



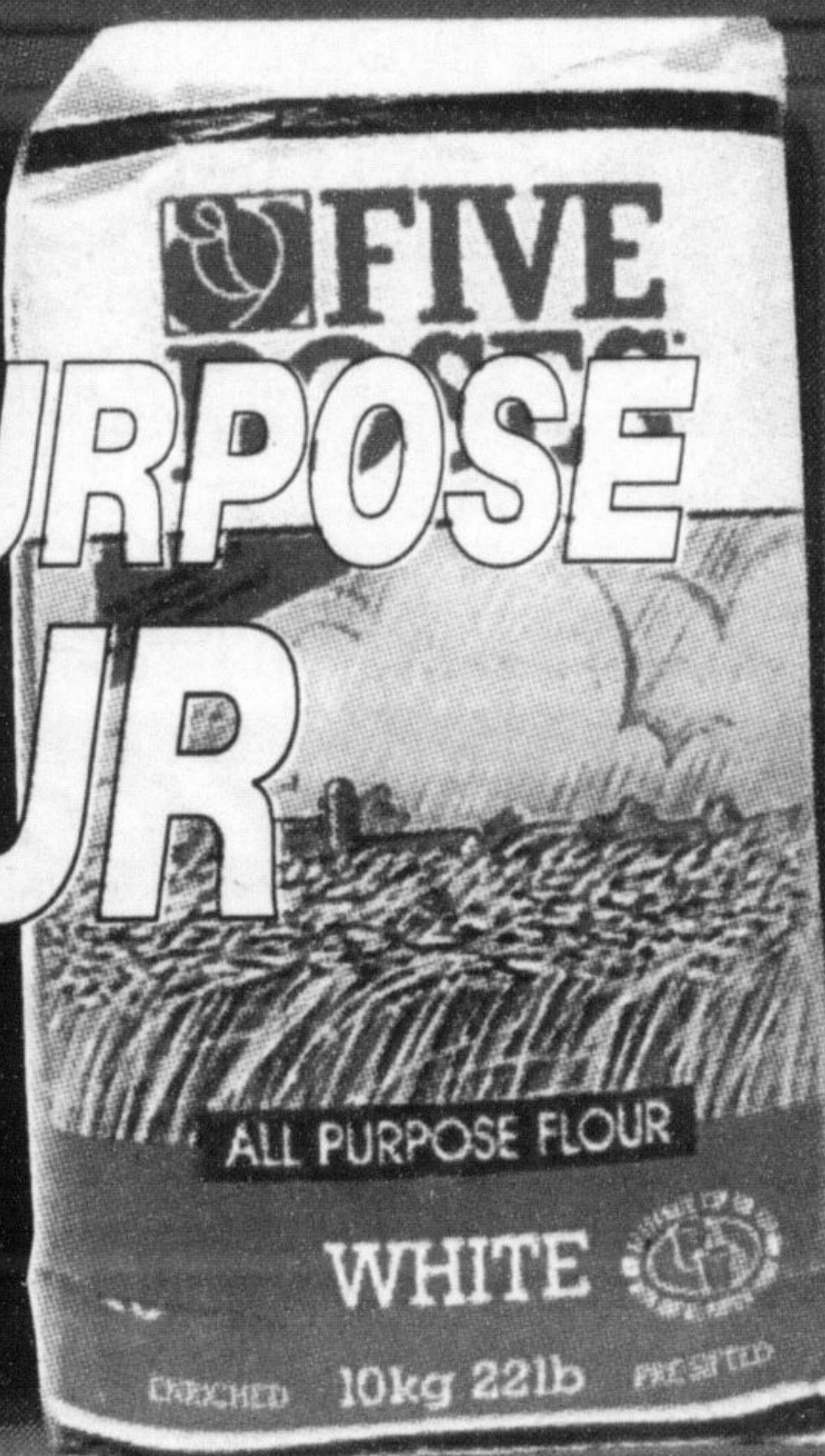
Product of Ontario  
**RED, YELLOW, ORANGE PEPPERS** **1.69** lb.

Cut from Special Select Ontario Pork  
**FAMILY PACK PORK CHOPS** **\$2.69** lb.

Product of Canada  
**VINE RIPE TOMATOES** **1.99** lb.

Product of the Ontario  
**LARGE FRESH GREEN OR RED LEAF LETTUCE** **79¢** ea.

**FIVE ROSES ALL PURPOSE FLOUR** **4.99** 10 Kg



Assorted Varieties, Reg or Lite  
**KRAFT BARBEQUE SAUCE** **99¢** 455 ml



**ABERFOYLE SPRING WATER** **2.99** 12x500 ml



*Produce*

Product of Mexico <b>Sweet Mangoes</b> ... <b>99¢</b> ea.	Product of Ontario, Great for BBQ <b>Large Portabella Mushrooms</b> ... <b>2.49</b> lb.
Product of USA <b>Sweet Large Canteloupes</b> ... <b>1.69</b> ea.	Product of Ontario <b>Large, Local Green Cabbage</b> ... <b>1.49</b> ea.
Product of Ontario <b>New, White Potatoes</b> 10 Lb. Bag... <b>2.99</b>	Product of S. Africa <b>Granny Smith Apples</b> .3 Lb. Bag <b>2.99</b>
Product of Canada #1 <b>Regular Cucumbers</b> <b>2/99¢</b>	Product of Ontario <b>Fresh Local Raspberries</b> <b>2.49</b> 1/2 pint
Sweet California <b>Peaches</b> <b>99¢</b> lb.	Ontario, Fresh <b>Green Onions</b> <b>2/99¢</b>

<b>Kellogg's Crispix Cereal</b> ... 350 g <b>2.99</b>
<b>Kellogg's Fun or Variety Pack</b> . 250/275 g <b>2.99</b>
From Concentrate, All Natural <b>Mott's Apple Juice</b> ..... 1.82 Litre <b>2.49</b>
<b>Honey Nut Cheerios</b> ..... 725 g <b>3.99</b>
<b>Canola Harvest Canola Oil</b> 2 Litre <b>2.99</b>
Assorted Varieties <b>Polmolive Dish Detergent</b> . 950 ml <b>1.99</b>
Jumbo Rolls <b>Majesta Paper Towels</b> ..... 6 per pack <b>3.99</b>
OUR VERY OWN <b>Iced Tea</b> ..... 3.78 Litre <b>3.99</b>
Perrier Carbonated <b>Natural Spring Water</b> ..... 750 ml <b>1.19</b>

*Meat*

Cut From Ontario Special Select Grade of Pork <b>Centre Cut Pork Chops</b> ..... <b>3.99</b> lb.	Cut from The Hip of Veal <b>Veal Scalopini</b> ..... <b>7.99</b> lb.
Mild, Hot, Garlic, Honey Garlic <b>Italian Sausage</b> ..... <b>2.69</b> lb.	<b>Fresh Ocean Perch</b> ..... <b>4.99</b> lb.
Cut from Canada Triple A Beef <b>Texas Style BBQ Beef Ribs</b> ..... <b>3.49</b> lb.	Assorted Varieties <b>Store Made Turkey Burgers</b> .. <b>13.99</b> 5 lb. box
Cut from Canada Triple A Beef <b>Beef Tenderloin</b> ... <b>14.99</b> lb.	Fresh Canada Grade A <b>Whole Roasting Chickens</b> ..... <b>1.69</b> lb.

*Bakery*

<b>Assorted Butter Tarts</b> .. pkg. of 6 <b>3.69</b>
<b>Cheese Buns</b> ..... <b>5/1.99</b>
<b>Multigrain Bread</b> ..... <b>2.79</b>
<b>Pumpnickel Bread</b> ..... <b>1.59</b>
<b>Country Brown Bread</b> ..... <b>1.59</b>

*Deli*

Pillars <b>Hungarian Salami</b> ..... <b>1.49</b> 100 gr
Shopsy's <b>Beef Pastrami</b> ..... <b>99¢</b> 100 gr
National Cheese <b>Swiss Cheese</b> ..... <b>1.99</b> 100 gr
<b>Jarlsberg Cheese</b> ..... <b>1.99</b> 100 gr

Maple Lodge <b>Cajun Chicken Breast</b> .... <b>1.29</b> 100 gr
Maple Leaf <b>Waxed Bologna</b> ..... <b>99¢</b> 100 gr
Balderson <b>1 Year Old Cheddar</b> ..... <b>1.89</b> 100 gr

Prices in effect from Tuesday, July 10, until Monday July 16, 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**