

Oct. 19 until Thurs. Oct. 18

QUALITY VEGETABLES FOOD

• WE DELIVER •
Seniors 5% Discount Mon-Wed

WE RESERVE THE RIGHT TO LIMIT QUANTITIES

Imperial Soft Margarine
1.99
907 gr



Glad, Lawn and Leaf Clear Garbage Bags
1.99
5's

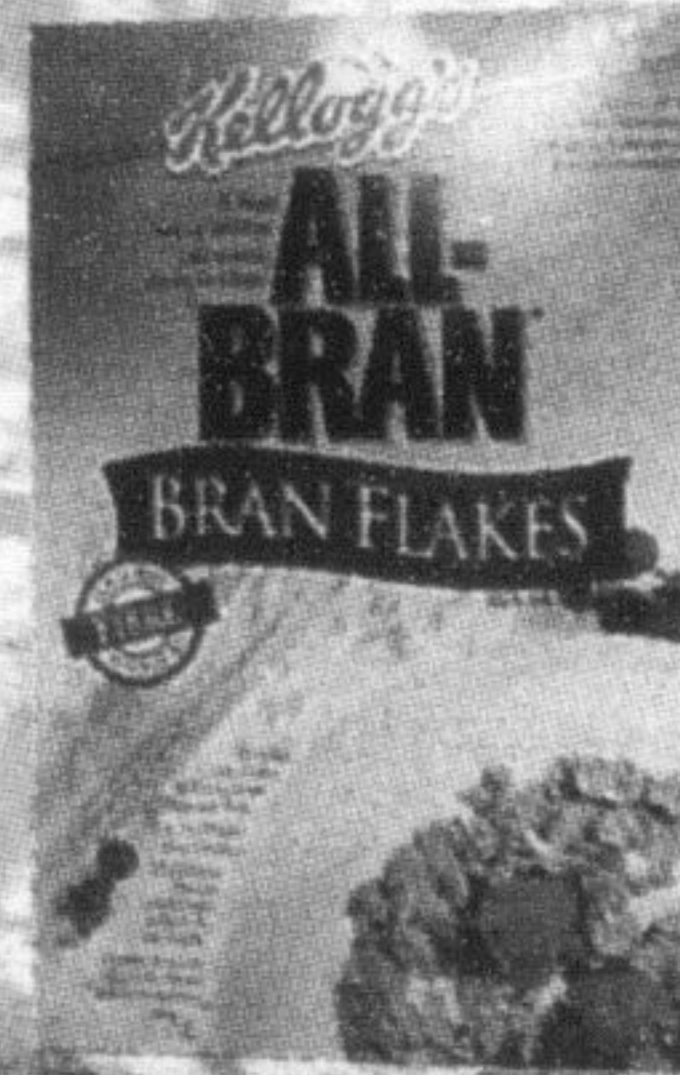
on, Brown der ad
99¢
675 gr

Campbell, Assorted Varieties Chunky Soups
1.99
540 ml



Campbell, Assorted Varieties Noodles in a Bowl
1.89
65 gr

Assorted Varieties Unico Beans
79¢
540 ml



Kellogg's Bran Flakes
1.99
475 gr

Kellogg's Corn Flakes
1.99
400 gr



Bakery

- Assorted, Cranberry, Blueberry, Raspberry Lemon Loaves **3.49**
- Cheese & Onion Buns **4/1.99**
- Assorted, Apple, Cherry, Blueberry, Raspberry Turnovers **1.79**
- Cinnamon Bread **1.49**
- Fruit Bread **1.79**

Cut From Special Select Extra Lean Ont. Pork
Boneless Pork Loin Roast
3.69
lb.

Cut From Special Select Extra Lean Ont. Pork
Boneless Centre Cut Pork Loin Chops
3.99
lb.

Fresh Canada Grade A 4-5 lb. Average Fresh Whole Chickens
1.69
lb.

J.M. Schnieders Beef Steakettes
1.49
450 gr

Cut From Special Select Extra Lean Ont. Pork
Fresh Pork Tenderloin
5.99
lb.

Cut From Special Select Extra Lean Ont. Pork
Lean & Meaty Baby Back Ribs
4.99
lb.

Made from 100% Pure Canadian Beef
Fresh Lean Ground Beef
1.99
lb.

Fresh Canada Grade A All Beef Bologna
1.49
500 gr

Made from 100% Pure Ontario Pork
Fresh Lean Ground Pork
2.49
lb.

Black Forest Style Ham Steaks
4.99
lb.