

SUPERCHOICE Country Markets



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

THE MEAT DEPT.

Fresh Never Frozen
WHOLE CHICKENS
 1.29 LB.

Fresh Never Frozen
CENTRE CUT PORK LOIN CHOPS
 2.69 LB.

Fresh Never Frozen
CHICKEN DRUMSTICKS
 1.09 LB.

Fresh Never Frozen
CHICKEN THIGHS
(part-back attached) **99¢** LB.

COUNTRY MANOR SLICED SIDE BACON
500 g. pkg. **1.49**

TOWN CLUB DINNER HAMS
LB. **1.99**

TOWN CLUB COTTAGE ROLLS
LB. **1.89**

Fresh Never Frozen
BONELESS PORK LOIN BUTTERFLY CHOPS
LB. **3.49**

MAXWELL HOUSE INSTANT COFFEE

200 g. jar Regular **4.89**

LIBBY'S CANNED PASTA 14 oz tin **79¢**

PRIMO SPAGHETTI SAUCE 28 oz tin **99¢**

AYLMER, SQUEEZE TOMATO KETCHUP 1 L. bottle **1.99**

McCain FRENCH FRIES frozen 1 kg. bag **1.49**

BLUE WATER FISH & CHIPS frozen 750 g. pkg. **2.29**

INGERSOLL PROCESS CHEESE SPREAD 500 g. jar **2.99**

NEILSON CHOCOLATE MILK 1 L. carton **99¢**

EVERFRESH PURE JUICES 473 ml. cont. **69¢**

PRIMO PASTA

Assorted 900 g. pkg. **79¢**

KELLOGG'S CORN FLAKES 675 g. box **2.49**

CAPRI BATHROOM TISSUE 4 roll pkg. **1.29**

ROBIN HOOD ALL PURPOSE FLOUR 2.5 kg. bag **2.99**

CLOVER LEAF SOLID TUNA 7 oz tin **2.29**

NABOB SUMMIT COFFEE 300 g. jar pack **2.89**

MAPLE LEAF FLAKES OF HAM 184 ml. **1.29**

9 LIVES CAT FOOD ASSORTED VARIETIES 170 g. tin **39¢**

CASCADE AUTOMATIC DISHWASHER DETERGENT 4 kg. box **3.69**

FARM FRESH PRODUCE

Produce of U.S.A. Canada Fancy Grade
BARTLETT PEARS
 79¢ LB.

Produce of Canada Canada No. 1 Grade
EX-LARGE SIZE HOT HOUSE TOMATOES
 99¢ LB.

Produce of U.S.A. Canada Fancy Gr.
GRANNY SMITH APPLES
 69¢ LB.

Produce of U.S.A.
CELLO SPINACH 1 L. bag **79¢**

Produce of Ontario Canada No. 1 Gr.
FRESH PEACHES 4 L. basket **3.99**

Produce of Ontario Ontario No. 1 Gr.
GREEN PEPPERS LB. **79¢**

Produce of U.S.A.
LARGE SIZE PINEAPPLES EA. **1.99**

Produce of Ontario Canada No. 1 Gr.
COOKING ONIONS 1 1/2 BAG **59¢**

DELI

Sliced at the Deli - SHOPSYS
EYE OF PASTRAMI OR CORNED BEEF 30g/100g **4.49** LB.

BRANDT'S **LIVER SAUSAGE** 55g/100g **1.99** LB.

BY THE PIECE
HAVARTI CHEESE 30g/100g **4.49** LB.

BAKERY

FIBRE GOODNESS White Sliced or 100% Whole Wheator DIETRICH 100% Whole Wheat 675 g loaf **89¢**

Baked Fresh Daily, SUPERCHOICE
LARGE KAISERS **6/99¢**

Baked Fresh Daily SUPERCHOICE
CHOCOLATE CHIP COOKIES pkg. of 12 **1.69**

Produce of Ontario
ROMAINE LETTUCE

2/99¢

PRIMO VEGETABLE OIL 3 L. jug. **2.99**

TIDE POWDERED LAUNDRY DETERGENT 10 L. box **7.99**

Fresh Never Frozen FAMILY PACK
PORK LOIN CHOPS

contains: 3 rib, 3 centre cut 3 tenderloin portions
1.89 LB.

Freshly Ground
MEDIUM GROUND BEEF

1.59 LB.

Produce of Ontario Canada No. 1 Grade
FILL YOUR OWN BAG RED OR WHITE POTATOES

2.99 LB.

