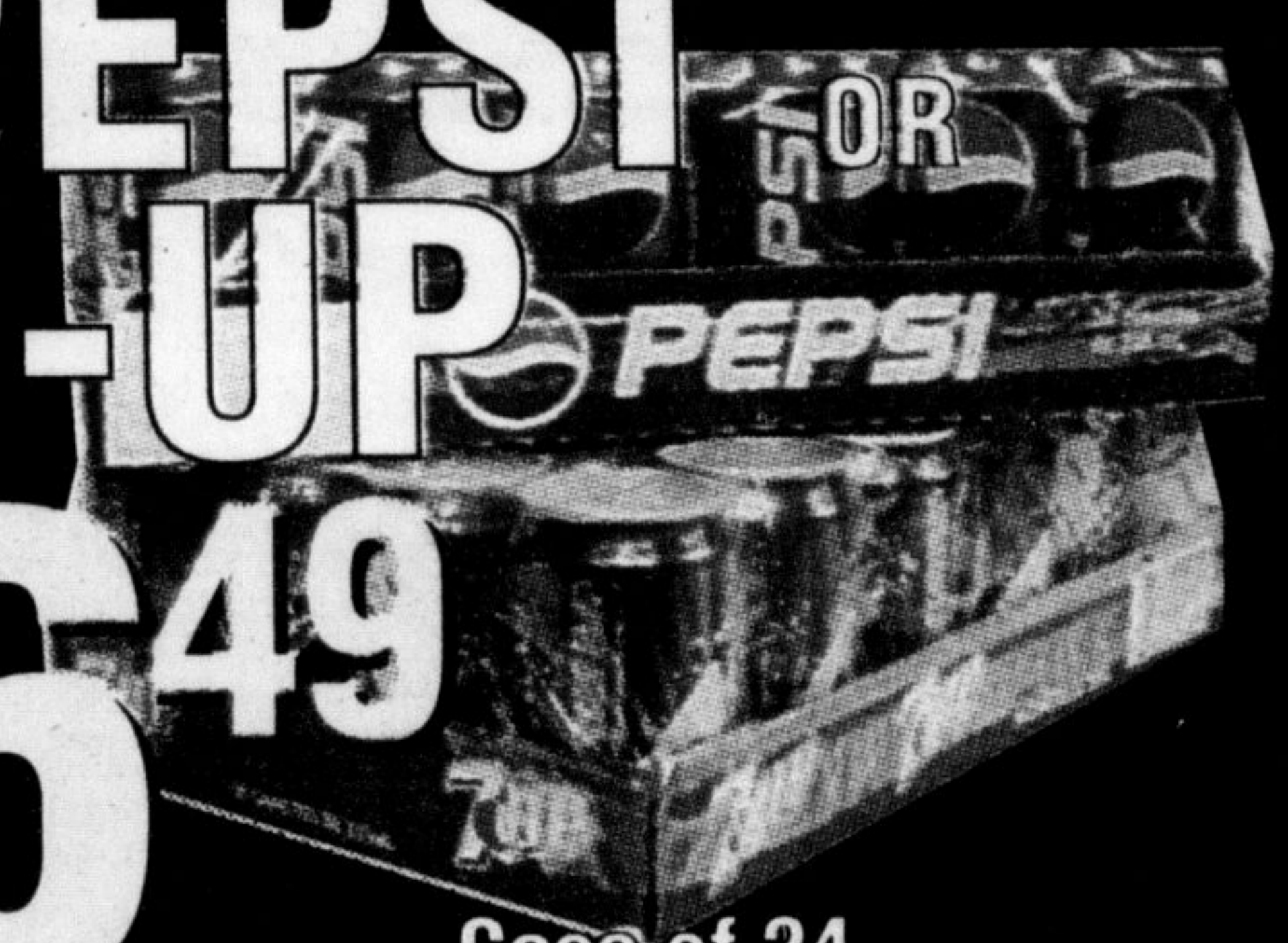
**CHEESE  
SLICES** **299**  
500 g  
16's/24's

REG., DIET, FLAVOURS

**PEPSI  
7-UP**

**649**

Case of 24



*Produce*

Product of Ontario  
**Sweet Red or  
Yellow  
Peppers** ..... **249**  
lb.

Product of U.S.A.  
Size 15  
**Large  
Sweet  
Cantaloupes** ..... **99¢**  
ea.

Ontario  
**Fresh  
Local  
Mushrooms** .. **199**  
lb.

Ontario  
**Fresh  
Peas** ..... **199**  
lb.

Product of Ontario  
**Red or  
White  
Potatoes** .. **79¢**  
lb.

Ontario  
**Bunched  
Green  
Onions** .... **2/99¢**

Large  
**Sweet  
Spanish  
Onions** ... **49¢**  
lb.

Large  
New Zealand  
**Kiwi** .... **4/99¢**

*Bakery*

**Vienna Stick Bread** ..... **99¢**  
**Butter Top Bread** ..... **149**  
**Assorted Muffins** ..... 6 pack **169**

Fleecy, Reg. or Extra Fresh  
**Fabric Softener** ..... 5 L **369**  
Quaker, Assorted Varieties  
**Rice Cakes** ..... 176 g **199**  
Quaker  
**Cap'n Crunch, Life, Oat  
Squares Cereal** .... 350-500 g **299**  
Quaker, Assorted Varieties  
**Crispy Rice Crackers** .. 100 g **199**  
Rice-A-Roni, Assorted Varieties  
**Rice Mixes** .... 142 - 227 g **4/4<sup>00</sup>**  
Ocean Spray, Regular or Lite  
**Cranberry Cocktail** . 1.89 liter **299**  
Quaker, Assorted Varieties  
**Dipps** ..... 186 - 206 g **199**  
Quaker, Assorted Varieties  
**Chewy Bar** ..... 210 g **199**  
Chefmaster  
**Soft Margarine** ..... 454 g **79¢**  
Sunny Delight, Florida or California  
**Citrus Beverage** .... 1.89 L **179**  
Kraft, Regular, Light or Mexican  
**Cheez Whiz** ..... 500 ml **399**

*Meat*

Cut from Ontario  
Special Select Grade  
**Centre Cut  
Pork Chops** ..... **399**  
lb.  
**Roasting  
Chicken** ..... **159**  
lb.  
Cut from Ontario Special Select Grade  
**Boneless, Center Cut  
Pork Loin  
Chops** ..... **499**  
lb.  
Cut from Ontario Special Select Grade  
Boneless Rib or Tenderloin End  
**Pork Loin  
Roasts** ..... **399**  
lb.  
Cut from Ontario Special Select Grade  
**Breaded  
Pork  
Cutlets** ..... **399**  
lb.  
Cut from Canada Triple A Beef  
Boneless  
**Cross Rib or  
Blade Steak** .... **349**  
lb.  
Nor Pak  
**Pure Beef  
Hamburger  
Patties** . 5 lb. box **1299**

*Deli*

Mastro  
**Oven Roasted  
Rosemary Ham** ..... **110**  
100 gr  
National Cheese, Creamy  
**Havarti Cheese** ..... **110**  
100 gr  
Deli Sliced  
**Edam Cheese** ..... **125**  
100 gr  
Colombo  
**Prosciutto** ..... **179**  
100 gr  
Links  
Hungarian, German, Pepperseed, Cervelat  
**Salami** ..... **99¢**  
100 gr  
Maple Lodge  
**Cajun Chicken Breast** ..... **110**  
100 gr

Prices in effect from Tues. July 18, Until Monday July 24, 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.