



Product of The Tropics

# BANANAS

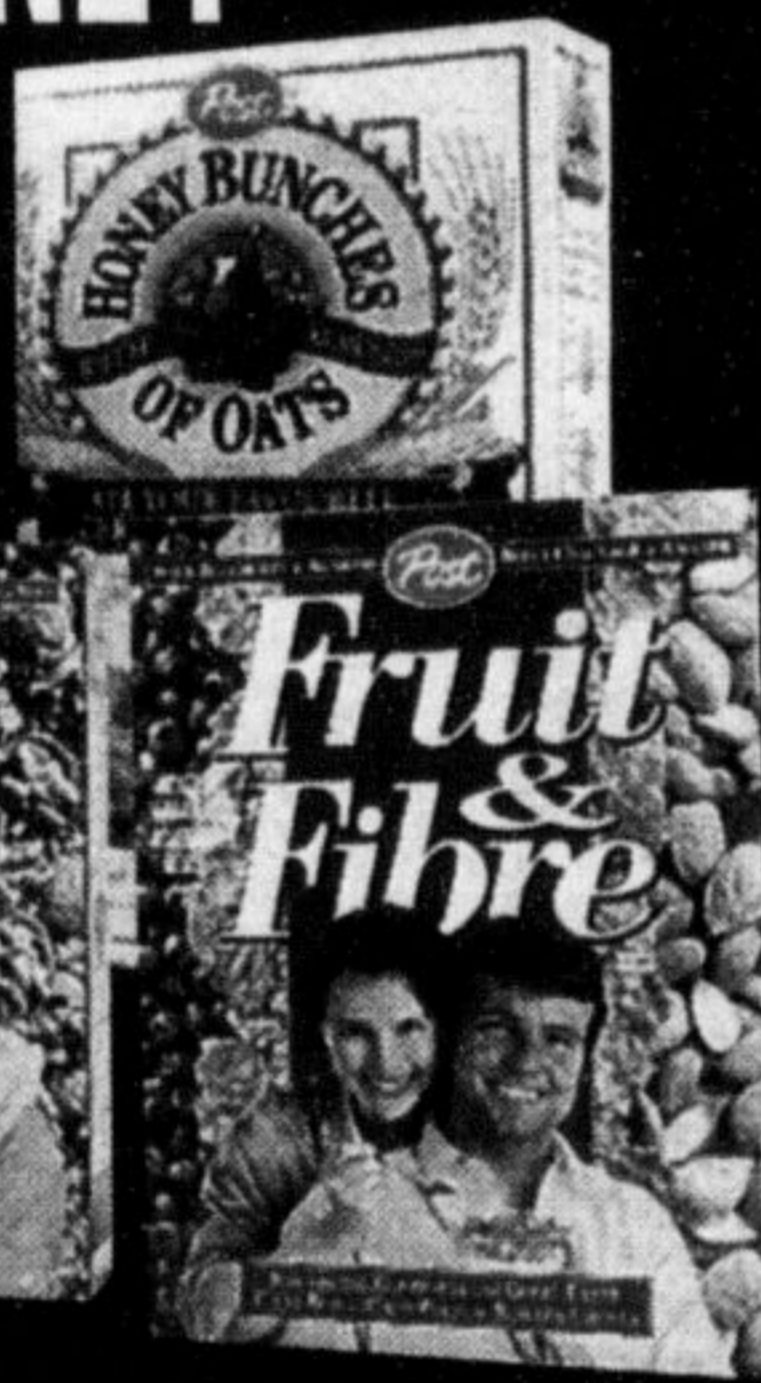
Cut from Can Triple A Beef  
**BONELESS  
 BLADE ROAST**  
**\$2.99**  
 lb.

Product of Ontario  
**LARGE BAKING  
 POTATOES**  
**49¢**  
 lb.

**25¢**  
 lb.

POST BREAKFAST CEREAL  
 ASSORTED VARIETIES  
**FRUIT & FIBRE, HONEY  
 BUNCHES & OATS,  
 RAISIN BRAN**

**\$2.50**  
 450-525gr



**GOLD SEAL  
 SKIP JACK  
 TUNA  
 IN WATER**

**79¢**  
 170 gr



**MONTINI  
 CANOLA OIL**

**2.99**  
 3 litre jug



*Produce*

Product of USA  
**Sweet  
 Red  
 Peppers** ..... **1.49**  
 lb.

Product of Ontario  
**Sweet  
 Yams** ..... **79¢**  
 lb.

Product of Peru  
**Asparagus** . **1.49**  
 bunch

Product of Ontario  
**Fresh  
 Top  
 Beets** ..... **1.99**  
 bunch

Product of South Africa  
**Sweet  
 Seedless  
 Oranges**..... **79¢**  
 lb.

Product of Ontario  
**Fresh  
 Super Sweet  
 Loose Carrots** . **79¢**  
 lb.

Product of New Zealand  
**Sweet  
 Kiwi  
 Fruit**..... **4/1.00**

Product of Italy  
**Sweet Italian  
 Moscato  
 Grapes** ..... **1.79**  
 lb.

Product of Ontario  
**Sweet  
 Parsnips** **99¢**  
 1 lb Bag

Product of USA  
**Fresh  
 Brussel  
 Sprouts**..... **99¢**  
 lb.

Bounty, 52 Sheets <b>Bounty Paper Towels</b> ..... 2 Rolls	<b>1.99</b>
Primo, Canadian, Crushed, Diced <b>Tomatoes</b> ..... 796 ml	<b>99¢</b>
Bugles, Assorted Varieties <b>Snacks</b> ..... 150 gr	<b>99¢</b>
Assorted Varieties <b>Hamburger Helper</b> ..... 200-240 gr	<b>1.50</b>
Primo, Assorted Varieties <b>Soups</b> ..... 540 ml	<b>1.49</b>
Aunt Jemima, Assorted Varieties <b>Pancake Mix</b> ..... 1 kg	<b>1.99</b>
Aunt Jemima, Assorted Varieties <b>Pancake Syrup</b> ..... 750 ml	<b>2.49</b>
Minute Maid, Fresh Squeezed, Assorted Varieties <b>Orange Juice</b> ..... 1.8 Litre	<b>1.99</b>
Nabob, Reg, Fine, Extra Fine, Decaf <b>Coffee</b> ..... 300 gr	<b>2.99</b>
International Delight <b>Coffee Creamers</b> ..... 473 ml	<b>1.99</b>

*Meat*

Cut from the Hip  
**Fresh  
 Veal Cutlets** . **3.99**  
 lb.

**Fresh Pacific  
 Red Snapper  
 Fillets** ..... **6.99**  
 lb.

Cut from Canada Grade A Beef  
**Lean &  
 Chunky  
 Stewing Beef** . **2.99**  
 lb.

**Fresh  
 Tuna  
 Steaks** ..... **12.99**  
 lb.

Cut from Canada AAA Beef  
**Boneless  
 Blade  
 Steaks**..... **3.99**  
 lb.

From Norwich Packers  
**Corned  
 Beef  
 Brisket** ..... **3.99**  
 lb.

Cut from A Special Select Grade of Ont. Pork  
**Boneless  
 Pork  
 Butt Roast** ... **1.99**  
 lb.

J.M. Schnieders  
**Hot  
 Rods**..... **2.49**  
 160 gr

Cut from A Special Select Grade of Ont. Pork  
**Fresh  
 Pork  
 Tenderloin** ... **6.99**  
 lb.

Cut from Canada Grade A  
**Boneless, skinless  
 Chicken  
 Breasts** ..... **3.99**  
 lb.

*Bakery*

<b>Onion Buns</b> .....	<b>4/1.79</b>
<b>Multigrain Bread</b> .....	<b>2.79</b>
<b>Buttertop Bread</b> .....	<b>1.49</b>
<b>Sausage Rolls</b> .....	<b>4/1.79</b>

*Deli*

National Cheese, Mild, Medium, Old <b>Cheddar Cheese</b> ..... <b>1.09</b> 100 gr	Cuddy <b>Dijon Style          Turkey Breast</b> ..... <b>1.99</b> 100 gr
<b>Canadian          Crotonese</b> ..... <b>1.95</b> 100 gr	<b>Herb &amp; Spice          Turkey Breast</b> ..... <b>1.99</b> 100 gr
Summersweet <b>Aged Gouda</b> ..... <b>2.09</b> 100 gr	

<b>Smoked          Chicken Breast</b> ..... <b>1.19</b> 100 gr
Schnieder, Jumbo, Light, bag <b>Summer Sausage</b> ... <b>1.79</b> 100 gr
<b>Old Fashioned          Ham</b> ..... <b>1.29</b> 100 gr

Prices in effect from Tuesday, October 31, until Monday November 6, 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**