



Product of P.E.I.  
**LARGE BAKING POTATOES 39¢** Lb.

Special Select Grade of Ontario Pork

**CENTER CUT BONELESS PORK LOIN ROASTS \$3.99** lb.

Product of Canada  
**MINI CARROTS 99¢** 1 Lb. bag

Product of USA  
**FRESH HANDPICKED GREEN BEANS 1.49** Lb.

PRIMO ASSORTED CUTS

**PASTA**

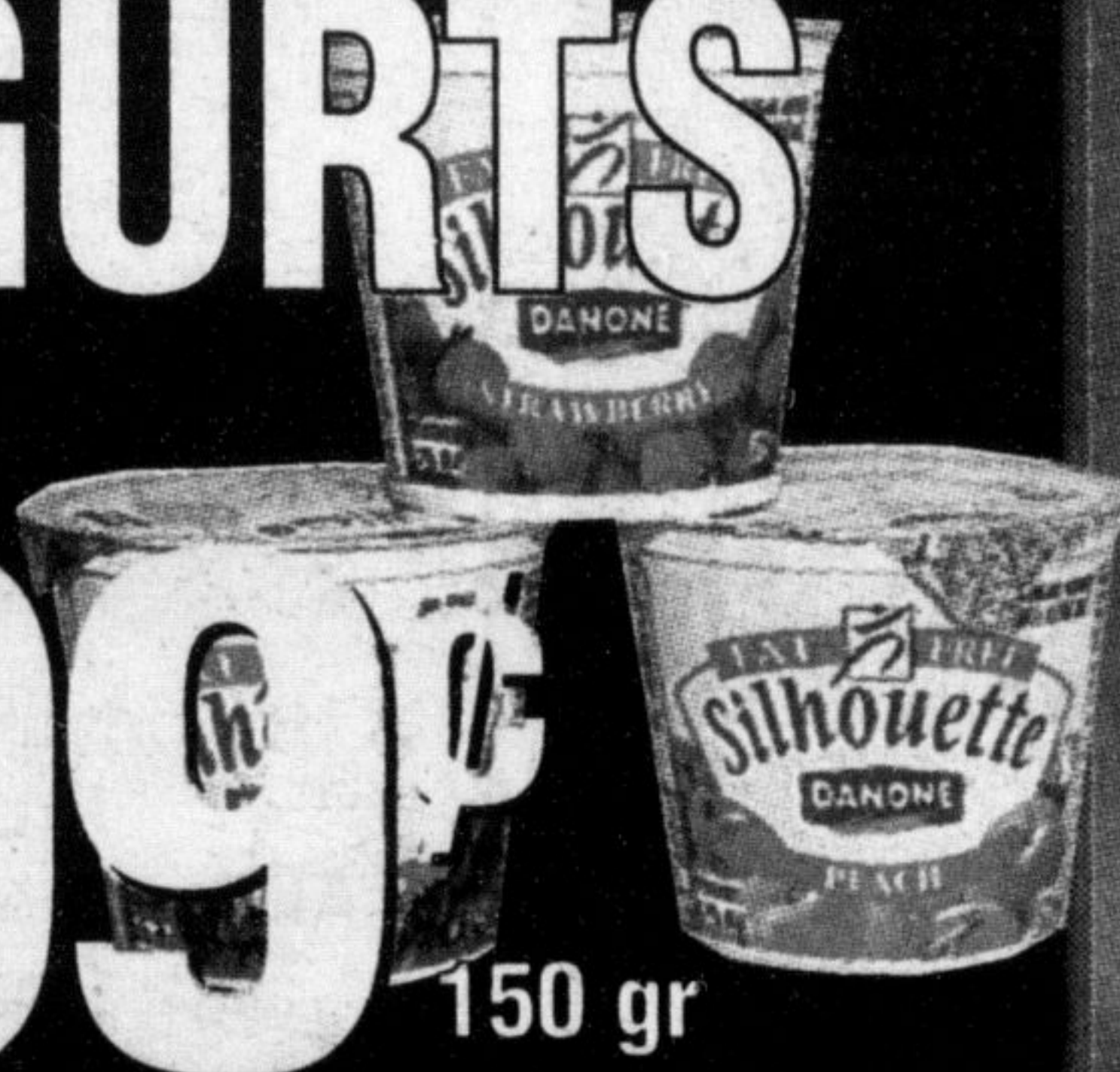
**79¢** 900 gr



SILHOUETTE ASSORTED FLAVOURS

**YOGURTS**

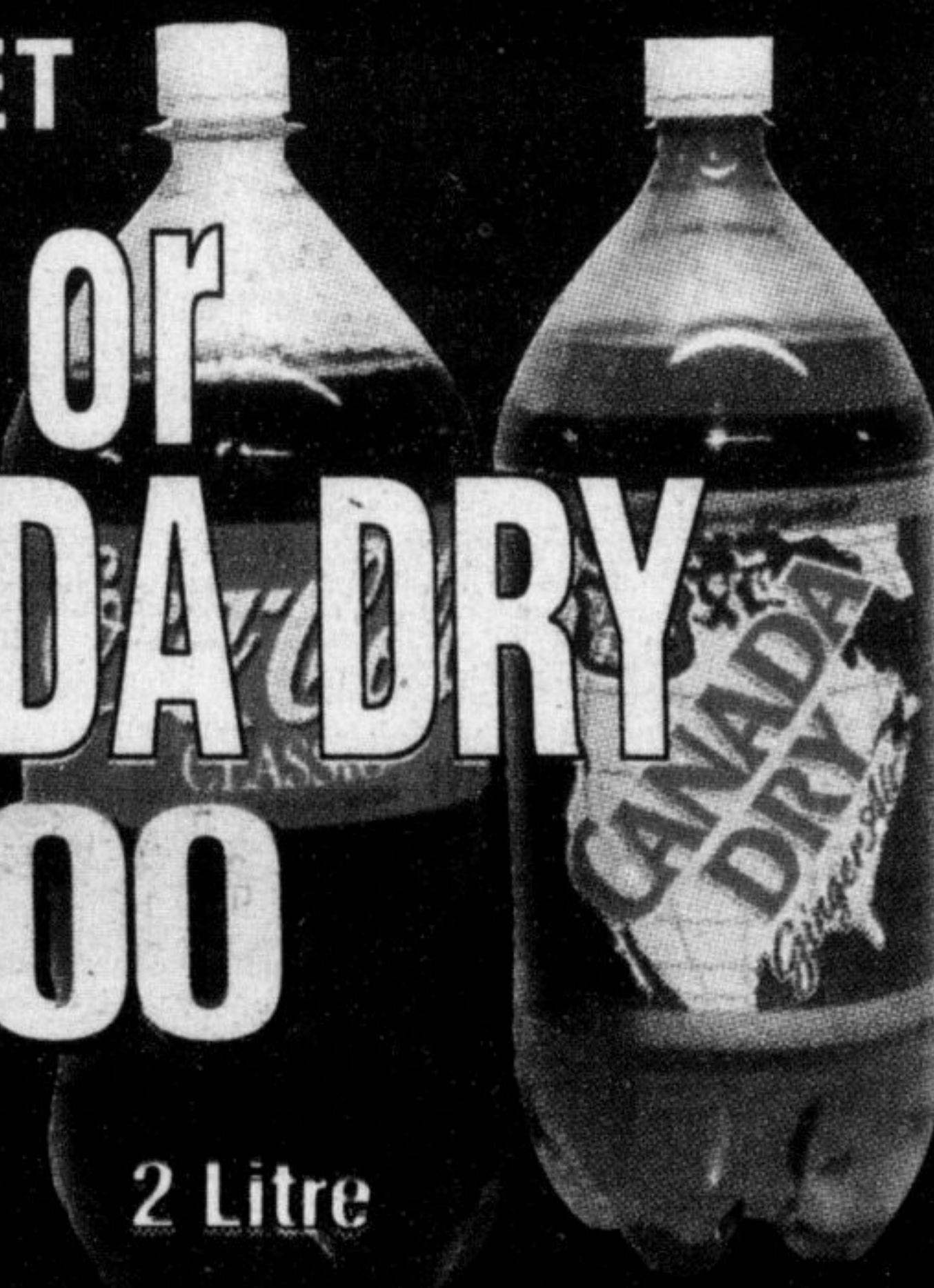
**2/99¢** 150 gr



REG OR DIET

**COKE or CANADA DRY**

**4/4.00** 2 Litre



*Produce*

Product of USA, Size 56  
**Large Seedless Sunkist Oranges** ..... **99¢** lb.

Product of USA  
**Sweet Honey Tangerines** . **99¢** lb.

Product of USA  
**Tender Celery Hearts** . . . . **99¢** ea.

Product of USA  
**Sweet Yams or Sweet Potatoes**..... **85¢** lb.

Product of USA  
**Sweet Peaches & Cream Corn** . **3/1.49**

*Order your Christmas Gift Baskets soon!*

Product of USA  
**Florida Red Grapefruit** ... **5/1.99**

*Avoid the Christmas rush!*

Product of USA  
**Escarole or Endive Lettuce**..... **99¢** ea.



Pillsbury <b>Christmas Cookies</b> ..... 510 gr	<b>3.49</b>
Pepperidge Farm, Assorted Varieties <b>Goldfish Cookies</b> ..... 200 gr	<b>1.99</b>
Cheerios, Apple Cinnamon, Honey Nut, Multi-Grain, Frosted Cheerios <b>Cheerios Breakfast Cereal</b> . 450-575 gr	<b>2.99</b>
Nestle Quik, Lucky Charms, French Toast Crunch, Trix <b>Breakfast Cereal</b> ..... 400-425 gr	<b>2.99</b>
Primo, Assorted Varieties <b>Beans</b> ..... 540 ml	<b>79¢</b>
Primo, Assorted Varieties <b>Tomatoes</b> ..... 796 ml	<b>99¢</b>
Primo, Assorted Varieties <b>Spaghetti Sauce</b> ..... 796 ml	<b>99¢</b>
Campbell's, Assorted Varieties <b>Classic Soups</b> ..... 540 ml	<b>1.69</b>
Wonder, White or Brown <b>Texas Toast</b> ..... 675 gr	<b>1.09</b>
Montini <b>Canola Oil</b> ..... 3 liter	<b>3.99</b>
Primo <b>Tomato Paste</b> ..... 156 ml	<b>2/99¢</b>

*Meat*

4-5lb average, Can. Grade A  
**Whole Roasting Chickens** ..... **1.59** lb.

Special Select Grade of Ontario Pork  
**Boneless Tenderloin End Pork Loin Roast** ... **3.49** lb.

Pickled and Rolled  
**Center Cut Peameal Bacon** ..... **4.99** lb.

Fresh  
**Atlantic Salmon Fillets**..... **6.99** lb.

Cut from Special Select Grade of Ontario Pork  
**Center Cut Pork Chops**.. **3.69** lb.

Fresh  
**Rainbow Trout Fillets**..... **6.99** lb.

Fresh  
**Turkey Breast Scallopini**... **4.99** lb.

Fresh  
**Marlin Steaks** ..... **7.99** lb.

Special Select Grade of Ontario Pork  
**Boneless Rib End Pork Loin Roast** ... **3.49** lb.

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

*Bakery*

<b>Cinnamon Raisin Rolls</b> .....	<b>4/1.99</b>
<b>Storemade Cookies</b> Assorted Flavours ..	<b>3.69</b>
<b>Country Brown Bread</b> .....	<b>1.49</b>
<b>Sour Dough Bread</b> .....	<b>1.49</b>

*Deli*

National Cheese  
**Grated Parmesan** .. **1.79** 100 gr  
**Creamy Harvarti** ... **1.09** 100 gr

**Black Forest Ham** **99¢** 100 gr  
 Jumbo or Light  
**Summer Sausage** .. **1.49** 100 gr  
**Ham & Bacon Loaf** **1.10** 100 gr

**French Onion Loaf** **1.10** 100 gr  
 Fat Free  
**Turkey Breast** ..... **1.59** 100 gr

Prices in effect from Tuesday, November 21, until Monday November 27, 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**