



Product of Chile

RED or GREEN SEEDLESS

GRAPES **1.99** Lb.



Made fresh from 100% Pure Canadian Beef

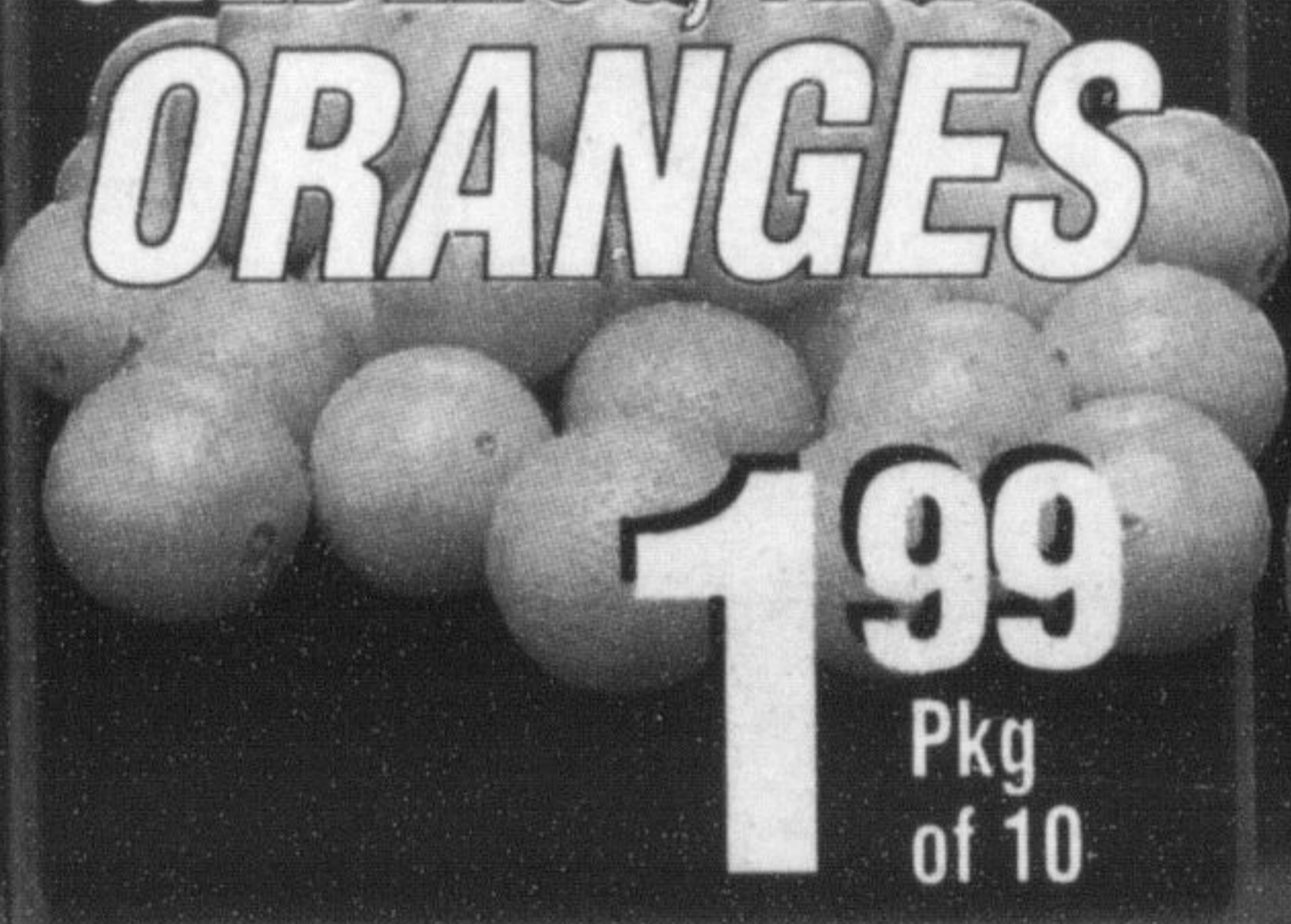
LEAN GROUND BEEF **\$1.99** Lb.



Product of USA
SEEDLESS, NAVEL

ORANGES

1.99 Pkg of 10



Product of Mexico

BEEFSTEAK TOMATOES

89¢ Lb.



ASSORTED FLAVOURS

MCCAIN JUICES

1.69 3x250 ml



ASSORTED VARIETIES
OLD SOUTH, FROZEN

ORANGE JUICE

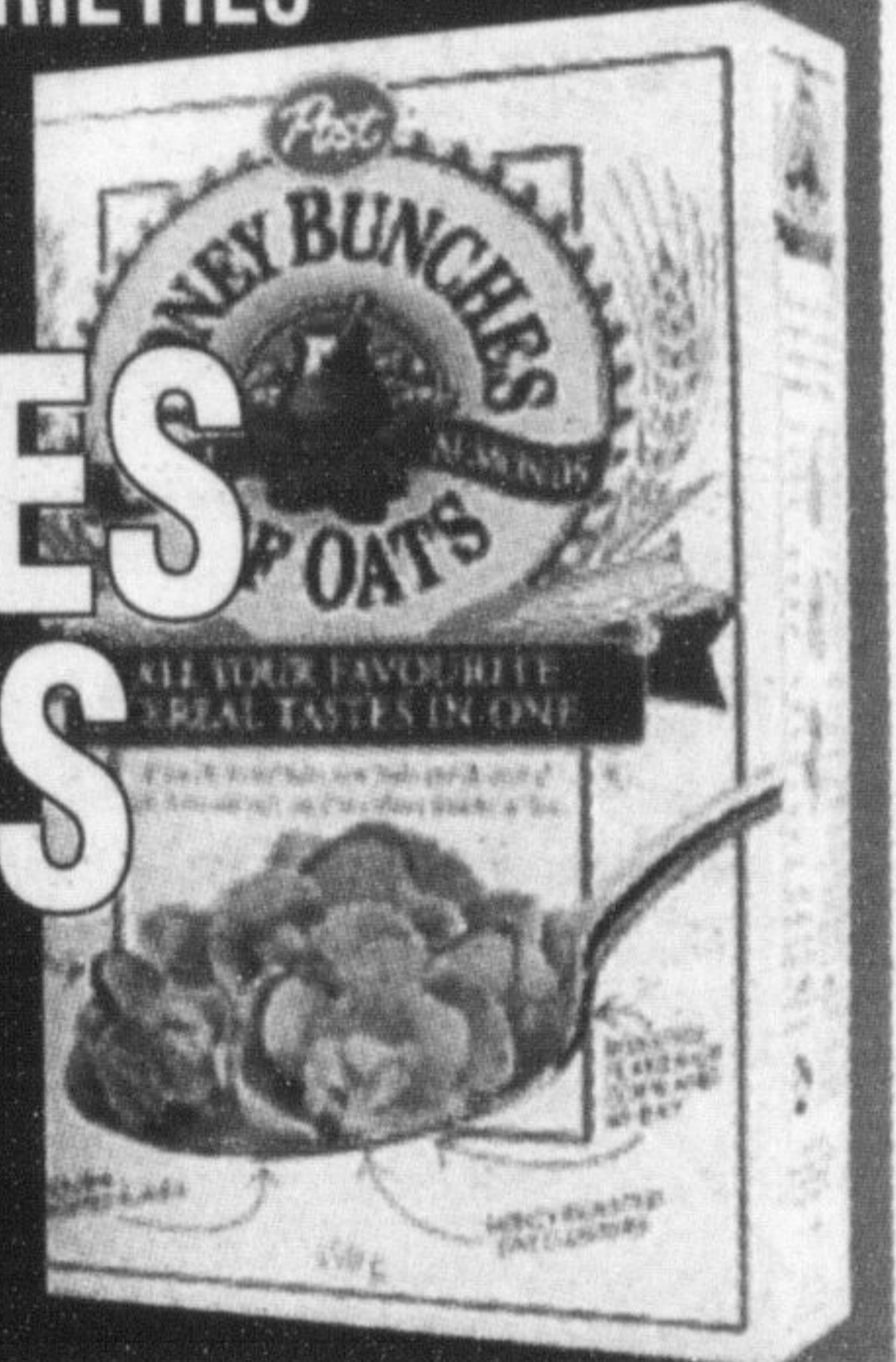
79¢ 355 ml



POST, ASSORTED VARIETIES

HONEY BUNCHES OF OATS

2/5.00 450 g



Produce

Product of USA
Fresh Green Beans
1.99 Lb.

Product of Ontario
Portabella Mushrooms... **2.99** Lb.

Product of USA
Sweet Red Peppers ... **1.99** Lb.

Product of South Africa
Cactus Pears ... **2/99¢** ea.

Product of P.E.I.
Yukon Gold or PEI Potatoes .. **1.99** 10 lb. bag

Product of BC
Sweet Royal Gala Apples..... **99¢** Lb.

Ontario Greenhouse
Seedless Cucumbers... **1.99** ea.

Product of S. America
Sweet Packham Pears
99¢ Lb.

Mr. Christies Oreo, Chips Ahoy	1.99
Chewey Chips Ahoy 350 g	
Weston's, Assorted Varieties	
Country Harvest Bread 675 g	1.59
Quaker, Assorted Varieties	
Ready to Serve Oatmeal 288-470 g	1.99
Kellogg's, Assorted Varieties	
Rice Krispie Bars 176 g	3/5.00
Assorted Varieties	
Kellogg's Nutri-Bars 222 g	3/5.00
Reg or Light, Assorted Varieties	
Pringles Potato Chips 170-190 g	1.99
Assorted Flavours	
Quaker Rice Cakes 100 g	1.99
Assorted Varieties	
Aunt Jemima Pancake 1 Kg	1.99
Imperial Margarine 907 g Tub	1.99

Meat

Cut from Canada Triple A Beef
Boneless Blade Steaks or Roasts..... **3.99** lb.

Cut from the Leg
Veal Scallopini..... **7.99** lb.

Fresh Canada Grade A Boneless Chicken Breasts
Plain or Breaded Chicken Cutlet..... **6.99** lb.

Fresh
Dover Sole Fillets..... **6.99** lb.

Pure Pork Breakfast Sausage **2.69** lb.

Black Forest Bacon **4.99** lb.

Naturally Smoked
Octoberfest Sausage **3.69** lb.

J.M. Schneiders
Chicken Nuggets or Strips **7.99** 700 g

Bakery

Assorted Flavours	
Mini Danishes	1.79
Cinnamon Raisin Rolls ..	4/1.99
Pumpnickle Bread	1.69
Multigrain Bread	2.79

Deli

National Cheese	
Mild Provolone Cheese ..	1.59 100 gr
Danish Blue Cheese	1.95 100 gr
Cuddy	
Smoked Turkey Breast ..	1.49 100 gr
Smoked Chicken Breast	1.25 100 gr

Mastro	
Roasted Rosemary Ham	1.29 100 gr
Friulano Salami	1.85 100 gr
J.M. Schneider	
Fat Free Ham	1.49 100 gr

Prices in effect from Tuesday, February 27, until Monday March 5, 2001
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