

Oct. 26 until Thurs. Nov. 2



• WE DELIVER •
Seniors 5% Discount Mon-Wed

WE RESERVE THE RIGHT
TO LIMIT QUANTITIES

Swanson
Assorted Varieties
Frozen Entrees

1.99
284-326 gr



Our Very Own
2 ply, 150's
Facial Tissue

88¢



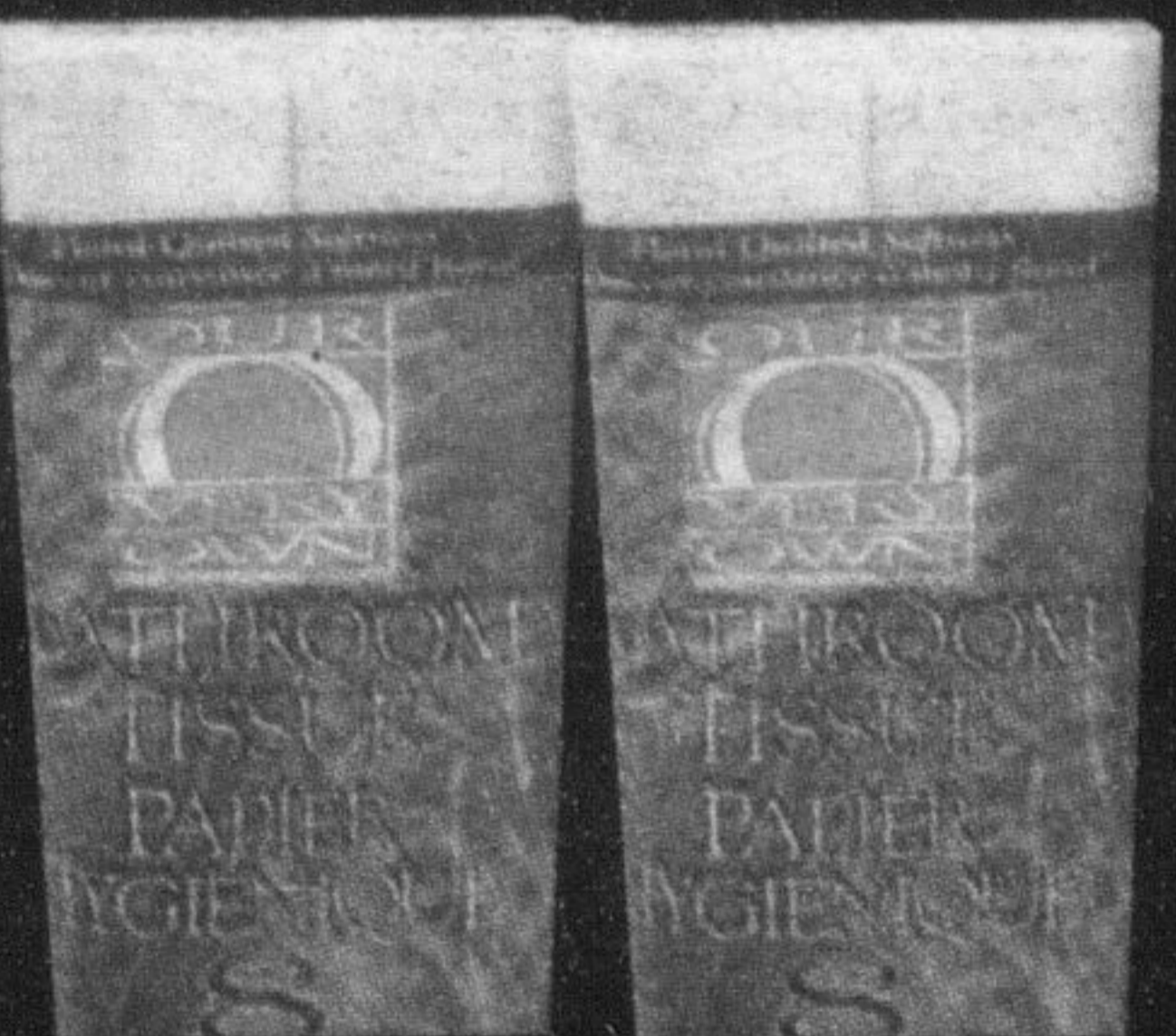
Our Very Own
Paper Towels

88¢ 2 Rolls



Our Very Own
2 ply, 24 rolls
Bathroom Tissue

4.99



Kellogg's assorted varieties
Nutri Grain Bars

3/5.00
295 gr



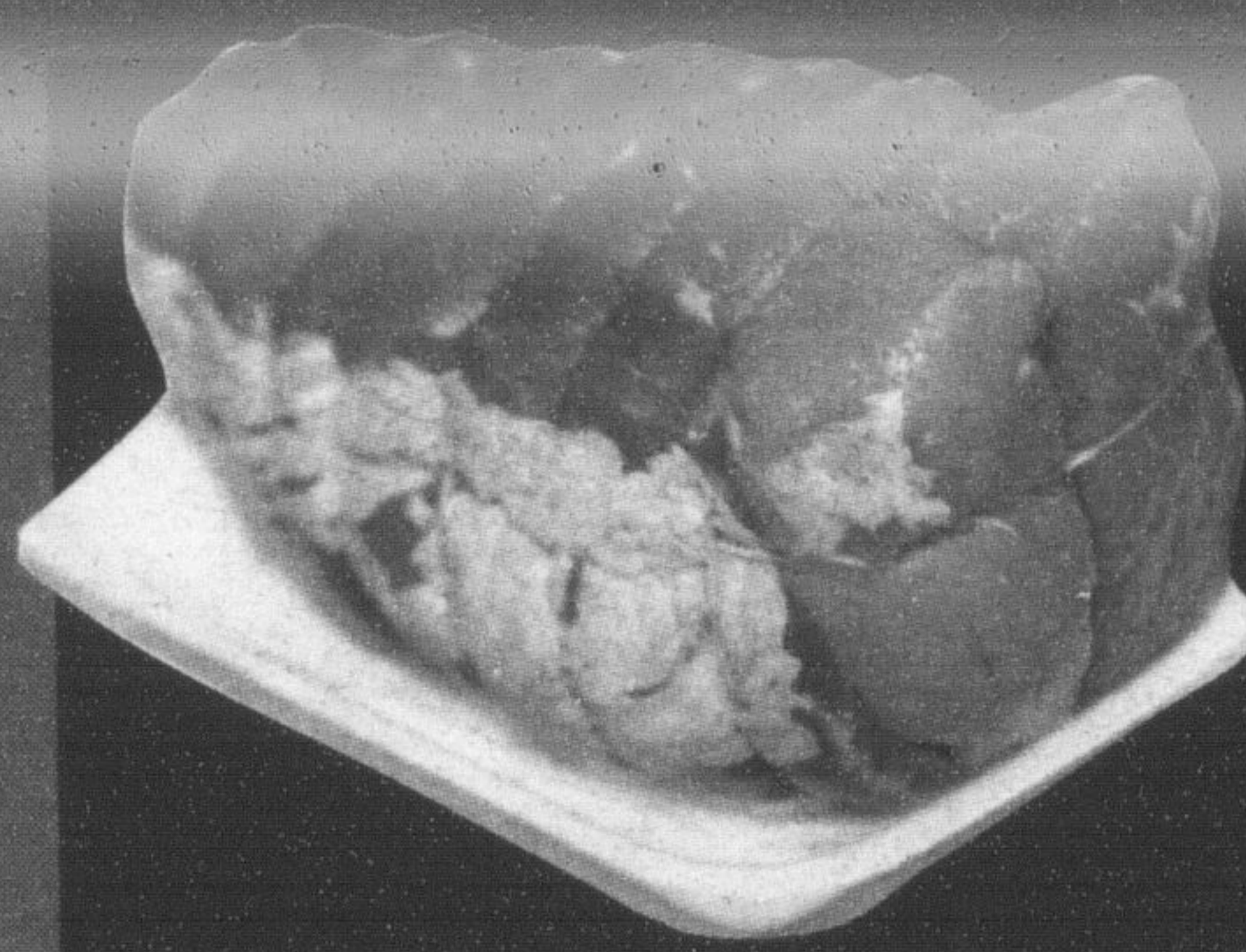
Eggo
Waffles

3/5.00
280-312 gr



Bakery

- Assorted Varieties, 675 g **1.69**
- Country Harvest Bread
- Dempsters, 675 g, 100% Whole Wheat or Enriched White Bread **1.19**
- Cheese & Tomato Buns **4/1.99**
- Chewy, Pkg of 10 **3.49**
- Chocolate Chip Cookies
- Assorted Flavours, Pkg of 12 **1.79**
- Mini Danishes
- Whole Wheat & White **1.19**
- Vienna Sticks



Cut From Can. Triple A Beef
Boneless Outside
Round Roast

2.59
lb.

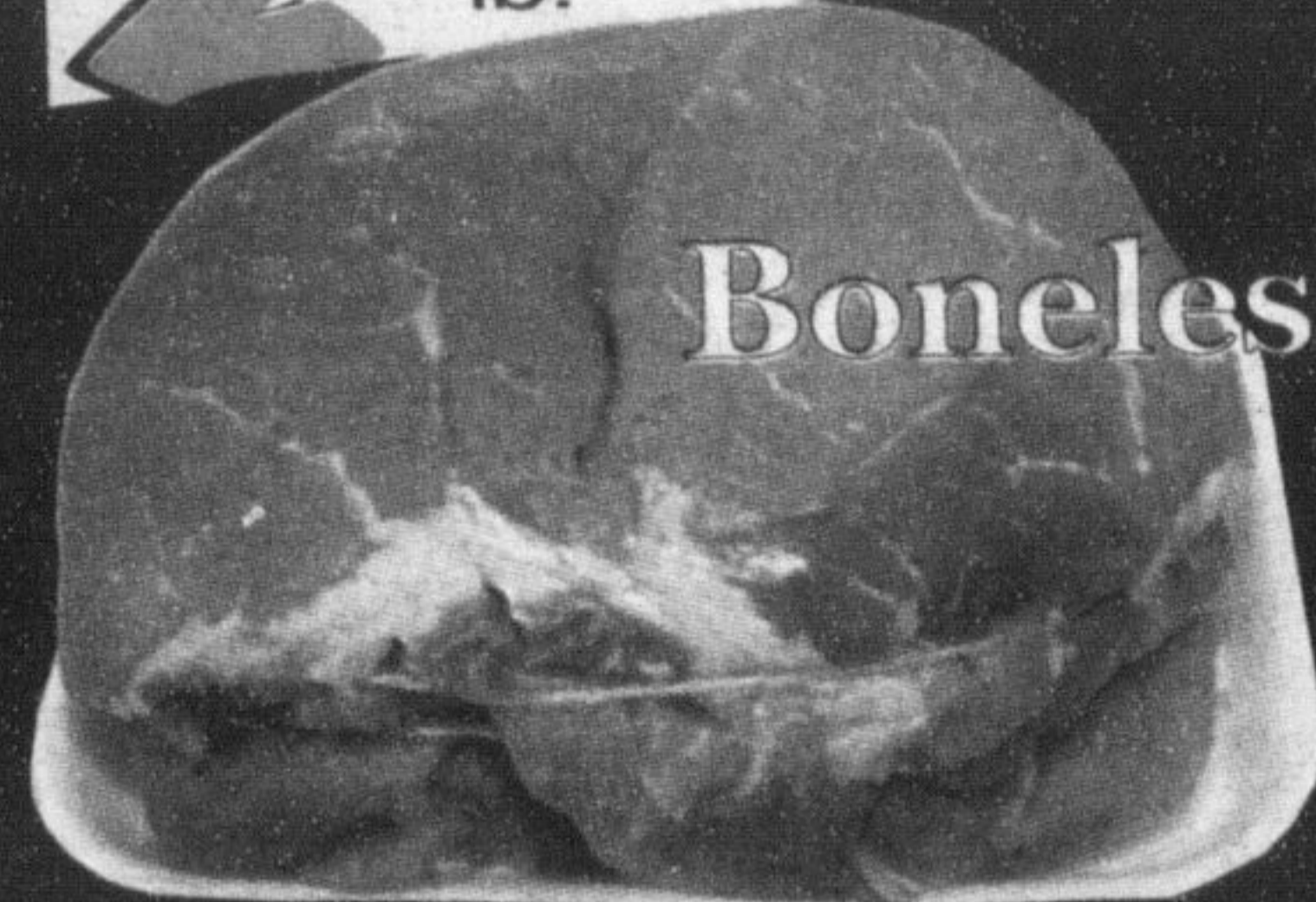
Cut From Can. Triple A Beef
Boneless Rump Roasts

2.99
lb.



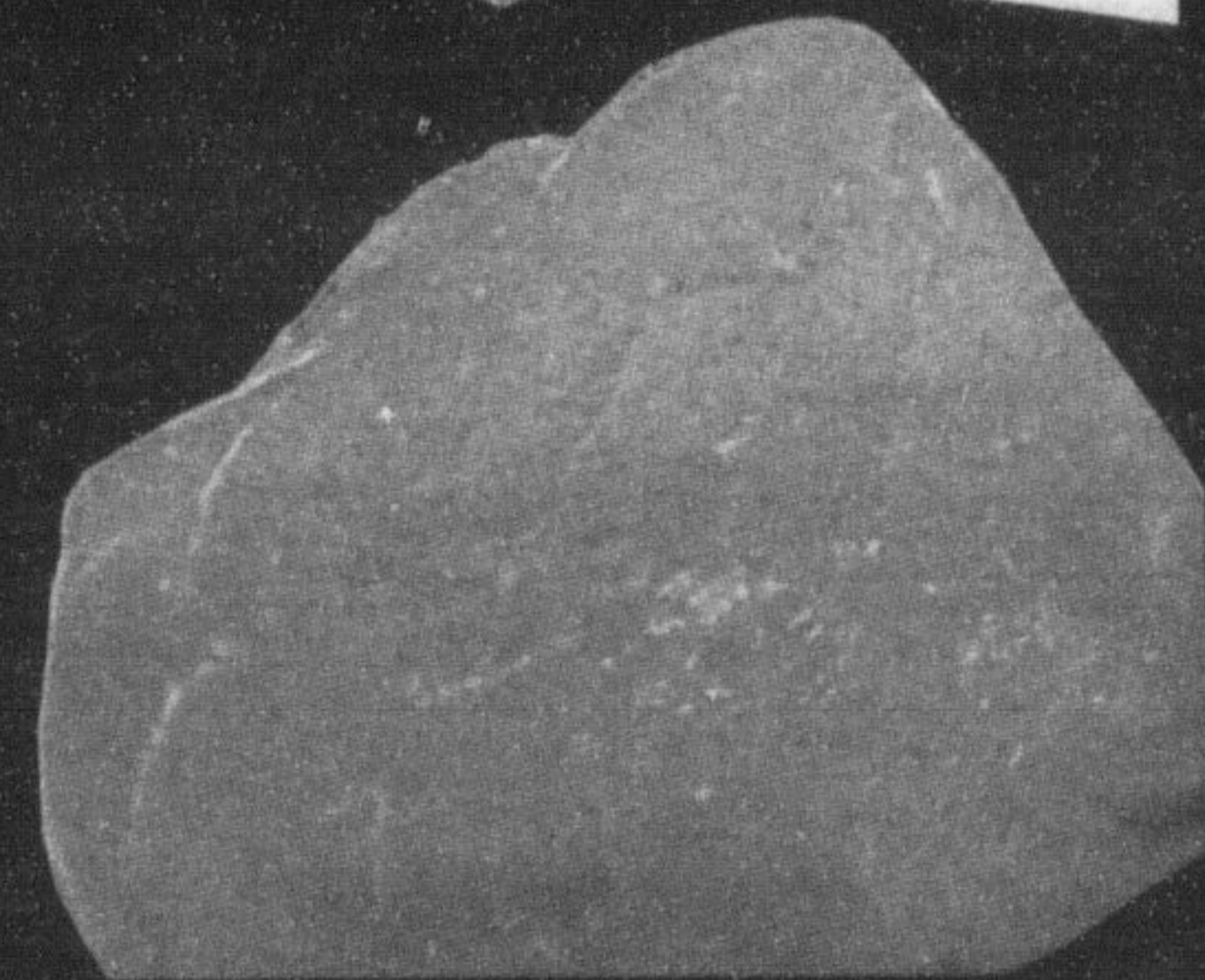
Cut From Can. Triple A Beef
Boneless Sirloin Tip Roast

2.99
lb.



Cut From Can. Triple A Beef
Boneless Inside
Round Roast

2.99



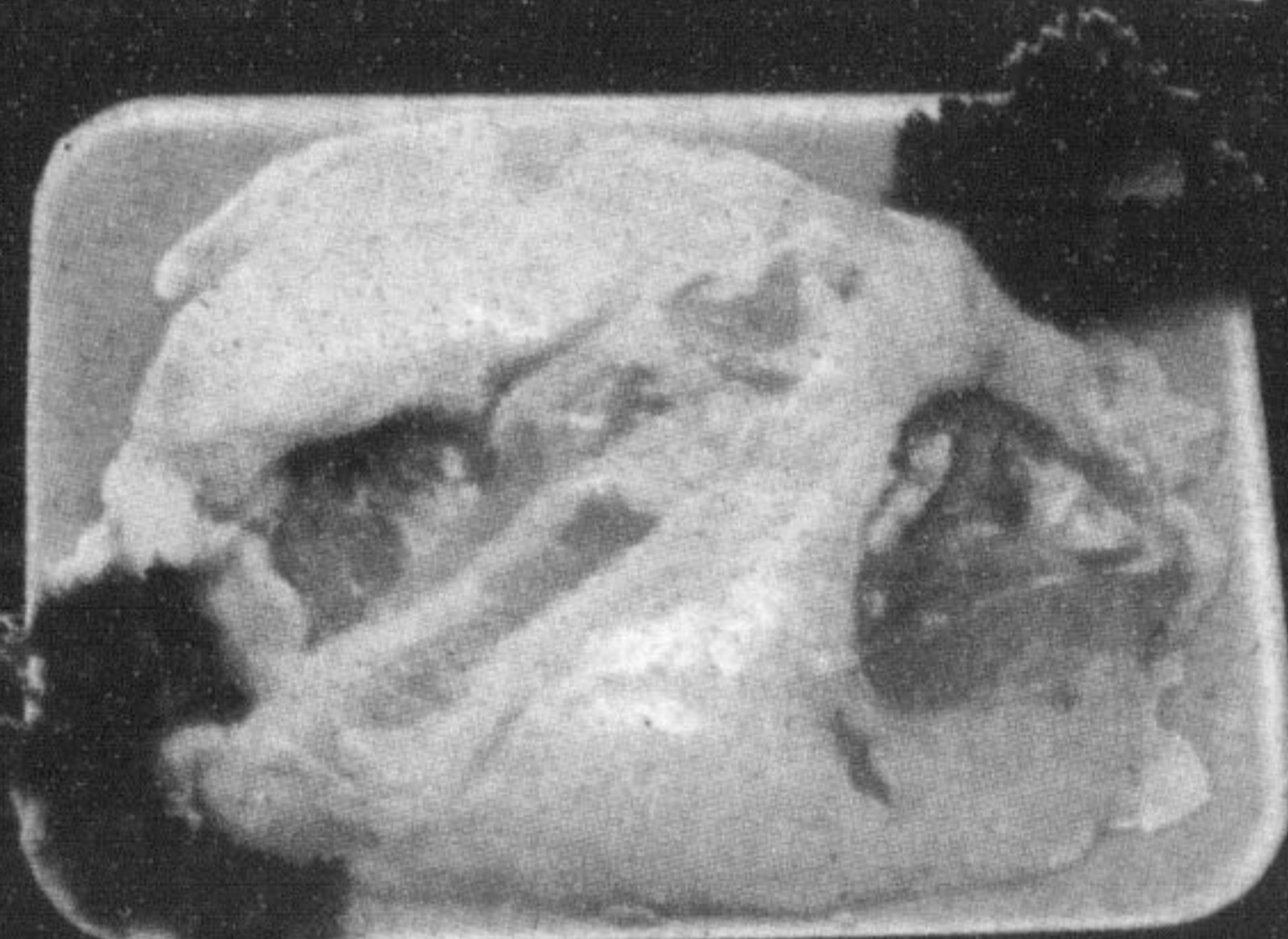
Cut From Can. Triple A Beef
Eye of the Round Roast

3.99
lb.



Fresh Can. Gr. A
Chicken Breast

2.69
lb.



Cut From Can. Triple A Beef
Tenderized Hip Steaks

3.99
lb.



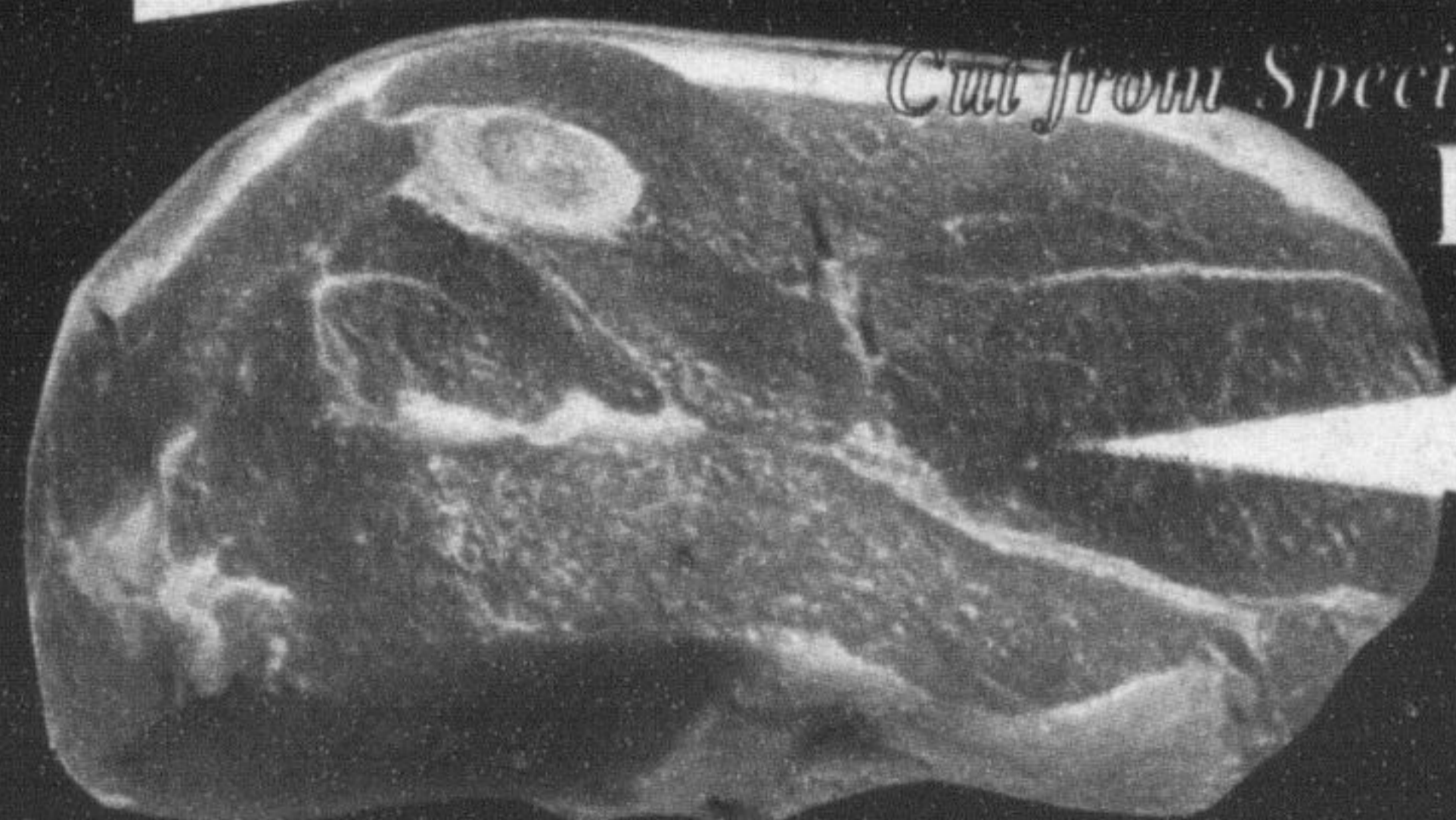
Stewing Beef

3.99
lb.



Cut from Special Select Grade of Ont. Pork
Pork Picnic Roast

1.69
lb.



Fresh Can. Gr. A
Boneless Breast
Chicken Cutlets

4.99
lb.

