

Nov. 2 until Thurs. Nov. 8



• WE DELIVER •
Seniors 5% Discount Mon-Wed

WE RESERVE THE RIGHT
TO LIMIT QUANTITIES

Pop Secret

Microwave Popping Corn

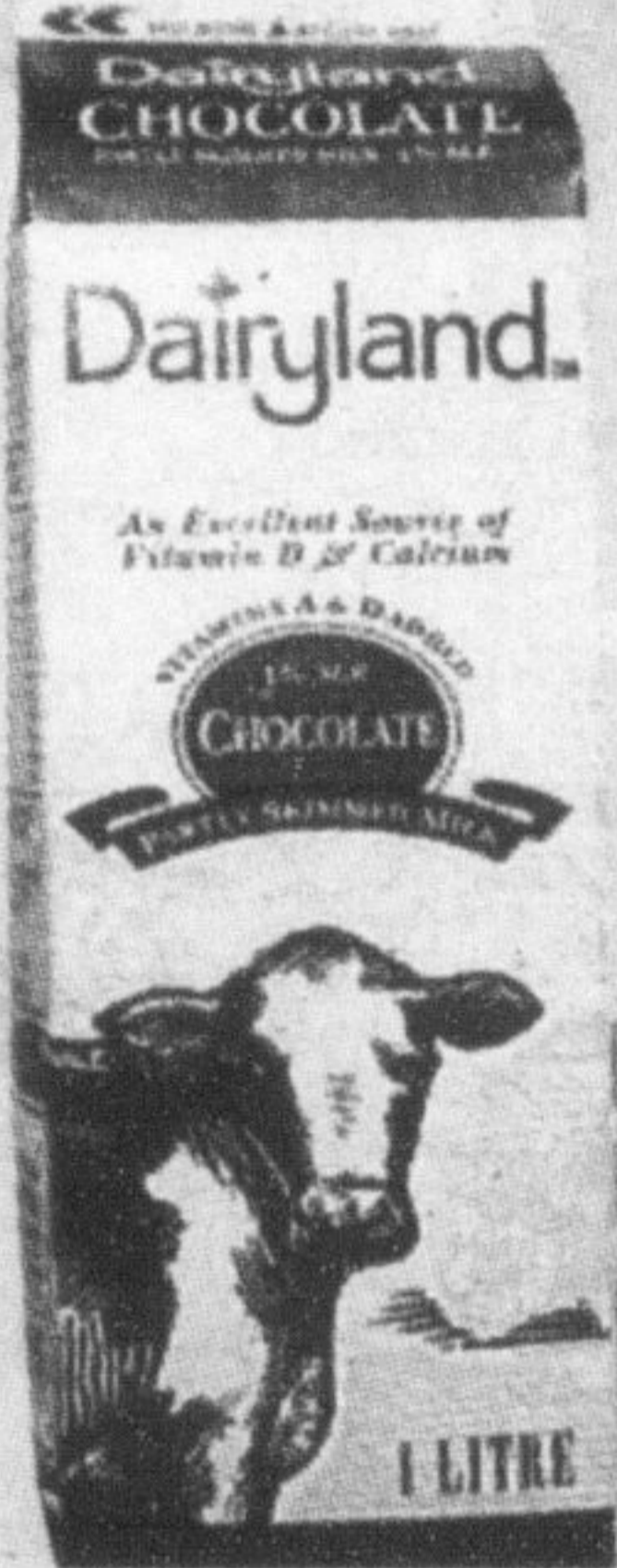
99¢
300/255g



Dairyland

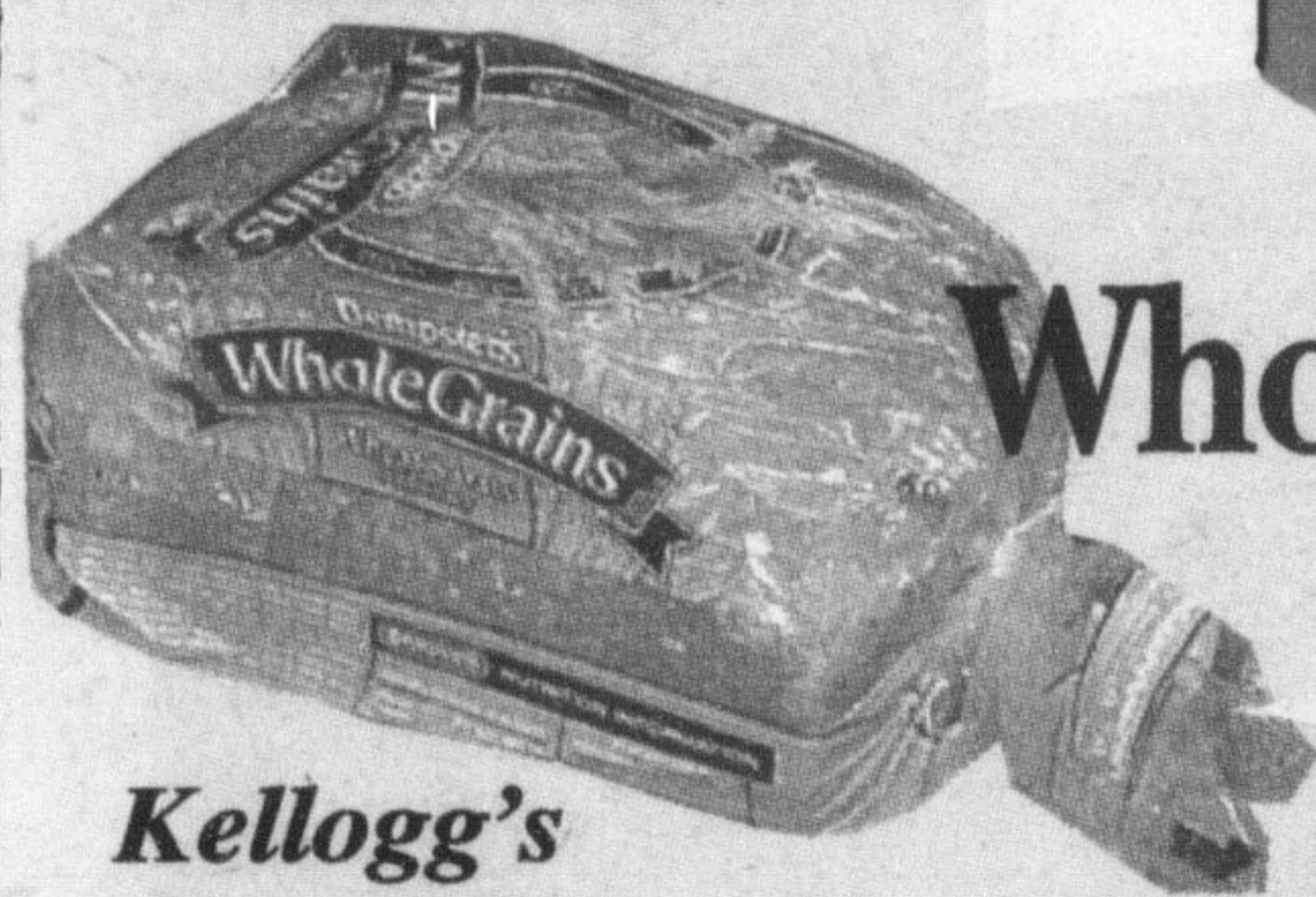
Chocoate Milk

99¢
1 Litre



1/2 & 1/2 Cream

1.99
1 Litre



Whole Grain Breads

1.49
975 g

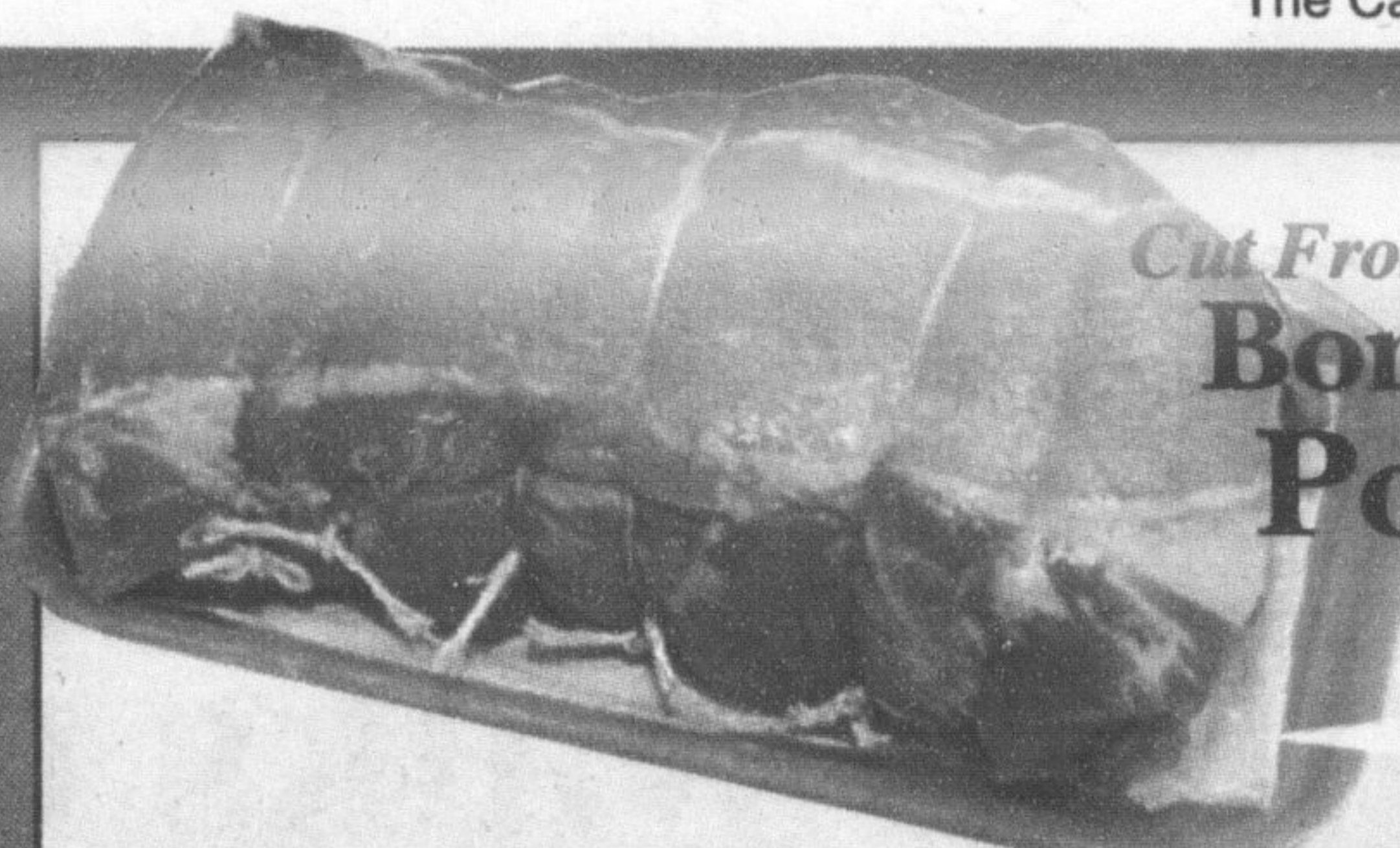
Kellogg's
Rice Krispies,
Mini Wheats,
Special K, All Bran

2/4.00
375/475/525/700/725 g



Bakery

- Weston's, 450 g Cinnamon Raisin Bread **1.89**
- Weston's, 8's Hot Cross Buns **1.89**
- Garlic Bread **1.49**
- Cinnamon Bread **1.49**
- Whole Wheat Bread **1.49**

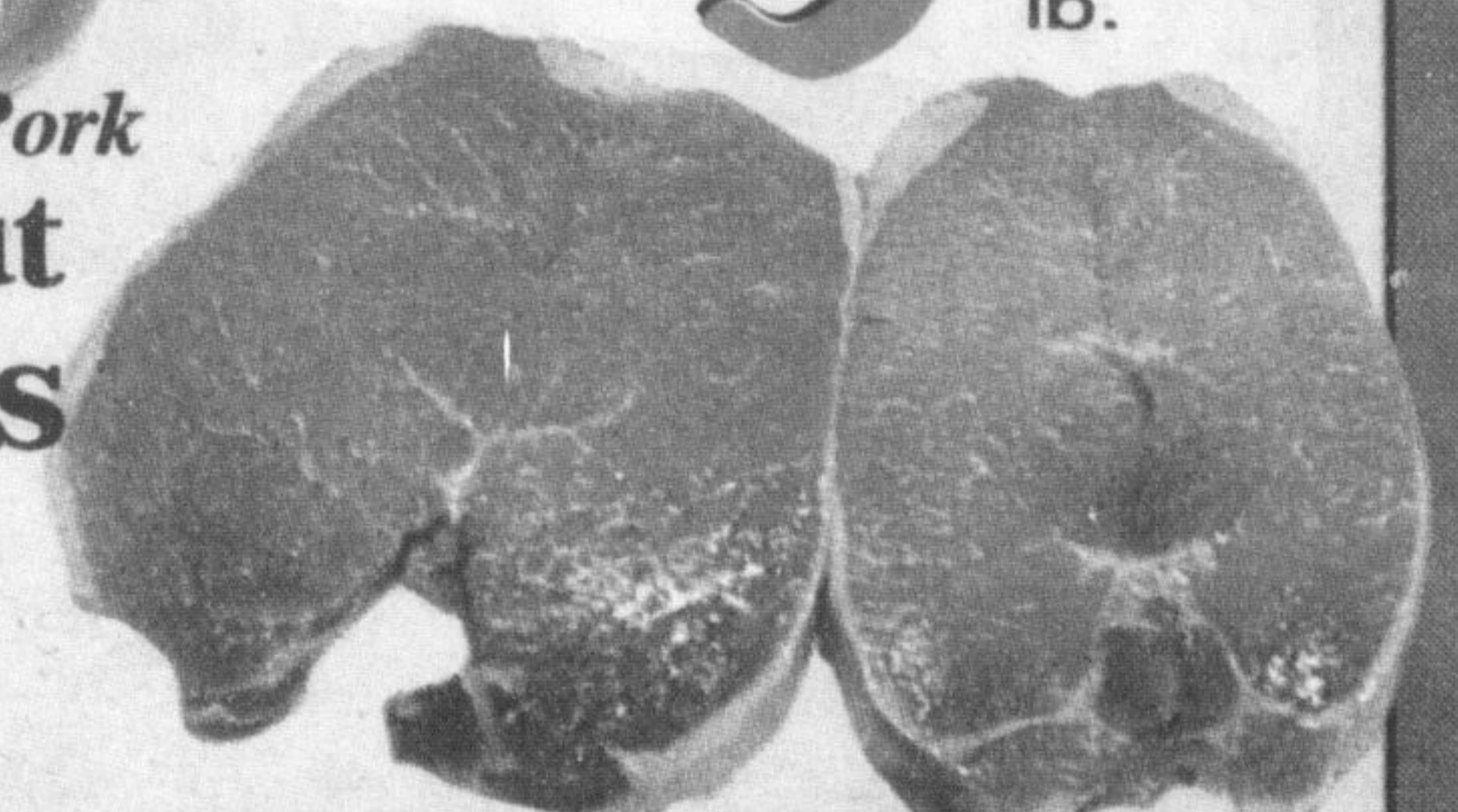


Cut From Ontario Special Select Pork
**Boneless Centre Cut
Pork Loin Roast**

3.99
lb.

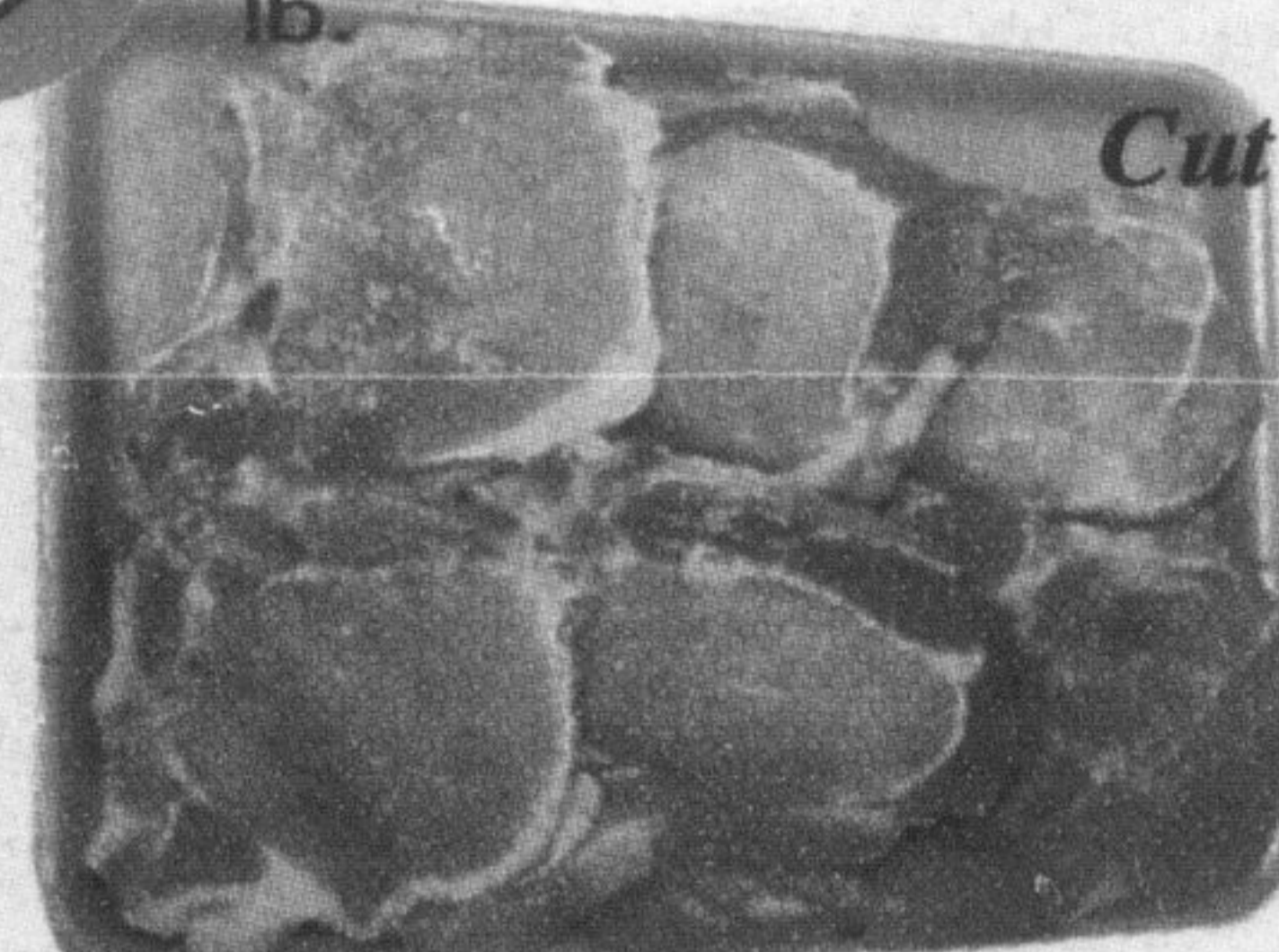
Cut From Ontario Special Select Pork
**Boneless Centre Cut
Pork Loin Chops**

3.99
lb.



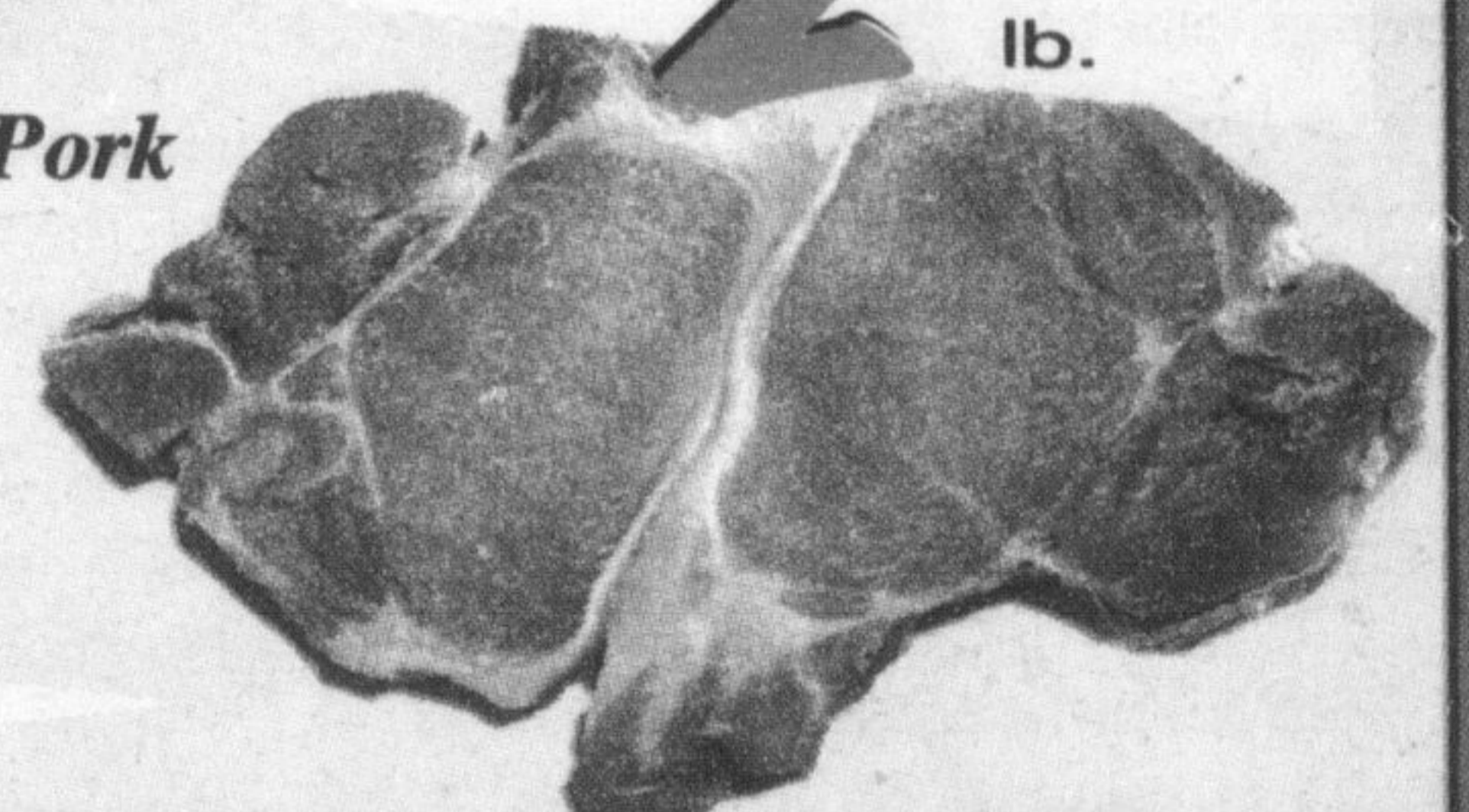
Cut From Ontario Special Select Pork
**Family Pack
Pork Chops**

2.49
lb.



Cut From Ontario Special Select Pork
**Centre Cut
Pork Chops**

3.29
lb.



Boneless Chicken Breast Stuffed with
Black Forest Ham & Swiss Cheese
Chicken Cordon Bleu

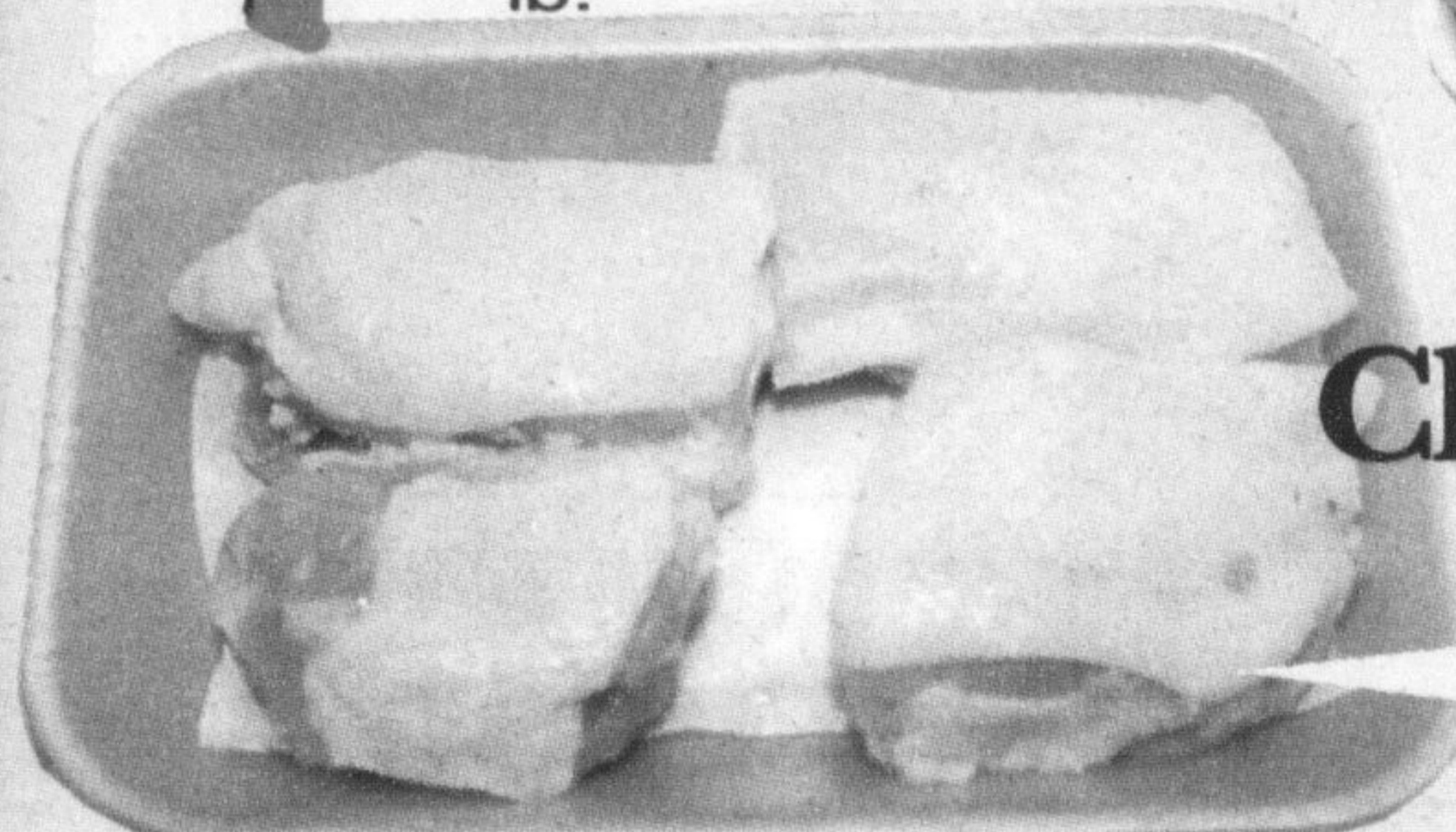
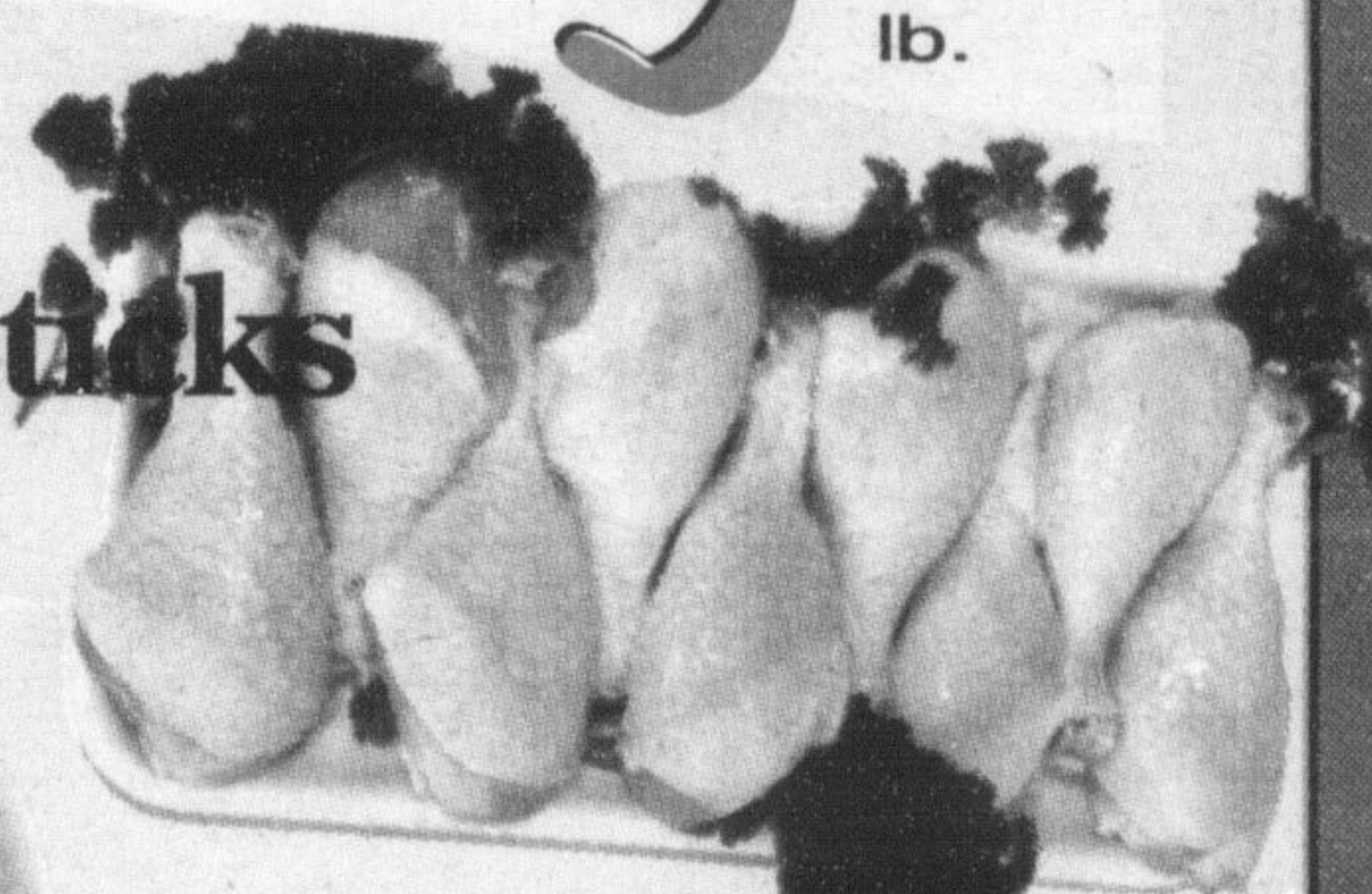
5.99
lb.



Fresh Canada Grade A

Chicken Drum Sticks

1.29
lb.



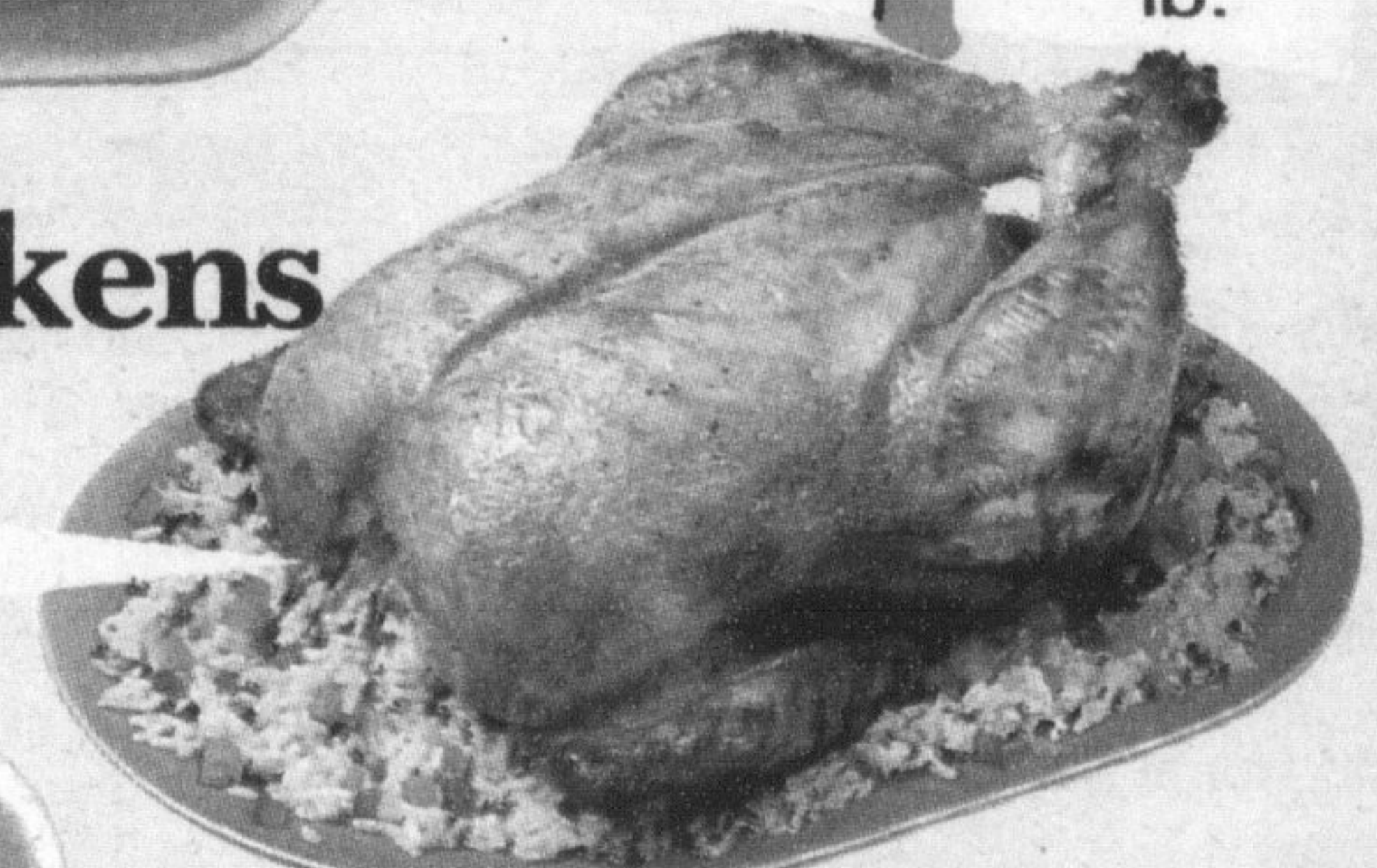
Fresh Canada Grade A
Chicken Thighs

1.29
lb.

Fresh Canada Grade A

Roasting Chickens

1.69
lb.



Mild, Spicy Hot, Garlic
Italian Sausage

2.49
lb.

Made by our Meat Department

**Pure Pork
Breakfast Sausage**

2.49
lb.

