

Nov. 9 until Thurs. Nov. 15



• WE DELIVER •
Seniors 5% Discount Mon-Wed

WE RESERVE THE RIGHT
TO LIMIT QUANTITIES

ONTARIO CORN FED BEEF

at Tasting,



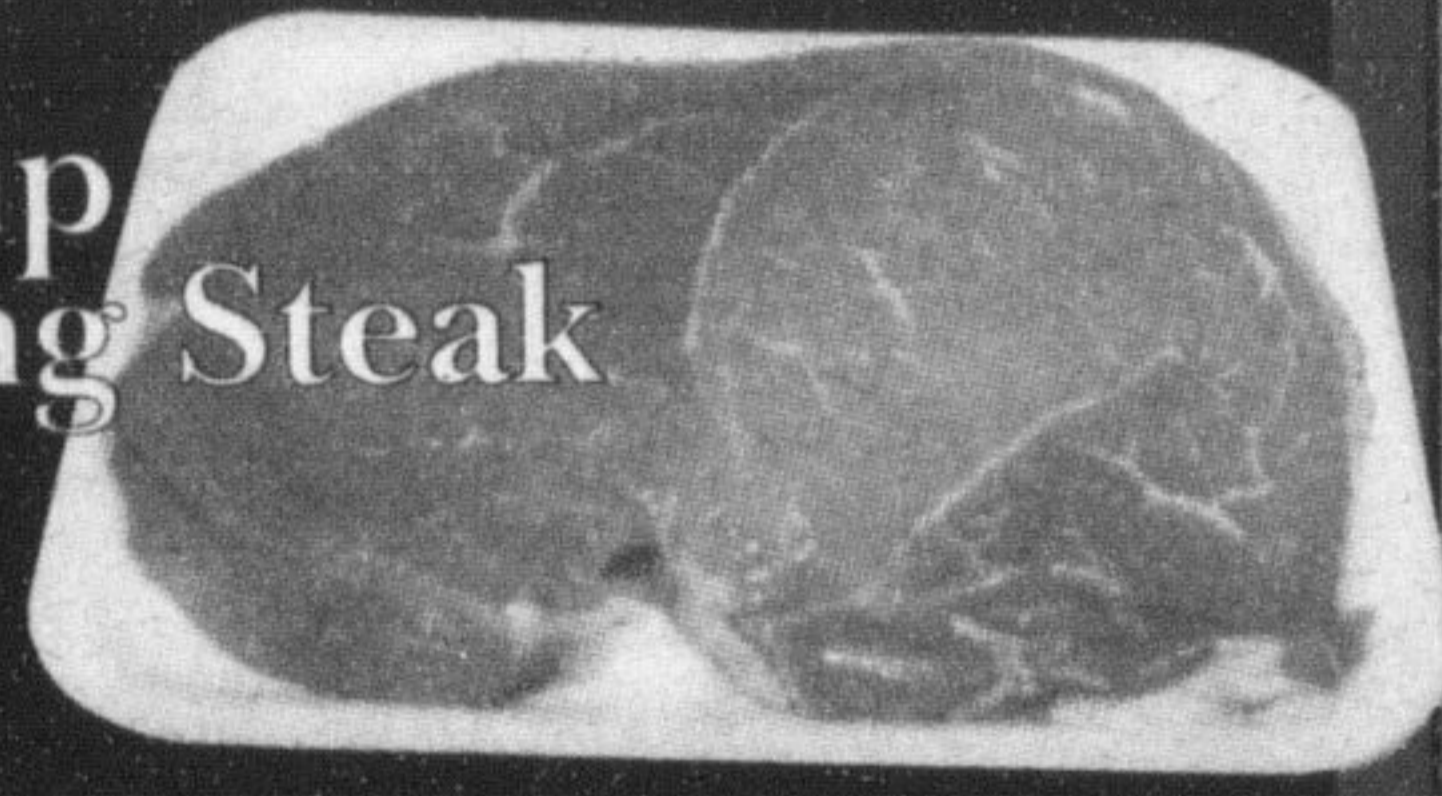
...
me.
at tasting beef,
of corn makes
e. It's what gives Ontario Corn Fed
its rich full flavour. Our strict quality
assurance program ensures that only
canada AA and AAA beef is
used, resulting in consistently
tender and juicy cuts.
Whether you choose a premi-
um oven roast, strip loin grilling
steak or stewing beef, you can be con-
fident in the results.

Ontario Corn Fed Beef has what it takes to
be the first choice for today's consumer.
It takes time and effort to produce a
consistently great tasting product. That effort
has been made by all involved in the
production of Ontario Corn Fed Beef and we
ensure that you will appreciate the results.



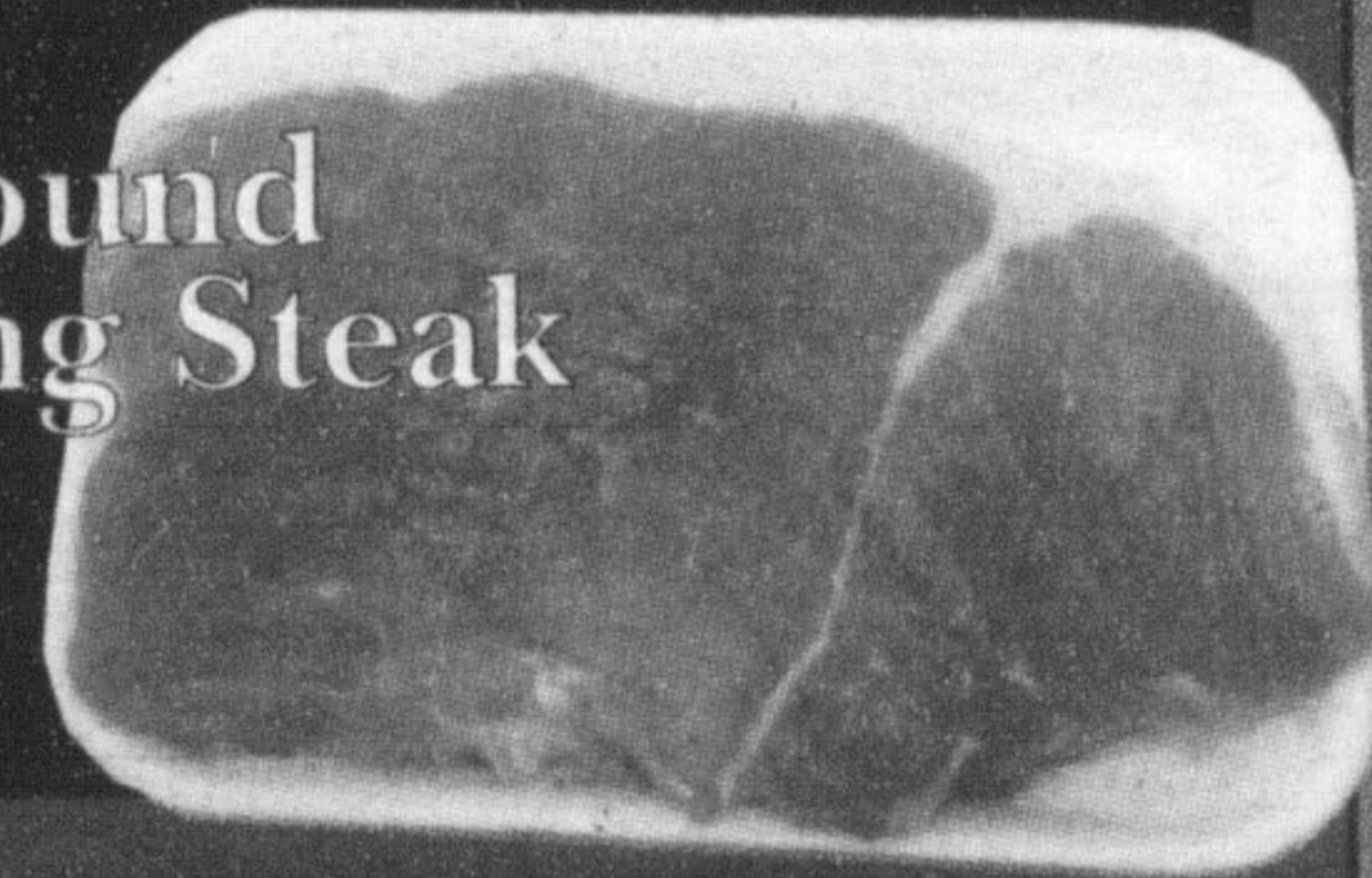
Cut from Ontario Corn Fed Beef
Boneless
Sirloin Tip
Marinating Steak

3⁹⁹
lb.



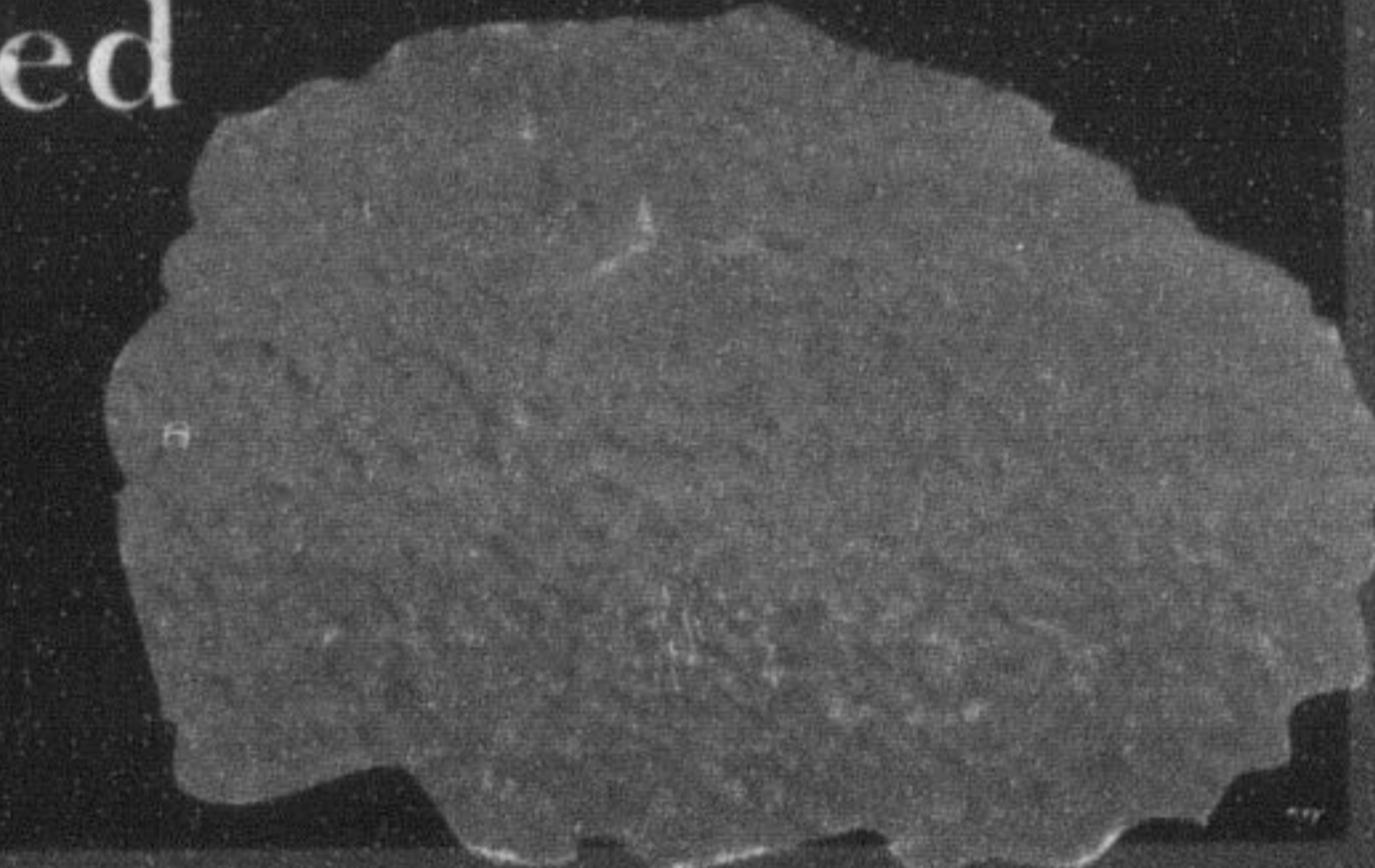
Cut from Ontario Corn Fed Beef
Boneless
Inside Round
Marinating Steak

3⁴⁹
lb.



Cut from Ontario Corn Fed Beef
Tenderized
Cube
Steak

3⁹⁹
lb.



Cut from Ontario Corn Fed Beef
Beef
Cutlets

3⁹⁹
lb.



Cut from Ontario Corn Fed Beef
Extra Lean
& Chunky
Stewing Beef

2⁹⁹
lb.



Bakery

Garlic Bread

1⁴⁹

White Bread

1⁴⁹

Vienna Sticks

99¢

Assorted Squares

2⁷⁹

Cheese Sticks

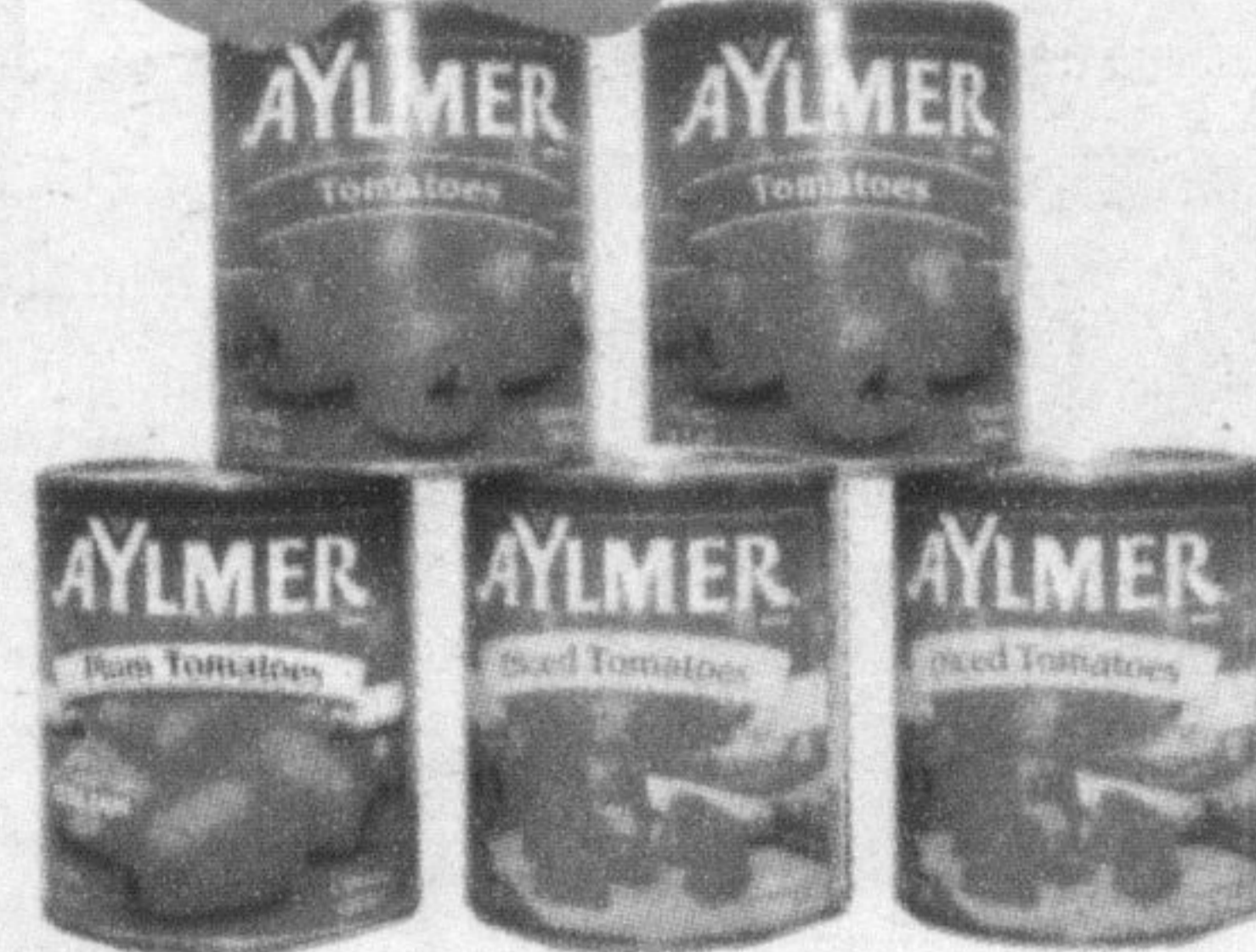
6/1⁹⁹



Gallo
Olive Oil
8⁹⁹
3 liter

Unico, Assorted Varieties
Beans

5⁹⁹
540 ml



Aylmer, Assorted Varieties

Tomatoes
9⁹⁹
796 ml

Kraft Delissio
Frozen Pizza

5⁹⁹
834-992 gr

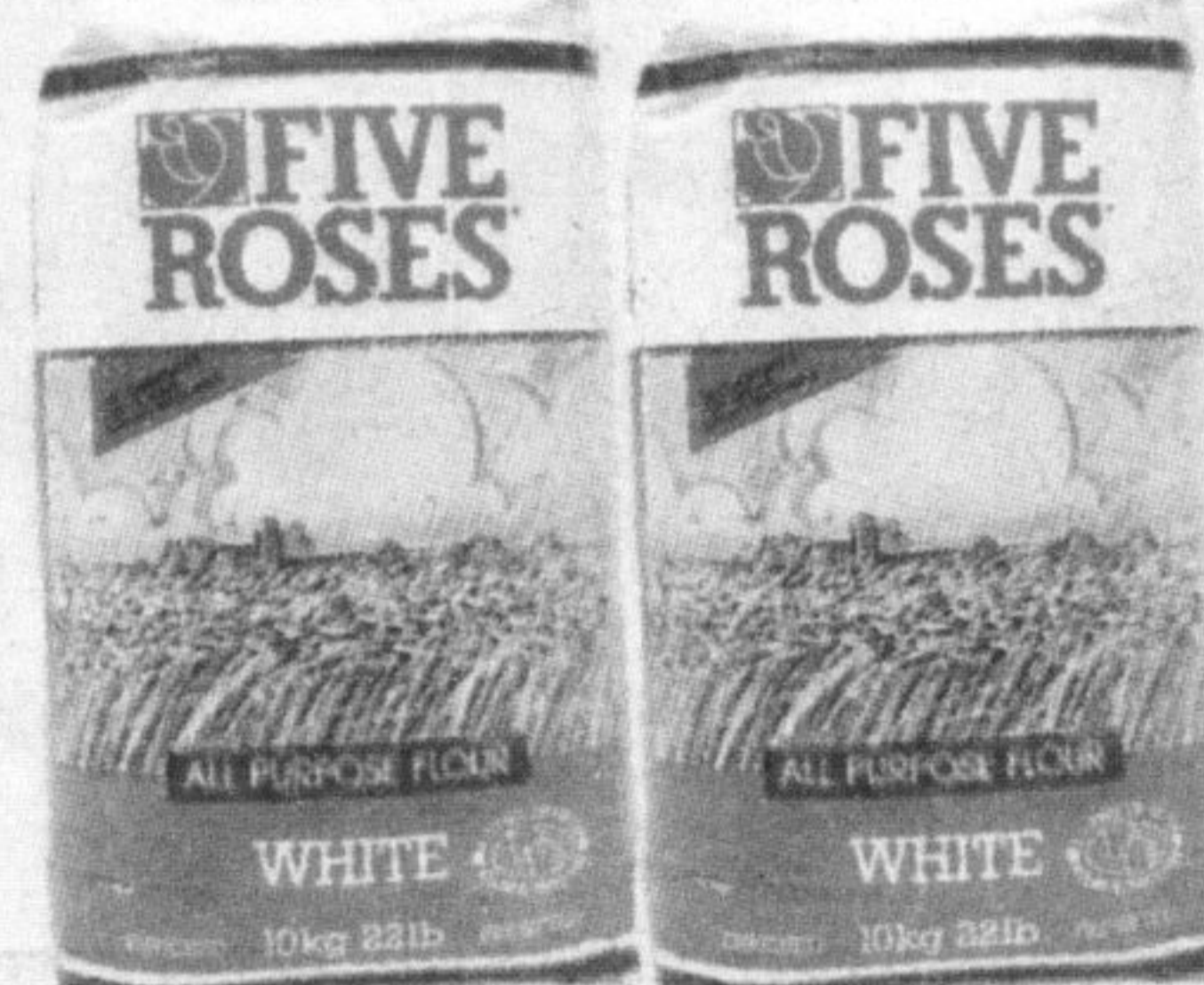


Kraft, Assorted Varieties
Cheez Whiz

2⁹⁹
500 ml

Swanson, Assorted Varieties
Meat Pies

8⁸⁸
200 gr



Five Roses
All Purpose Flour

5⁹⁹
10 Kg

Heinz, Assorted Varieties
Bagel Bites

1⁹⁹
198-212 gr



Mr Christie, Assorted Varieties
Snack Crackers

1⁹⁹
200-300 gr



Kellogg's
Frosted Flakes,
Froot Loops, Corn Pops



Kellogg's, Frozen
Pancakes

7⁹⁹
310 gr

Dempsters
Enriched White
Bread



9⁹⁹
675 gr