

Nov. 23 until Thurs. Nov. 29



• WE DELIVER •
Seniors 5% Discount Mon-Wed

WE RESERVE THE RIGHT TO LIMIT QUANTITIES

ONTARIO CORN FED BEEF

Great Tasting,



...
ime.
Great tasting beef,
of corn makes
ce. 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.

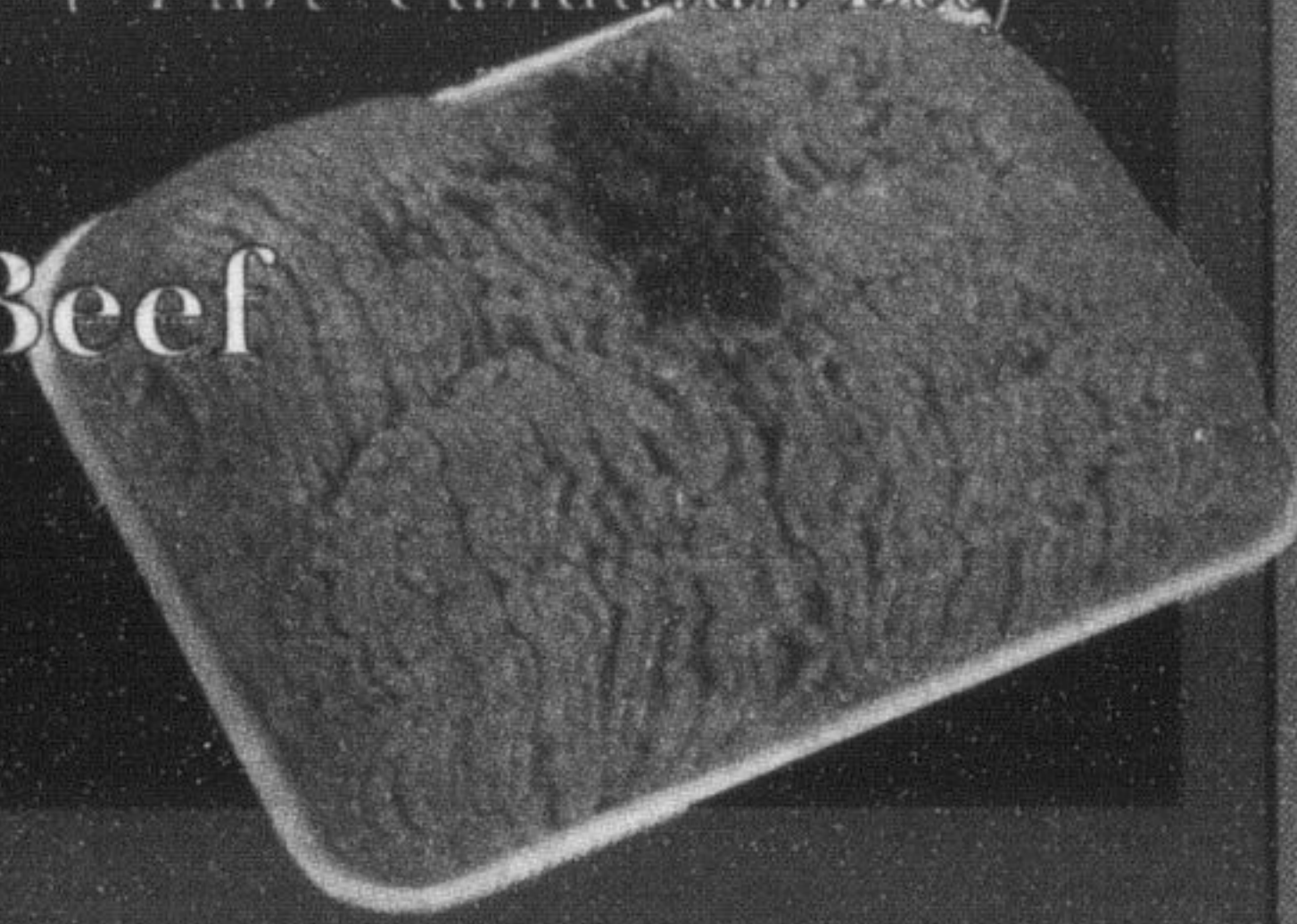
Ontario Corn Fed Beef has what it takes to
make it the first choice for today's consumer.
It takes time and effort to produce a
consistently great tasting product. That effort
has been made by all involved in the
production of Ontario Corn Fed Beef and we
are sure that you will appreciate the results.



Made from 100% Pure Canadian Beef

Lean Ground Beef

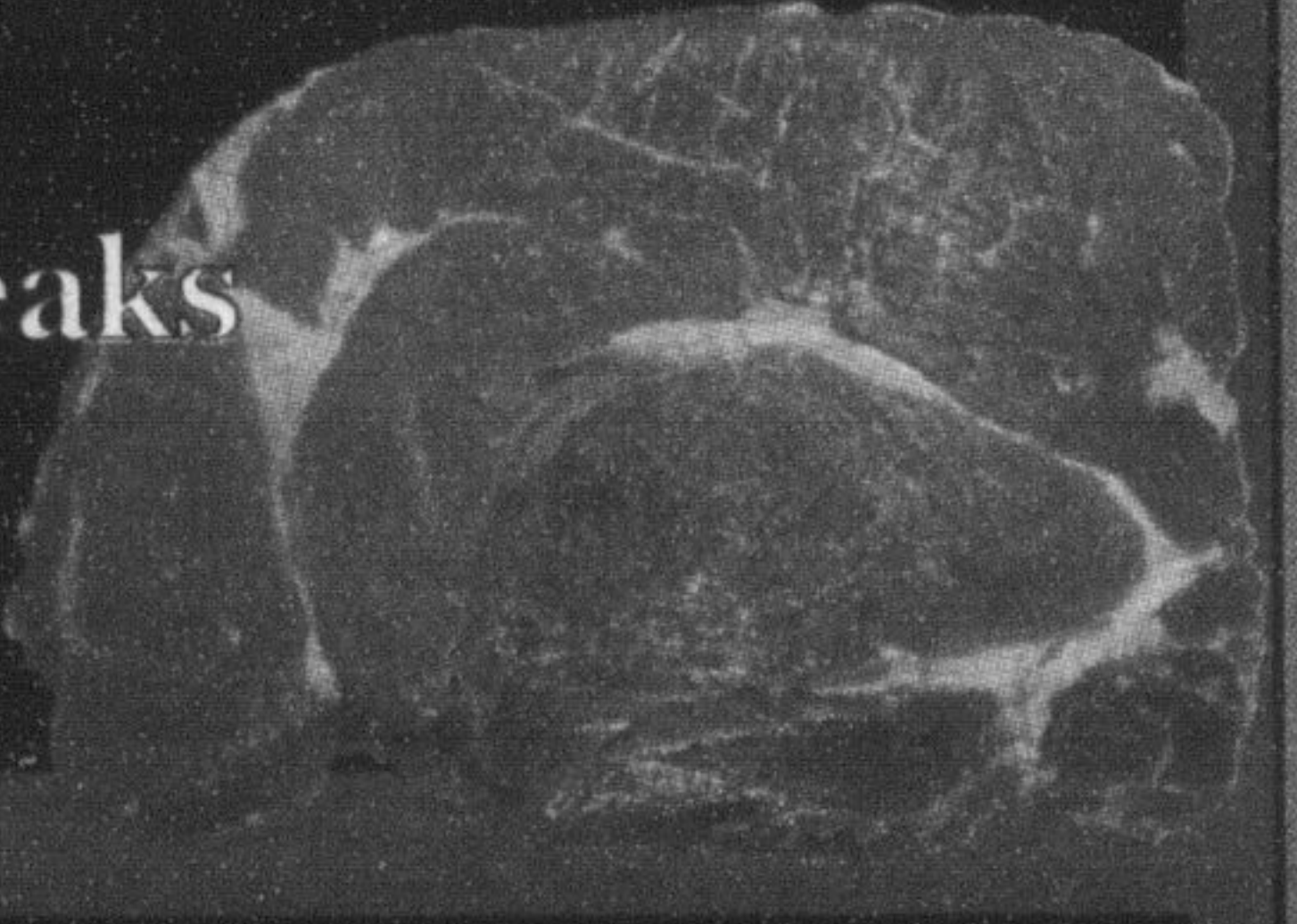
1.99
lb.



Cut from Ontario Corn Fed Beef

Boneless Blade Steaks

3.99
lb.



Fresh Canada Grade

Fresh Chicken Breast

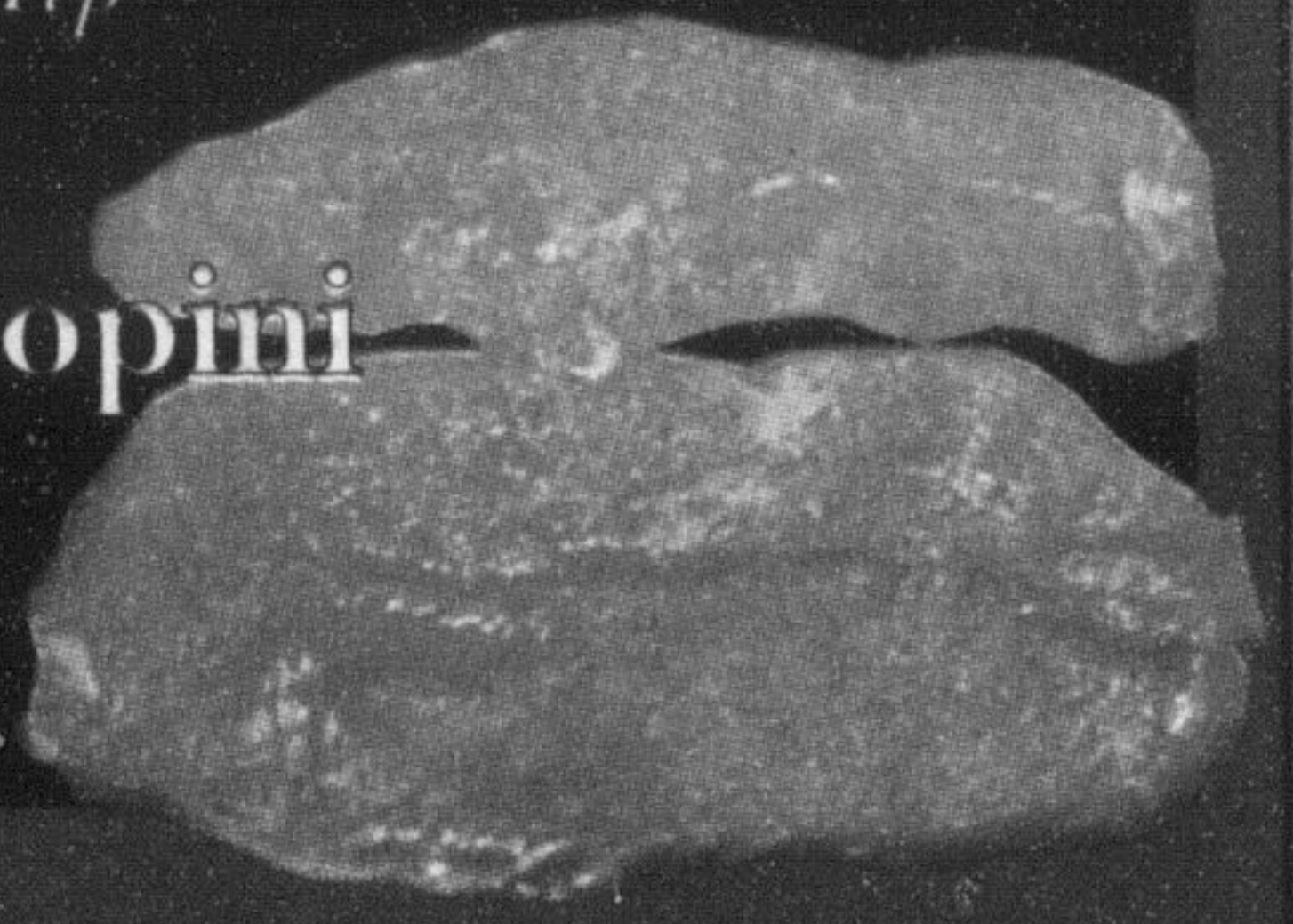
2.49
lb.



Cut from the Hip

Fresh Veal Scalopini

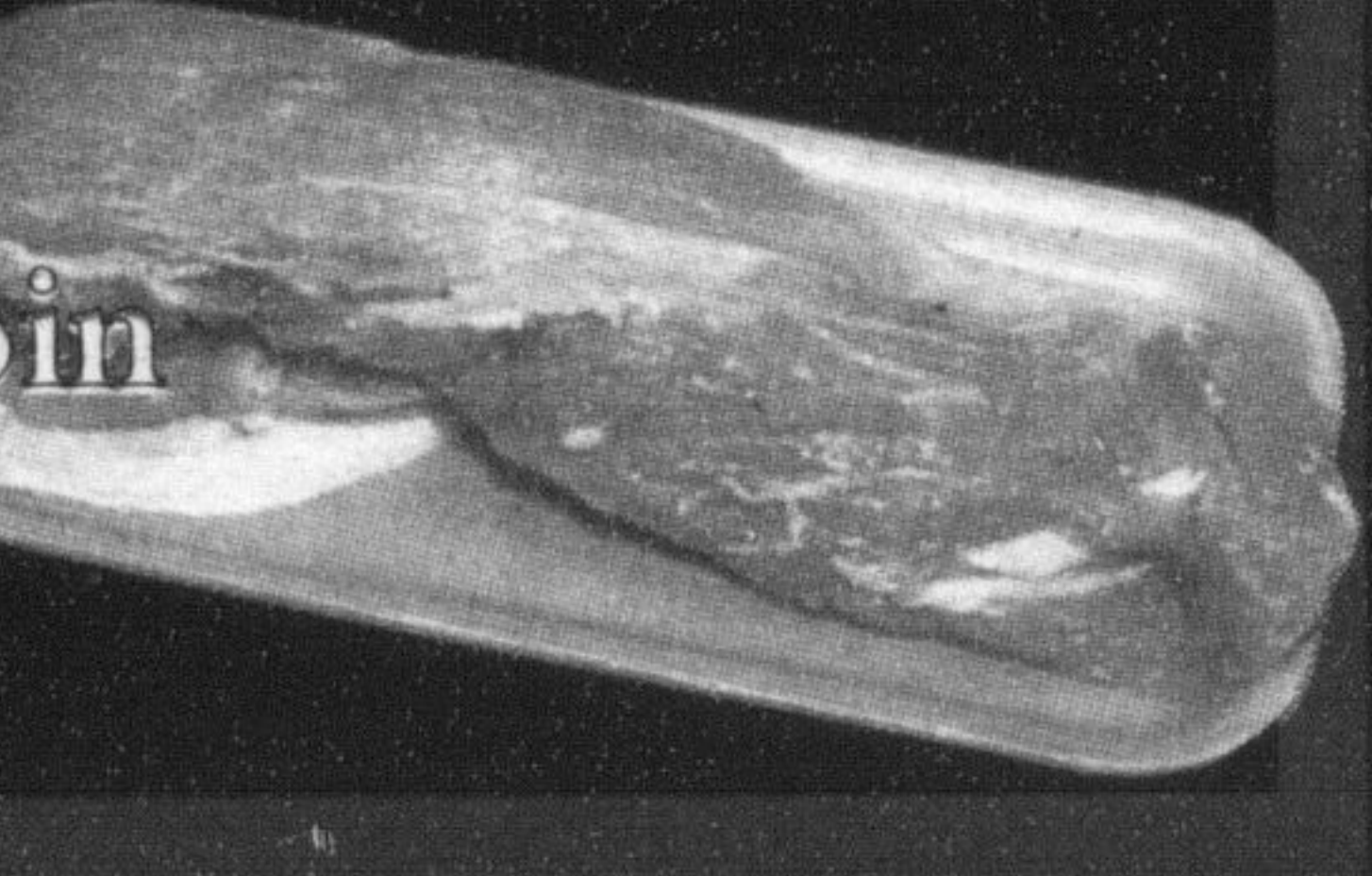
7.99
lb.



Cut from Special Select Ontario Pork

Fresh Pork Tenderloin

6.99
lb.



Bakery

Assorted Cookies

3.49

Pumpnickel Bread

1.19

Cheese Buns

6/1.99

Multigrain Bread

1.99

Vienna Stick

99¢

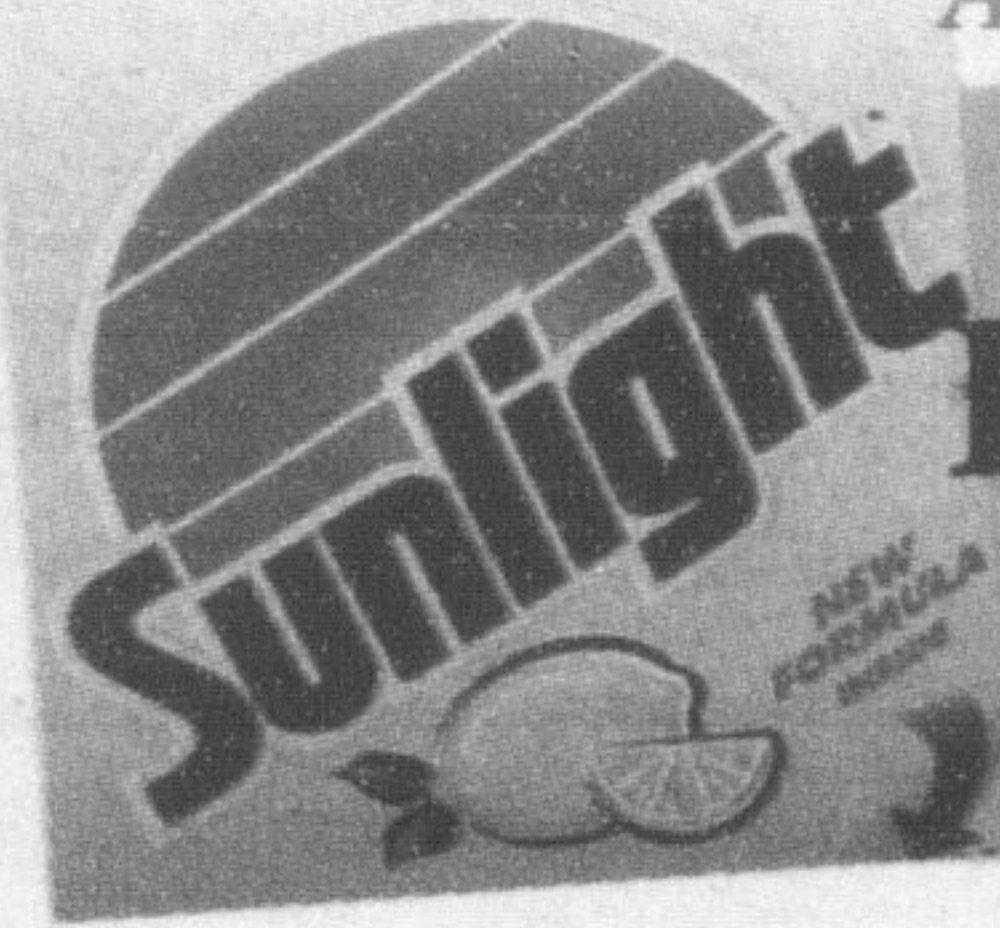
Assorted Varieties
Maxwell House Coffee

1.88
300 gr



Ultra, Regular,
Assorted Varieties
26-37 Use
Sunlight Detergent

6.99
3/3.3kg



Tomato, Chicken Noodle,
Vegetable, Cream of Mushroom

Campbell's Soups

5.99



Tetley Tea Bags

6.99
216 bags

Del Monte, Assorted Varieties

Canned Vegetables

6.99
398 ml



Original, With Ground
Beef, With Mushrooms

Ragu Pasta Sauce

1.59
700 ml



Kraft, Assorted Varieties

Peanut Butter

2.99
1 Kg



Assorted Flavours

Smuckers Jams

2.99
500 ml



Squeezable
Heinz Ketchup

2.99
1 Litre



O.V.O.

Liquid Bleach

9.99
3.6 Litre



Assorted Varieties
Sunlight Liquid Dish Detergent

1.99
950/750 ml



O.V.O.

Bathroom Tissue

4.99
24 roll



O.V.O.
Aluminum Foil

9.99
25'



O.V.O., 2 ply
Facial Tissue

3.88
150's



Mild, Sharp
Kraft Grilled Cheese Slices

2.99
500 gr



Assorted Varieties
Rice Krispies Bar

2/4.00
170 gr