



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

Cut from Canada Triple A Beef

**T-BONE  
 STEAKS \$6.99** lb.

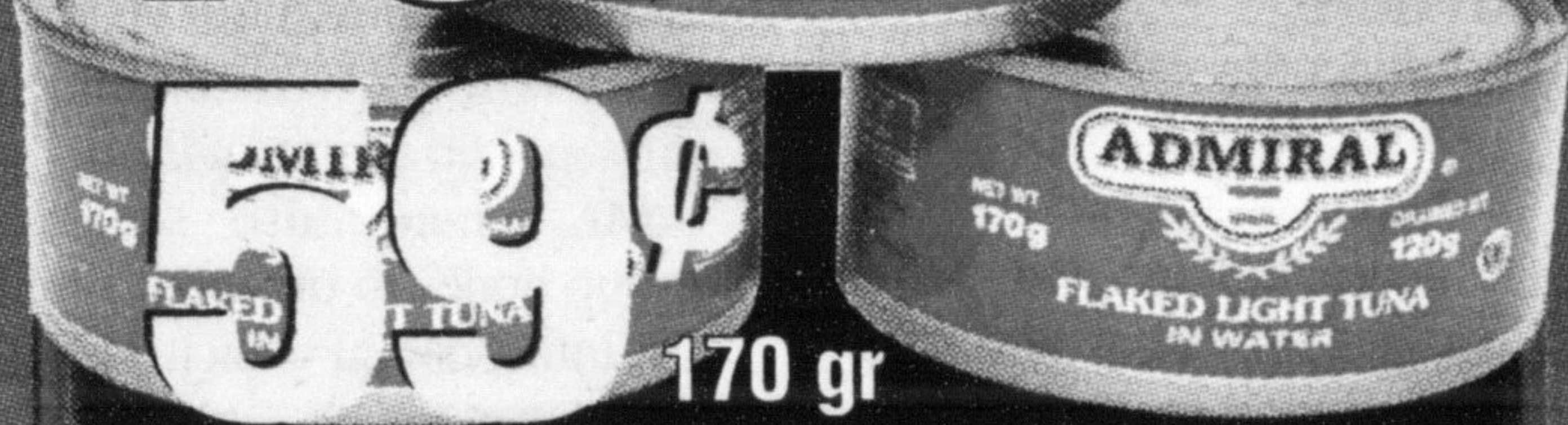
Mastro  
**BLACK FOREST**

**HAM 88¢** 100 g

Product of Ontario

**RED OR YELLOW  
 PEPPERS 1.99** lb.

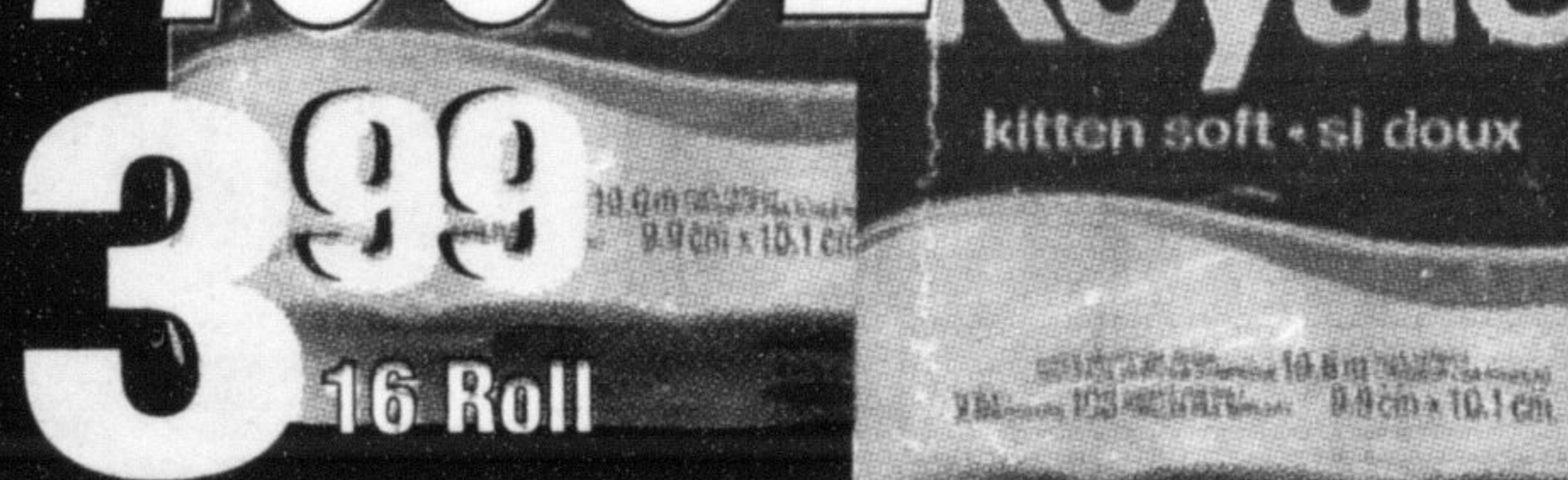
Admiral  
**FLAKED LIGHT  
 TUNA**



**59¢** 170 gr

Charmin by Royale

**BATHROOM  
 TISSUE**



**3.99** 16 Roll

Folgers  
**GROUND**

**COFFEE**



**4.99** 1 kg

*Produce*

Local  
**Sweet Blueberries ... 2.49** pint

Product of Ontario  
**Large (8oz) Mushrooms ... 1.49** pkg.

Product of Ontario  
**Red or White Potatoes ... 69¢** lb.

Product of Ontario  
**Sweet Bunched Carrots ... 99¢**

Product of USA, Sweet Large  
**Red or Black Plums ... 1.49** lb.

Local, Assorted Varieties, Large  
**Organic Herbs ... 1.49** bunch

Product of Ontario  
**Vine Ripe Tomatoes ... 1.99** lb.

Product of USA  
**Large Sweet Honeydew Melons 1.99** ea.

Product of Ontario  
**Tender Celery Stalks 99¢** ea.

Product of Ontario (Local)  
**Sweet Peaches & Cream 2.99** doz.

*Bakery*

Apple, Raspberry, Cherry, Blueberry  
**Tumovers ... 79¢** pkg. of 4

**Asst. Large Muffins ... 79¢**

**Butter Top Bread ... 1.59**

**Raisin Bread ... 1.99**

**Cinnamon Bread ... 1.99**

*Baked Fresh*

Reg or Diet	<b>RC Cola, Gingerale</b> ..... 24x355 ml	<b>4.49</b>
Mild, Med, Hot	<b>Los Alamos Salsa</b> ..... 750 ml	<b>2.79</b>
Reg or Extra Spicy	<b>Motts Clamato Juice</b> ..... 1.89 liter	<b>2.99</b>
Assorted Varieties	<b>Betty Crocker Potatoes</b> ..... 141 gr	<b>1.50</b>
Assorted Varieties, Reg or Calorie Wise	<b>Kraft Salad Dressings</b> ..... 250 ml	<b>1.69</b>
Assorted Varieties, Reg, Light, Fat Free	<b>Kraft, Canadian Singles Cheese Slices</b> .500 gr	<b>2.99</b>
Assorted Varieties, Reg or Light	<b>Soft Philadelphia Cream Cheese</b> ..... 250 gr	<b>2.49</b>
Assorted Varieties, Reg or Light	<b>Pringles Potato Chips</b> ..... 145-200 gr	<b>1.29</b>
Reg or Light	<b>Hellmann's Mayonnaise</b> ..... 1 liter	<b>2.99</b>
Reg or Light	<b>Hellmann's Squeeze Mayonnaise</b> ..... 500 ml	<b>2.99</b>
Assorted Varieties	<b>Kellogg's Pop Tarts</b> ..... 300 gr	<b>1.67</b>

*Meat*

Cut from Canada Triple A Beef  
**Boneless Top Sirloin Steak ... 5.99** lb.

Cut from Canada Triple A Beef  
**Tenderized Cube Steak ... 3.29** lb.

Cut from Ontario Special Select Grade of Pork  
**Pork Butt Chops ... 2.29** lb.

London Broil  
**Beef Flank Steak Stuffed with Seasoned Ground Beef & Pork ... 3.49** lb.

**Pure Pork Breakfast Sausage ... 2.59** lb.

Fresh Canada Grade A Chicken  
**Fresh Chicken Breast ... 2.49** lb.

From J.M. Schnieders  
**Octoberfest Sausage ... 3.99** lb.

Fresh  
**Sole Fillets ... 7.99** lb.

Casa Italia	<b>Vera Martadella</b> ..... 100 gr	<b>99¢</b>
Rohman	<b>Double Gloucester with Stilton</b> ..... 100 gr	<b>3.24</b>
Maple Leaf	<b>Pepperoni</b> ..... 100 gr	<b>1.49</b>
Schneiders	<b>Fat Free Smoked Turkey Breast</b> ..... 100 gr	<b>1.99</b>
Tre Stelle	<b>Mild Cheddar</b> ..... 100 gr	<b>1.19</b>
Tre Stelle	<b>Medium Cheddar</b> ..... 100 gr	<b>1.26</b>

Casa Italia	<b>Salami Cotto</b> ..... 100 gr	<b>99¢</b>
Casa Italia	<b>Prosciutto Cotto</b> ..... 100 gr	<b>1.19</b>
Schneiders	<b>Browned Turkey Breast</b> ..... 100 gr	<b>2.39</b>
Italia	<b>Sopressa Veneta</b> ..... 100 gr	<b>1.79</b>
Italia	<b>Prosciutto Sopressa</b> ..... 100 gr	<b>1.59</b>

*Delic*

Prices in effect from Tuesday, July 31, until Monday August 6, 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**