

Nov. 16 until Thurs. Nov. 22



• WE DELIVER •
Seniors 5% Discount Mon-Wed

WE RESERVE THE RIGHT
TO LIMIT QUANTITIES

**ONTARIO
CORN FED
BEEF**

at Tasting,

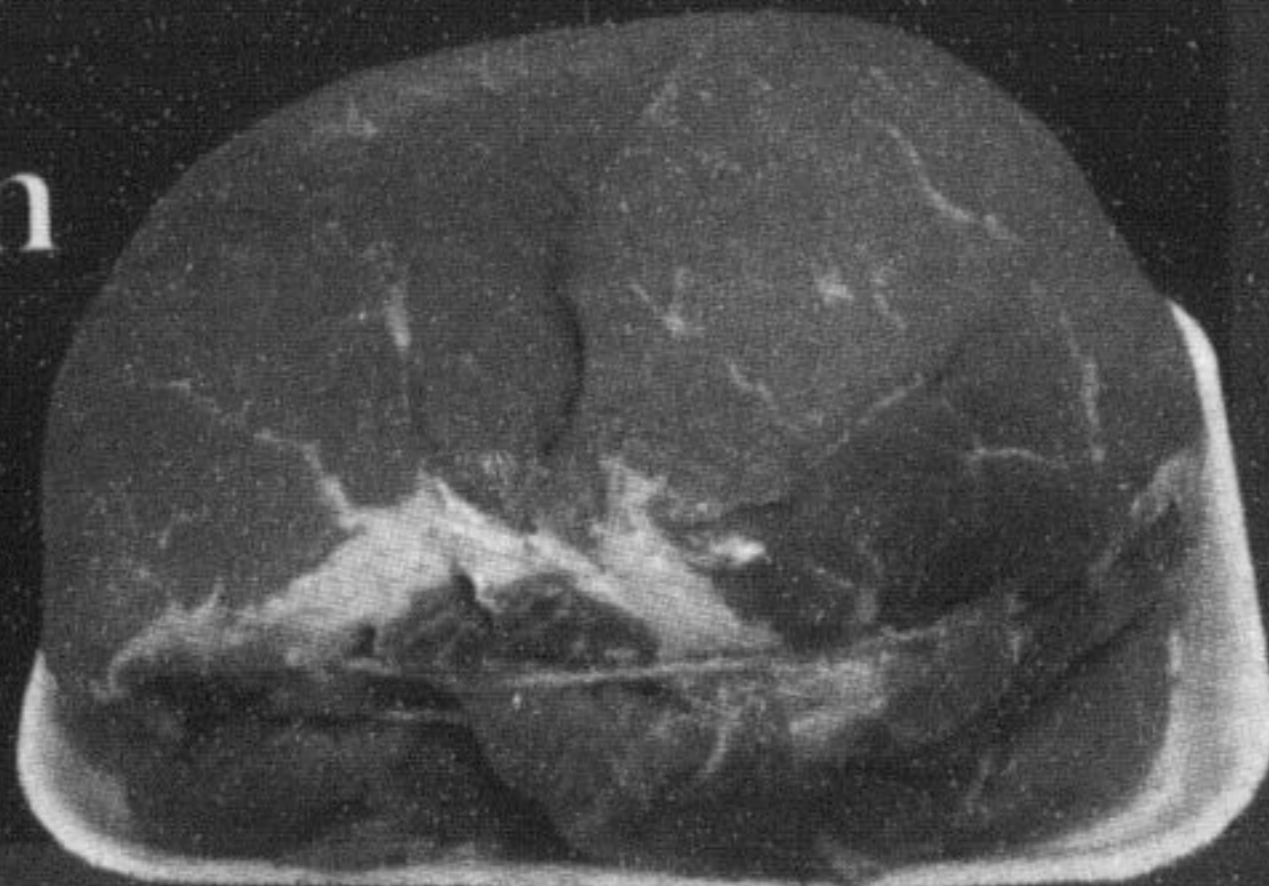


...
me.
...tasting beef,
...f corn makes
...It's what gives Ontario Corn Fed
...is rich full flavour. Our strict quality
...assurance program ensures that only
...canada AA and AAA beef is
...used, resulting in consistently
...tender and juicy cuts.
...Whether you choose a premi-
...um oven roast, strip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

...rio Corn Fed Beef has what it takes to
...be it 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
Top Sirloin
Roast**

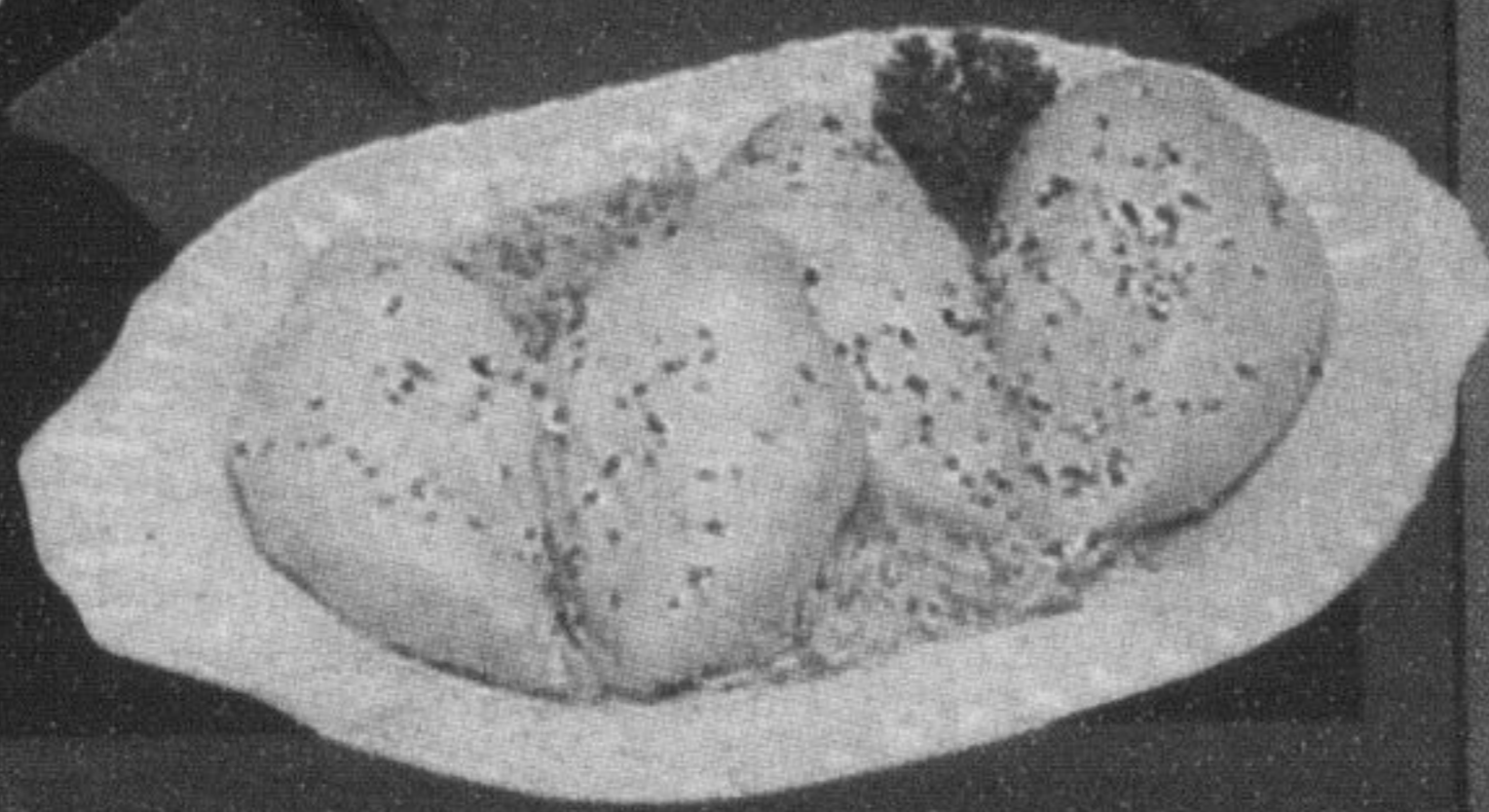
3⁹⁹
lb.



Fresh Canada Grade A Chicken

**Boneless
Chicken
Breasts**

4⁹⁹
lb.



Made Fresh by our Meat Department

**Hot, Mild, With Garlic
Fresh
Italian Sausage**

2²⁹
lb.



Cut from Special Select Ontario Pork

**Boneless
Centre Cut
Pork Loin Roast**

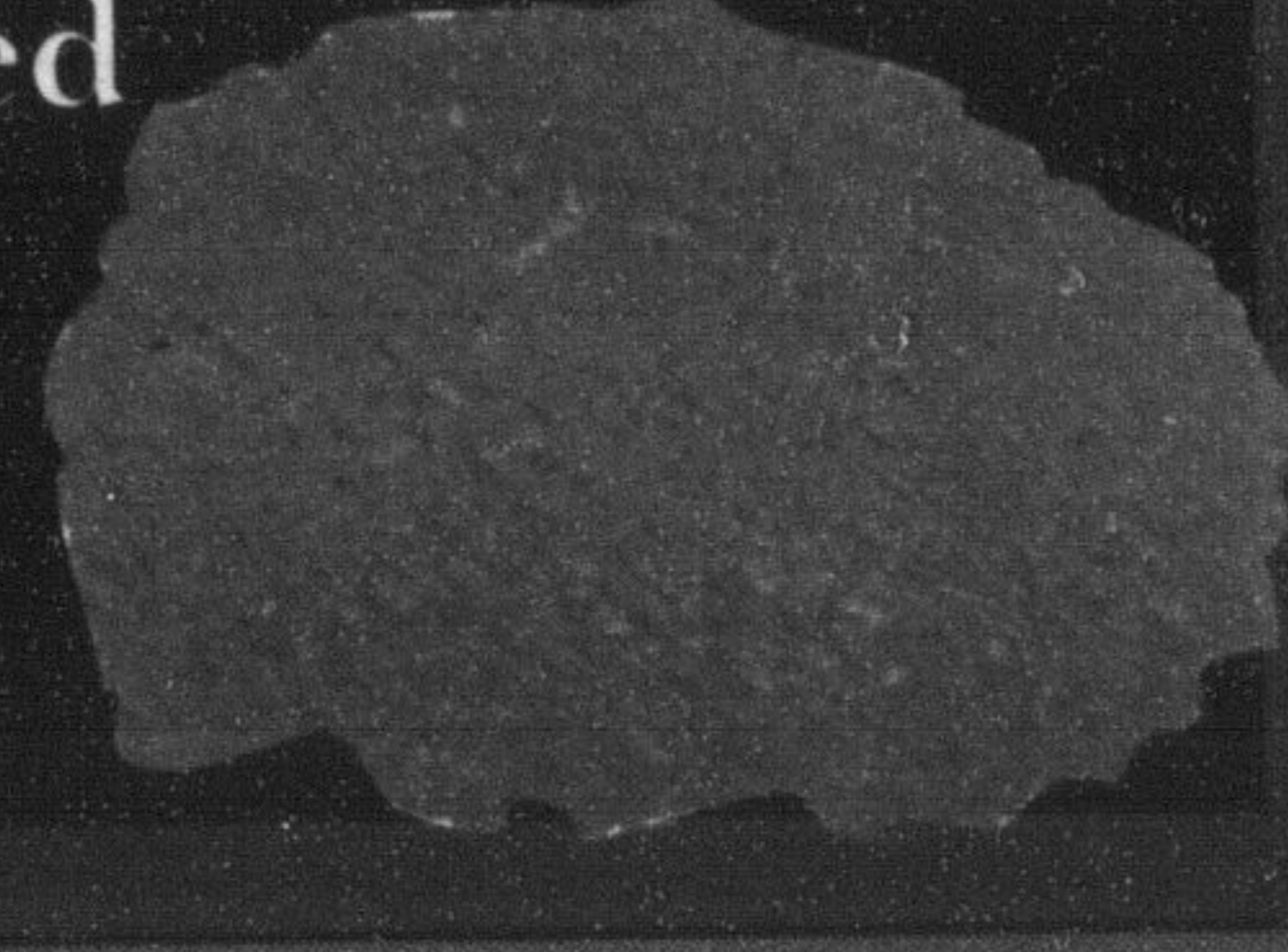
4⁴⁹
lb.



Cut from Ontario Corn Fed Beef

**Tenderized
Cube
Steaks**

3⁹⁹
lb.



Bakery

- Apple, Cherry Studel Stick pkg of 4 **1⁷⁹**
- Egg Knots **5/1⁹⁹**
- Buttertop Bread **1¹⁹**
- Mutligrain Bread **1⁹⁹**
- Old Fashioned Bread **1¹⁹**



Assorted Cuts

Primo Pasta

79[¢] 900 gr

Assorted Varieties

Primo Tomatoes

79[¢] 796 ml



Assorted Varieties

Primo Beans

79[¢] 540 ml



Primo Plain

Spaghetti Sauce

99[¢] 680 ml



Pillsbury

Crescent Rolls

1⁶⁹ 351 gr



16 Rolls

Charmin By Royal

4⁹⁹ 16 rolls



Pillsbury

**Chocolate, Chocolate Chip
Cookies, Chocolate Chunks**

1⁹⁹ 510 gr



Chunk or Flaked Lite

**Admiral
Tuna**

79[¢] 170 gr



Assorted Varieties

**Premium Plus
Crackers**

1⁹⁹ 450 gr



Dairyland 6 or 10%

**1/2 & 1/2
Cream**

1⁹⁹ 1 Litre



Assorted Varieties

**Puritan
Stews**

1⁴⁹ 665 gr



White or 100% Whole Wheat

**Wonder
Bread**

99[¢]

Dempster's

**Whole Grain
Bread**

1⁴⁹ 658 gr

