



Fresh Canada Grade A

**FREE RANGE TURKEYS** \$1.89 lb.

Product of Canada #1

**LARGE HOT HOUSE TOMATOES** 1.99 lb.

Product of USA

FRESH

**BRUSSEL SPROUTS**

99¢ lb.

Product of USA

TENDER

**CELERY STALKS**

1.49 ea.

ASSORTED VARIETIES

**LA ROCCA CAKES**

1.79

1/2 Cakes

ASSORTED VARIETIES

**GREEN GIANT FROZEN VEGETABLES**

1.79 1 kg

Fresh Ontario Lamb

**LEG of LAMB**

6.99 Lb.

*Produce*

Product of USA

**Large Romaine Lettuce** 99¢ ea.

Product of USA

**Andy-Boy Rapini** 1.99 bunch

Product of P.E.I.

**Large Baking Potatoes** 49¢ lb.

Product of B.C.

**Sweet Royal Gala Apples** 99¢ lb.

Product of USA

**Large Cauliflower** 1.99 ea.

Product of USA, Louisiana

**Sweet Yams** 99¢ lb.

Product of USA, Sunkist, California

**Sweet Large Seedless Oranges** 1.29 lb.

Product of USA

**Sweet Honey Tangerines** 99¢ lb.

Product of USA, Andy-Boy

**Large Anise (Fennel)** 1.99 ea.

Product of USA

**Fresh Sweet Watermelon** 99¢ lb.

Assorted Varieties

**Becel Margarine** 454 g 1.99

Assorted Varieties

**Mott's Apple Juice** 796 ml 1.49

Assorted Varieties

**Mott's Garden Cocktail** 1.89 Litre 2.99

Assorted Varieties

**Mott's Clamato Juice** 1.89 Litre 2.99

**Pillsbury Crescent Rolls** 235 g 99¢

Assorted Varieties

**Stuff N Such Stuffing Mix** 120 g 99¢

Assorted Varieties

**Doles Pineapple** 398 ml 89¢

Nine Inch

**Tenderflake Pie Crust** 320 g 2.69

Assorted Varieties

**Our Very Own Potato Chips** 170 g 69¢

Reg, Lite, Low Fat

**Kraft Miracle Whip** 1 Litre 2.99

Assorted Varieties, Reg, or Calorie Wise

**Kraft Salad Dressings** 475 ml 1.99

*Meat*

Fresh Canada Grade A Chicken

**Boneless Chicken Breasts** 3.99 lb.

**Fresh Salmon Fillets** 7.99 lb.

Naturally Smoked, Bone-in, Excess Fat Removed

**Smoked Ham** 2.49 lb.

**Fresh Bay Scallops** 10.99 lb.

Extra Lean Whole Smoked Hams Shank or Butt Portion

2.69 lb.

From North Country Smoke House

**Whole or Halves Black Forest Style Hams** 3.49 lb.

**Fresh Rainbow Trout Fillets** 6.99 lb.

Sweet Pickled & Rolled in Corn Meal

**Centre Cut Peameal Bacon** 3.99 lb.

Fresh Ontario Lamb

**Lamb Loin Chops** 7.99 lb.

Cut from Canada Triple A Beef, Aged 21 Days

**Chef Style Prime Rib Roasts** 6.99 lb.

Assorted Varieties

**J.M. Schneider Bacon** 450 g 3.99

*Bakery*

**Flax Bread** 1.59

**Vienna Stick** 1.19

**Cheese Buns** 5/1.99

Apple, Cherry, Raseberry, Blueberry

**Turnovers** 1.79

**Fresh Pumpernickel Bread** 6/1.99

*Deli*

National Cheese

**Emmental Cheese** 1.99 100 gr

**French Camembert Cheese** 2.59 100 gr

**Can. Camembert Cheese** 2.09 100 gr

**French Brie Cheese** 2.19 100 gr

**Can. Brie Cheese** 2.05 100 gr

J.M. Schneider,

**Olde Fashioned Ham** 1.19 100 gr

Bittner

**Oven Roasted Turkey Breast** 1.99 100 gr

Mastro

**Friulano Salami** 1.89 100 gr