

SUPERCHOICE

Country Markets



BETTER SELECTION

EVERY WEDNESDAY IS SENIOR'S DAY AT SUPERCHOICE 5% DISCOUNT ON ALL PURCHASES EXCEPT TOBACCO

THE MEAT DEPT.

Cut From Can. Gr. A Beef
INSIDE ROUND ROAST

2.99 LB.

FRESHLY GROUND
LEAN GROUND BEEF

1.89 LB.

MARY MILES
SLICED SIDE BACON

1.69 500 g. pkg.

Cut From Can. Gr. A Beef
THIN SLICED INSIDE ROUND ROULADEN

3.49 LB.

MARY MILES
WIENERS

1.29 450 g. pkg.

Cut From Can. Gr. A Beef
FROM THE HIP CUBE STEAK

2.99 LB.

Fresh Never Frozen
TURKEY WINGS OR DRUMSTICKS

79¢ LB.

Cut From Can. Gr. A Beef
EYE OF ROUND ROAST

4.49 LB.

PEPSI or 7-UP

Regular or Diet
24 x 280 ml. cans

5.99

CAMPBELL'S CHICKEN NOODLE OR VEGETABLE SOUP 10 oz tin **59¢**

CHRISTIE PREMIUM PLUS CRACKERS 450 g box **1.69**

CARNATION EVAPORATED MILK 385 ml tin **79¢**

KRAFT MIRACLE WHIP REGULAR OR LIGHT REGULAR OR DIET COKE 750 ml plus deposit **3.29** **49¢**

WHITE SWAN FACIAL TISSUE WHITE box of 150's **79¢**

DUNCAN HINES CAKE MIXES ASSORTED VARIETIES 500 g box **99¢**

FRUCTAL PURE JAMS ASSORTED VARIETIES 375 ml jar **89¢**

CHAPMAN'S ICE CREAM ASSORTED FLAVOURS 2 L. cont.

1.59

WELCHADE GRAPE DRINK 48 oz tin **99¢**

DEL MONTE ASSORTED VARIETIES VEGETABLES 12 1/4 oz tin **89¢**

HEINZ BEANS ASSORTED VARIETIES 14 oz tin **79¢**

BRAVO SPAGHETTI SAUCE 28 oz tin PLAIN **99¢**
ASTRO COTTAGE CHEESE 500 g cont. **1.49**

VALLEY FARMS CHOICE PEAS FROZEN 1 kg bag **1.69**

SAVARIN MEAT PIES 227 g pkg **79¢**

NIAGARA FROZEN PINK OR WHITE LEMONADE 12 1/2 oz tin **39¢**

DELI

Sliced at the Deli
BLACK FOREST HAM 88g 100g **3.99** LB.

LINK'S COLD CUTS 88g 100g **2.99** LB.

BY THE PIECE
SWISS CHEESE \$1.18 100g **5.40** LB.

BAKERY

WONDER—WHITE SLICED 96% WHOLE WHEAT OR SANDWICH THINS 675 g loaf **89¢**

BAKED FRESH DAILY, SUPERCHOICE
ALL BUTTER CROISSANTS **3/99**

Baked Fresh Daily SUPERCHOICE
APPLE STRUDEL 500 g pkg. **1.99**

FARM FRESH PRODUCE

Produce of Ontario
Canada No. 1 Grade
LARGE SIZE PEACHES

79¢ LB.

Produce of Ontario
Canada No. 1 Grade
CELERY STALK

69¢ EA.

Produce of Ontario
Canada No. 1 Gr.
SWEET RED PEPPER

99¢ LB.

Produce of Canada
Canada No. 1 Gr.
FRESH BUNCH CARROTS

69¢ EA.

Produce of Canada
Canada No. 1 Gr.
LARGE SIZE ENGLISH CUCUMBERS

99¢ EA.

Produce of Argentina
JUICY TANGERINES

89¢ LB.

Produce of U.S.A.
Canada Fancy Grade
GRANNY SMITH APPLES

1.99 3 LB. BAG

Produce of Ontario
PEPPER SQUASH BUTTERCUP OR BUTTERNUT

39¢ LB.

WHITE SWAN PAPER TOWELS 2 roll pkg.

89¢

SCHNEIDERS CHEESE SLICES 500 g pkg.

2.99

Produce of Canada
FRESH BROCCOLI

69¢ BUNCH

Cut from Can. Gr. A Beef
INSIDE ROUND STEAK

2.99 LB.

Cut From Can. Gr. A Beef
OUTSIDE ROUND ROAST

2.69 LB.

From the Tropics
BANANAS

29¢ LB.

