



Cut from Canada Grade A Chicken
ALL EXCESS FAT TRIMMED

BONELESS CHICKEN BREASTS **3.99** lb.

Product of Ontario, Local

Peaches & Cream CORN **10/299**

Product of Ontario

Fresh GREEN BEANS **99¢** lb.

REG OR LIGHT, SMOOTH, CRUNCHY, EXTRA CREAMY

KRAFT PEANUT BUTTER

2.99 1 Kg

Product of USA

SWEET CANTELOUPES **79¢** Ea.

GREEN GIANT, ASSORTED VARIETIES

FROZEN VEGETABLES **1.99** 1 Kg

Produce

Product of Holland Sweet Red, Yellow Orange Peppers 1.99 lb.	Product of Ontario Local Fresh Mushrooms ... 1.99 lb.
Product of Ontario Fresh on the Vine Ripe Tomatoes 1.49 lb.	Product of Ontario, Sweet Local Freestone Red Haven Peaches 99¢ lb.
Product of USA Sweet Royal Gala Apples 99¢ lb.	Product of Ontario Sweet Cello 2 Lb. Carrots ... 79¢ 5 Lb. Carrots ... 1.69
Product of Ontario New White 10 Lb. Potatoes 1.99 bag	Product of USA Sweet Honey Mandrine 1.49 lb.
Product of Ontario Fresh Regular Slicing Cucumbers . 2/99¢	Fresh Fall Garden Potted Mums ... 10" Pot 4.99

Reg., Minis, Assorted Flavours Quaker Rice Cakes 100 g	1.99
Quaker, Assorted Varieties Ready to Serve Oatmeal . 296-425g	1.99
Reg, Extra Spicy Mott's Clamato Juice 1.89 Litre	2.99
Reg, Light, Low Fat Kraft Miracle Whip 1 Litre	2.99
Reg, No Garlic, Polish Bick's Dills 1 Litre	2.29
Assorted Varieties, Quaker Dippis 186-193 g	1.99
Plain or Frosted, Assorted Flavours Kellogg's Pop Tarts 300-312 g	1.99
Cheerios, Frosted Cheerios, Honey Nut Cheerios .. 425/400/375 g	2.29
OUR VERY OWN Cranberry Juice 3.78 Litre	4.99
Assorted Flavours, Reg or Calorie Wise Kraft Salad Dressings 475 ml	1.99
Assorted Varieties Kozy Shack Rice Pudding . 2x113 g	1.69

Meat

Mild, Hot, With Fennel, Honey Garlic Italian Sausage 1.99 lb.	Cut from Special Select Grade of Pork Family Pack Pork Chops 2.49 lb.
Cut from Special Select Grade of Pork Centre Cut Pork Loin Chops 3.79 lb.	Made from 100% Pure Canadian Beef 20 x 4 oz. patties per box Frozen Beef Burgers 12.99 box
Made from 100% Pure Canadian Beef Extra Lean Ground Beef 2.99 lb.	Made from Top Sirloin Steak Beef Shiskabobs ... 5.99 lb.
Made with 100% White Meat Chicken Shiskabobs ... 5.99 lb.	Cut from Canada Triple A Beef Boneless Blade Steak 2.99 lb.

Bakery

Turnovers Assorted Flavours	4/1.69
Cheesesticks	6/1.99
Buttertop Bread	1.49
Multigrain Bread	2.29

Deli

National Cheese Creamy Havarti	99¢ 100 gr
Imported Swiss	1.35 100 gr
Casa Italia Vera Mortadella	99¢ 100 gr
Link's Hungarian, German, Peppercorn, Cervelat	
Salami	99¢ 100 gr
Black Forest Ham	88¢ 100 gr
Maple Lodge Cajun Chicken Breast	1.05 100 gr

Prices in effect from Tues. August 29, until Monday September 4, 2000
WE RESERVE THE RIGHT TO LIMIT QUANTITIES
• WE DELIVER • Seniors 5% Discount Mon-Wed

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.