

Every Wednesday is **SENIOR'S DAY**
5% Discount on all purchases except tobacco.

SUPERCHOICE



Cut from Canada Grade "A" Beef
OUTSIDE ROUND ROAST
2⁸⁹ LB.

Sunlight Powdered
LAUNDRY DETERGENT
4⁹⁹ 8 L

Squirrel
PEANUT BUTTER
Smooth or Crunchy
1⁸⁹ 500 g

Monarch
ALL PURPOSE FLOUR 8 kg
3⁴⁹ WITH COUPON Without coupon pay only \$4.24.

Valley Farms
CHOICE PEAS 1 kg
1⁵⁹

Prod. of USA
FRESH BROCCOLI
59¢ ea.

THE MEAT DEPT.
From the Pork Loin
CENTRE CUT PORK CHOPS
2⁷⁹ LB.

Fresh - Never Frozen Family Pack
CHICKEN DRUMSTICKS
99¢ LB.

Produce of Ont.
No. 1 Grade
CELLO CARROTS
5 lb. bag **99¢**

FARM FRESH PRODUCE
Produce of USA
ROMAINE LETTUCE
69¢ EA.

From the Pork Loin Family Pack
PORK CHOPS
Contains: 3 Rib End 3 Centre Cut 3 Tenderloin and Chops
1⁶⁹ LB.

Produce of Ont.
Canada Fancy Grade
MACINTOSH APPLES
3 lb. bag **1²⁹**

Cut from Canada Gr. A
Beef From the Hip
CUBE STEAKS
2⁹⁹ LB.

Freshly Ground
LEAN GROUND BEEF
1⁸⁸ LB.

Cut from Can. Gr. A Beef
EYE ROUND ROAST
4⁴⁹ LB.

Black Forest
MINI HAMS
Whole or Half **2⁹⁹** LB.

Town Club
SLICED SIDE BACON
1⁷⁹ 500 g

Town Club
COTTAGE ROLLS
1⁹⁹ LB.

CAMPBELL'S CHICKEN NOODLE OR VEGETABLE SOUP 284 mL
2/99¢

IMPERIAL SOFT MARGARINE 454 g tub
99¢

SEALTEST FRUIT BOTTOM YOGOURT 175 g
2/79¢

SWANSON FROZEN DINNERS 240-319 G
1⁹⁹

PRIMO SPAGHETTI SAUCE 796 ml
99¢

LIPTON ASSORTED VARIETIES CUP-A-SOUP 4's
99¢

WELCHADE GRAPE DRINK 1.36 L
99¢

AYLMER SQUEEZE TOMATO KETCHUP 1 L
1⁹⁹

MAZOLA CORN OIL 2 L
3⁹⁹

MAXWELL HOUSE GROUND COFFEE 300 G Vac Pac
1⁹⁹

BEATRICE SOUR CREAM 500 ml
1⁴⁹

ASSORTED VARIETIES STONEHOUSE FARMS BREAD 675 g
1¹⁹

CASCADE DISHWASHER DETERGENT 1.8 kg
3⁹⁹

WHISKAS CAT FOOD 170 g
49¢

AUNT JEMIMA PANCAKE SYRUP 750 ml
2⁶⁹

TENDERFLAKE LARD 454 g
1¹⁹

REDIGREE PAL DOG FOOD 660 g
1³⁹

CHEF-BOY-AR-DEE CANNED PASTA 454 g
1¹⁹

Sliced at the Deli
Cooked Ham
377/100 g **1⁶⁹**

DELI
Brand's Liver Sausage 446/100 g
1⁹⁹

Sliced at the Deli
Cooked Roast Beef
689/100 g **3⁹⁹**

Baked Fresh Daily Superchoice
Italian Panini Rolls
6/1⁰⁹

BAKERY
Baked Fresh Daily, Superchoice Assorted
Fruit Filled Mini Strudel
Pkg. of 3 **1⁰⁹**

Weston's
Lemon Loaf Cake
340 g **1⁹⁹**

Prod. of Chile No. 1 Grade
RED PLUMS
1²⁹ LB.

Prod. of USA No. 1 Grade
FRESH ASPARAGUS
2⁹⁹ LB.

Prod. of USA Canada Fancy
ANJOU OR BOSCO PEARS
89¢ LB.

Prod. of Ontario Large Size
GREEN CABBAGE
99¢ EA.

Prod. of USA
CELLO SPINACH
10 oz. Pkg. **99¢**

Prod. of USA
CELLO RADISHES
1 lb. bag **59¢**

Produce of USA No. 1 Grade
CELERY STALKS
79¢

Redeemable only at Superchoice Country Markets
SAVE 75¢
ON THE PURCHASE OF ONE 8 kg PKG. OF
MONARCH ALL PURPOSE FLOUR
A.C. Nielsen. Coupon expires Sat. Feb. 8/92
PLU 1060
Coupon No. 04704600

575 ONTARIO ST., SOUTH
(Corner of Derry Rd. & Highway 25)
HOURS: MON. 9 A.M. - 8 P.M. WED. 9 A.M. - 9 P.M. FRI. 9 A.M. - 9 P.M.
TUES. 9 A.M. - 8 P.M. THURS. 9 A.M. - 9 P.M. SAT. 8 A.M. - 6 P.M.
SPECIALS ARE IN EFFECT FROM TUES. FEB. 4/92 TO SAT. FEB. 8/92
WE RESERVE THE RIGHT TO LIMIT QUANTITIES