

Here is just a small sample of the many back-to-school specials, as outlined in our 16-page cookbook.

Longo's

Where anything fresh is still growing

SPECIALS EFFECTIVE TUESDAY, SEPTEMBER 6, 1988 THRU SATURDAY, SEPTEMBER 17, 1988



Back To School Cookbook
Be sure to look inside today's paper for our value-packed cookbook being inserted in selected areas.

3085 HIGHWAY NO. 7 AT WOODBINE
OAKVILLE: HIGHWAY NO. 5 AT TRAFALGAR
BURLINGTON: 1225 FAIRVIEW STREET AT MAPLE
MALTON: 7885 GOBWAY DRIVE

Longo's for Quality Produce You Can Rely On

fresh from the Tropics
fancy bananas
Great For Breakfast Topped On Cereals!
kg .64
lb. **.29**

fresh sweet green seedless grapes
Product of U.S.A. Canada No. 1
Good For The Lunchbox
kg 1.74
lb. **.79**

new white potatoes
Ontario Grown Contains virtually no fat!
lb. bag **10.99**

fresh field cucumbers
Product of Ontario
Slices: Pick Up A Sandwich!
3.99 for

sandwich steaks
Cul From Canada Grade 'A' Beef
lb. **3.99** kg 8.79

stewing beef
Cul From Canada Grade 'A' Beef
lb. **2.29** kg 5.05

veal scallopini
Ontario Grade 'A' Beef
Cul From Canada
kg 9.89
lb. **4.49** kg 3.95 lb. 1.79

full round steaks and outside round roasts
Cul From Canada Grade 'A' Beef
lb. **2.69** kg 5.93

Deli Good
black forest ham
Brandt's Piva World
lb. **3.69** kg 8.14

Kraft dinner macaroni and cheese and spirals
with coupon below
Limit 4 boxes per coupon
Special Price Without Coupon
4 for **1.36** 225 g box 4 Boxes \$1.98

cheese slices
Kraft single wrap
500 g pkg. **2.99**

white & brown eggs
Ontario Grade 'A' fresh large
dozen **1.29**

sliced side bacon
Stouffer's
500 g pkg. **1.99**

Tang fruit drinks
Orange
3 x 250 mL pkg. **.89**

sliced bread
Fresh Daily!
Wonder white and 60% whole wheat
675 g loaf **.79**

Tetley tea
Tetley Iced Tea
3 x 250 mL pkg. **.99**

McCaun's french fries
1 kg bag **1.19**

pot pies
beef, chicken, turkey and ham
2.1 L carton **.69**

SAVE 60¢ WITH THIS COUPON
Kraft Dinner mac & cheese and spirals
Only at Longo's
4 for **1.36** 225 g box Limit 4 boxes per coupon
Coupon expires Sept. 17, 1988 5707968-H

Wagon Wheels
chocolate, butterscotch, double chocolate
Fresh Weston's chocolate and raspberry
package of 4 **1.49** 350 g box

Post Fruit 'N' Fibre and New! Magic Crunch Cereal
450 g and 375 g box **2.49**

Sealtest Prestige pure orange juice
2 L carton **1.99**

Sealtest sour cream
500 g tub **1.49**