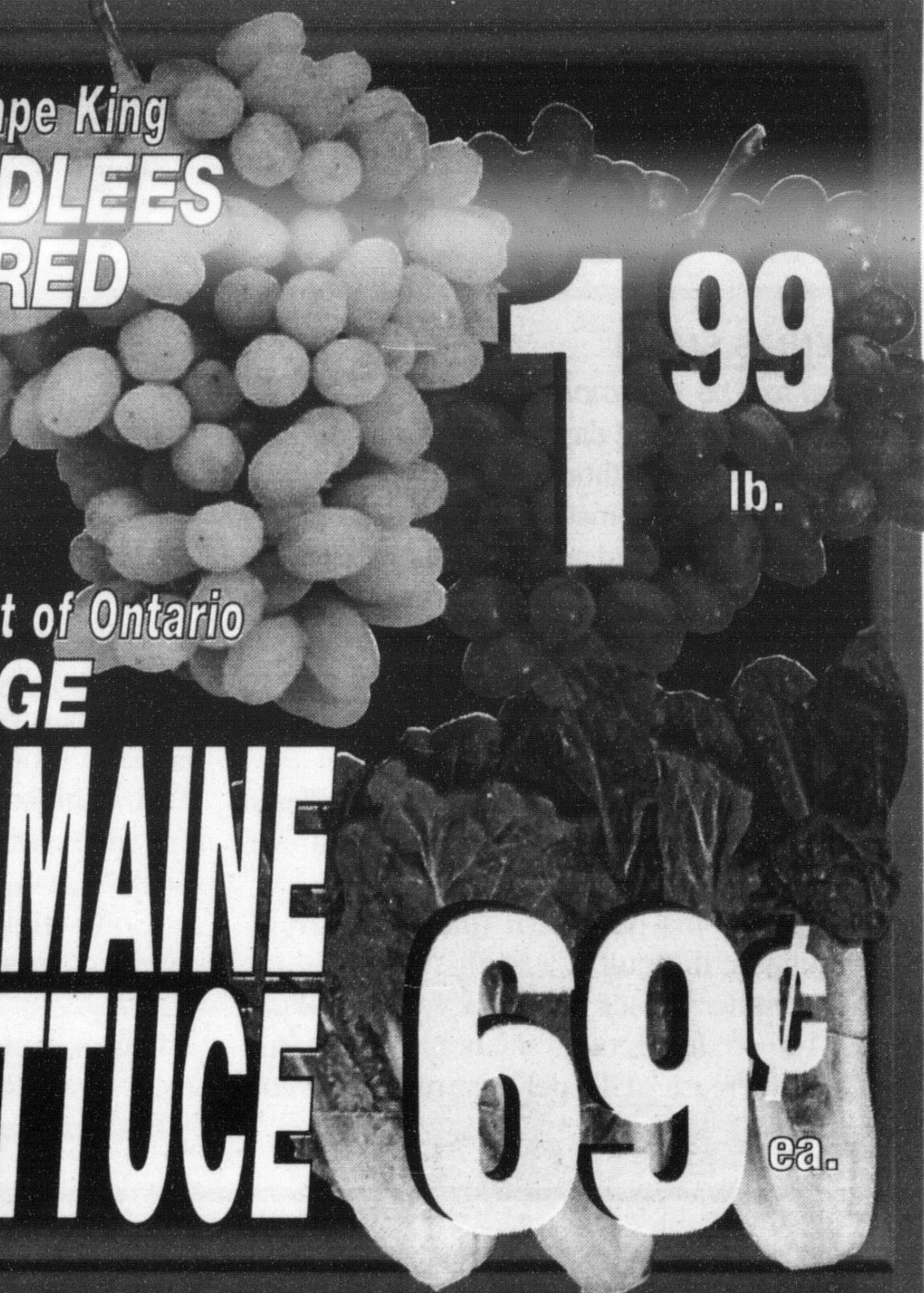




Product of USA, Grape King
**SWEET SEEDLEES
 GREEN OR RED**

GRAPES

1 99
 lb.



Cut from Canada Triple A Beef

OUTSIDE \$2 49
ROUND
STEAK ROAST
 lb.

Product of Ontario

**NEW WHITE
 POTATOES**



1 99
 10 lb bag

Product of Ontario

**LARGE
 ROMAINE
 LETTUCE**

69¢
 ea.

Cloverleaf
**SOCKEYE
 SALMON**

2 99
 213 gr



Cloverleaf, Packed In Water
**CHUNK LITE
 TUNA**

99¢



Heinz, Assorted Varieties

**PASTA OR
 BEANS**

59¢
 398 ml



Produce

Product of USA
Fresh Raddicho **1 99**
 lb.

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

Product of USA
Sweet Nectarines .. **99¢**
 lb.

Product of USA
Fresh Baby Spring Mix... **3 99**
 lb.

Product of Ontario
Large Cauliflower .. **1 49**
 lb.

Product of USA
Sweet Baby Carrots **1 49**
 1 lb bag

Product of Ontario
Green Onions **2/99¢**

Product of Ontario
Vine Ripe Tomatoes.... **1 99**
 lb.

Product of Ontario (Milton)
Sweet Raspberries **2 49**
 1/2 pint

Product of California
Sweet Strawberries **1 99**
 pint

Assorted Varieties O.V.O Cranberry1.89 liter	2 69
3 Ply Ultra Puffs By Royale108's	99¢
Irish Spring Deodorant Soap3x90 gr	1 69
Rice, Tapioca, Chocolate Kozy Shack Puddings2x113 gr	1 49
Assorted Varieties Pogo's300 gr	2 49
Pepperoni, Three Cheese O.V.O. Frozen Gourmet Pizza700/650 gr	3 99
Breakfast Cereal Kellogg's Bran Flakes775 gr	1 99
Breakfast Cereal Kellogg's Honey Rice Krispies525 gr	1 99
Breakfast Cereal Kellogg's Rice Krispies350 gr	1 99
Breakfast Cereal Kellogg's Special K350 gr	1 99

Meat

Fresh Canada Grade A Chicken
Fresh Chicken Drum Sticks .. **99¢**
 lb.

Cut from Canada Triple A Beef
Sirloin Tip Roast **2 99**
 lb.

Fresh Canada Grade A Chicken
Fresh Chicken Thighs **99¢**
 lb.

Cut from Canada Triple A Beef
Sirloin Tip Steaks **3 99**
 lb.

Cut from Canada Triple A Beef
Great on the Barbeque
Inside Round Steak Roast... **2 99**
 lb.

Cut from Canada Triple A Beef
Eye of the Round Roast **3 99**
 lb.

Cut from Canada Triple A Beef
Boneless Rump Roast **2 99**
 lb.

Made from Top Sirloin Assorted Varieties
Beef Shiskabobs.... **2 49**
 ea.

Bakery

Apple, Raspberry, Cherry, Blueberry
Tumovers..... pkg. of 4 **1 79**

Baked Fresh

Asst. Large Muffins **79¢**
Butter Top Bread..... **1 59**
Raisin Bread..... **1 99**
Cinnamon Bread **1 99**

Deli

Casa Italia Vera Martadella100 gr	99¢
Rohman Double Gloucester with Stilton100 gr	3 24
Maple Leaf Pepperoni100 gr	1 49
Schneiders Fat Free Smoked Turkey Breast100 gr	1 99
Tre Stelle Mild Cheddar100 gr	1 19
Tre Stelle Medium Cheddar100 gr	1 26

Casa Italia Salami Cotto100 gr	99¢
Casa Italia Prosciutto Cotto100 gr	1 19
Schneiders Browned Turkey Breast100 gr	2 39
Italia Sopressa Veneta100 gr	1 79
Italia Prosciutto Sopressa100 gr	1 59

Prices in effect from Tuesday, August 7, until Monday August 13, 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