

SUPERCHOICE Country Markets



BETTER SELECTION
EVERY WEDNESDAY IS SENIORS DAY AT SUPERCHOICE 5% DISCOUNT ON ALL PURCHASES EXCEPT TOBACCO.

NOW OPEN
OUR GARDEN CENTRE IS NOW OPEN WITH A WIDE SELECTION OF EVERGREENS, SHRUBS, SOIL AND FERTILIZERS.
OUR FRESH PRODUCE DEPARTMENT IS NOW OPEN SUNDAYS, 10 A.M. - 5 P.M.

THE MEAT DEPT.

CUT FROM CANADA GRADE A BEEF

CROSS RIB ROAST
1.89 LB.

FRESH NEVER FROZEN

CHICKEN DRUMSTICKS
99¢ LB.

STORE PACKED HOT OR SWEET

ITALIAN SAUSAGE
Fine for the Bar-b-que
1.99 LB.

MINI

BLACK FOREST HAMS
2.99 LB.

STORE PACKED

BLACK FOREST BACON
1.99 LB.

SWEET, PICKLED

PEAMEAL BACON
2.69 LB.

FRESH SLICED

BEEF LIVER
99¢ LB.

FRESH NEVER FROZEN

PORK SIDERIBS
1.69 LB.

save 30¢
Regular homestyle spaghetti sauce **1.49**

PEPPERIDGE FARM

CHIFFON CAKES
frozen selected varieties
255 g. pkg.
99¢

OLINDA TOMATO JUICE 48 oz tin **99¢**

RIVIERA ORANGES 10 oz tin WHOLE MANDARIN **59¢**

MOTT'S CLAMATO 1 L. bottle REGULAR OR EXTRA SPICY **1.69**

KOOL-AID DRINK CRYSTALS 6 g. pkg. SELECTED FLAVOURS **4/99¢**

COLONIAL COOKIES 400 g. pkg. ASSORTED VARIETIES **1.69**

JELL-O JELLY 85 g. pkg. DESSERT POWDERS SELECTED VARIETIES **3/99¢**

FRENCH'S PREPARED MUSTARD 500 ml. jar **1.39**

SCOTT FAMILY ASSORTED PRINTED NAPKINS 180 pkg. of **2.49**

NIAGARA pink or white

LEMONADE
frozen, concentrated
12.5 oz. tin
3/99¢

RAGU HOMESTYLE SPAGHETTI SAUCE WITH COUPON **1.49**
PLAIN OR MEAT 750 ml. jar WITHOUT COUPON 1.79

WELCH'S GRAPE JAM 500 ml. jar OR PURE JELLY **1.99**

RAINBOW white sliced 675 g. loaf **79¢**

WESTON BUNS 6 pkg. of 8 HOT DOG OR HAMBURGER **99¢**

PURITAN FLAKED TURKEY OR FLAKED HAM 6.5 oz. tin **1.59**

VAN CAMP'S STOKELY KIDNEY BEANS 14 oz. tin SELECTED VARIETIES **69¢**

STOKELY WHOLE KERNEL CORN 12-14 oz. tin OR SELECTED VARIETIES VEGETABLE **79¢**

DANONE YOGURT 175 g. cont. SELECTED VARIETIES **59¢**

FARM FRESH PRODUCE

Produce of U.S.A. Can. No. 1 Grade

CANTALOUPE
69¢ EA.

Produce of Can. Can. No. 1 Grade

EXTRA LARGE HOT HOUSE TOMATOES
1.69 LB.

Produce of U.S.A. Can. Ex. Fancy Grade

RED DELICIOUS APPLES
79¢ LB.

Produce of U.S.A. Can. No. 1 Grade

GREEN PEPPERS
79¢ LB.

Produce of U.S.A.

FLORIDA LIMES
6/99¢

Produce of U.S.A.

GREEN ONIONS
3/99¢

Produce of U.S.A.

CUT WATERMELONS
39¢ LB.

HILLVIEW

POTTING SOIL
2.99 35 L. bag

HILLVIEW

TRIPLE MIX
1.99 30 L. bag

DELI

LINKS

POLISH SAUSAGE
55¢ 100g **2.49** LB.

SLICED AT THE DELI

COOKED ROAST BEEF
99¢ 100g **4.49** LB.

BY THE PIECE

MOZZARELLA CHEESE
22¢ 100g **3.49** LB.

BAKERY

RAINBOW

WHITE SLICED BREAD
675 g. loaf **79¢**

Baked Fresh Daily SUPERCHOICE

CRUSTY ROLLS
6/99¢

Baked Fresh Daily SUPERCHOICE

BANANA NUT MUFFINS
6/1.99

COKE OR SPRITE regular or diet 2 L. plastic bottle **1.69**

Produce of U.S.A.

BROCCOLI
69¢ EA.

Produce of U.S.A. Can. No. 1 Gr.

FRESH CORN on the cob
8/1.99

FRESHLY GROUND

LEAN GROUND BEEF
1.89 LB.

CUT FROM CANADA GRADE A BEEF

BLADE STEAK
1.39 LB.

WHITE SWAN

PAPER TOWEL
2 roll pkg.
99¢