



Cut from a Special Select Grade of Ontario Pork

**PORK PICNIC SHOULDER ROAST**

**99¢** lb.

Product of USA  
**FRESH LARGE ROMAINE LETTUCE**

**99¢** ea.

Product of Ontario  
**NEW WHITE POTATOES**

**99¢** Bag

10 LB. BAG

Product of USA  
**LARGE STAR RUBY GRAPEFRUIT**

**79¢** ea.

MILD, MED, MARBLE, MOZZ., REG OR LIGHT

**KRAFT CHEDDAR CHEESE**

**4.99**

600 gr blocks

REG OR DIET

**PEPSI/7 UP**

**99¢**

2 Litre

ASSORTED VARIETIES

**LEAN CUISINE FROZEN ENTREES**

**1.99**

212-296 g

*Produce*

Product of B.C. Extra Fancy

**Sweet Royal Gala Apples**

**79¢** lb.

Product of USA

**Bartlett, Bosc D'Anjou Pears**

**99¢** lb.

Product of Ontario

**2 lb. Carrots** ... **69¢** bag

**2 lb. Onions** ... **69¢** bag

Product of USA

**Red or Green Leaf Lettuce**

**99¢** ea.

Product of Ontario

**Fresh Green Onions**

**2.99**

Product of USA

**Fresh, Sweet Green Peppers**

**1.49** lb.

Product of USA

**Sweet Red or White Onions**

**79¢** lb.

Product of Ontario

**Fresh Bunched Leeks**

**1.99** bunch

**Imperial Margarine** ..... 907 g tub **2.49**

**Kraft Old Cheddar Cheese** ... 600 g Block **5.49**

Orval Redenbacher, Assorted Varieties

**Microwave Pop Corn** ..... 297 g **1.99**

**Kellogg's All Bran Cereal** .. 525 g **2.99**

**Kellogg's Raisin Bran Flakes** . 475 g **2.99**

**Kellogg's Special K** ..... 475 g **2.99**

**Kellogg's Special K Plus** ... 375 g **2.99**

Assorted Varieties, Minute Maid

**Frozen Orange Juice or Five Alive Citrus Drink** ..... 355 ml **99¢**

Cloverleaf

**Pink Salmon** ..... 213 g **99¢**

Assorted Varieties

**Premium Plus Crackers** ..... 450 g **1.99**

White or Brown

**Weston's Wonder Bread** ... 675 g **99¢**

*Meat*

Cut from A Special Select Grade of Ont. Pork

**Family Pack Pork Chops** ... **2.29** lb.

Cut from A Special Select Grade of Ont. Pork

**Centre Cut Pork Chops** ... **3.99** lb.

**Black Forest Style Half Hams** ..... **3.99** lb.

Made from 100% Pure Canadian Beef

**Lean Ground Beef** ..... **1.99** lb.

Cut from A Special Select Grade of Ont. Pork

**Boneless Centre Cut Pork Loin Roast** .... **3.99** lb.

J.M. Schneiders

**Chicken Breast Nuggets, Fingerlings, BBQ Wings** ..... **6.99** 908 g

Mild, Hot, with Fennel Seeds, Honey Garlic

**Italian Sausage** ..... **1.99** lb.

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**Breaded Pork Cutlets** ..... **2.99** lb.

**Smoked Kolbassa Coil** ..... **2.99** lb.

**Black Forest Style Bacon** ..... **4.99** lb.

*Bakery*

**Cheese Sticks** ..... **6/1.99**

**Cinnamon Buns** ..... **4/1.99**

**Country Brown Bread** ..... **1.49**

**Old Fashioned Bread** ..... **1.49**

*Deli*

National Cheese

**Swiss Emmental** ..... **1.79** 100 gr

**Creamy Havarti** ..... **1.09** 100 gr

**Colombo Prosciutto** ..... **1.85** 100 gr

Summersweet

**Jarlsberg** ..... **2.20** 100 gr

Casa Italia

**Vera Martadella Pistachio** ... **85¢** 100 gr

**Mild Lean Salami** ..... **1.29** 100 gr

**Prosciutto Cotto** ..... **1.15** 100 gr

Bittner

**Honey Maple Ham** ..... **99¢** 100 gr

Prices in effect from Tuesday, October 24, until Monday October 30, 2000  
WE RESERVE THE RIGHT TO LIMIT QUANTITIES  
• WE DELIVER • Seniors 5% Discount Mon-Wed

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.

**876-4496**