

Splash of Summer

save .56

GREEN BEANS FRENCH STYLE GREEN BEANS
SHEETLEY PEAS CREAM STYLE CORN CRISP WHOLE
KERNEL CORN WHITE CORN NIBLETS WHOLE KERNEL CORN

**Green Giant
Fancy Vegetables**

12-14-FL.
OZ. TIN

.79

FROZEN, CONCENTRATED,
ASSORTED VARIETIES

**Sun Squeeze
Lemonade or Fruit Drinks**

12 -
12 1/2 -
FL. OZ.
TINS

3/99

Produce

lb. **save .80**

PRODUCT OF U.S.A., NO. 1 GRADE

**Green
Seedless
Grapes** 1.96 kg

.89 lb.

save 1.60

PROCESS
CHEESE FOOD
REGULAR OR LITES

**Black Diamond
Single Thins**

500 g
PKG.

2.99

save .60

ASSORTED VARIETIES

**Chef Boyardee
Canned Pasta**

15-OZ.
TIN

.99

lb. **save .60**

PRODUCT OF U.S.A.,
NO. 1 GRADE

Fresh Plums

1.52 kg

.69 lb.

on 2 **save .39**

PRODUCT OF ONTARIO

**Green or Red
Leaf Lettuce**

EACH

.99

ASSORTED VARIETIES

**Faberge Organics
Shampoo or Conditioner** 500 mL PLAST. BTL.

2.99

ASSORTED VARIETIES

**Luv's Diapers
for Boys or Girls** EACH PKG.

10.99

POWDERED

**ABC Laundry
Detergent** 5 L BOX

2.59

FROZEN, VEAL PARMIGIANA, CHEESE
MANICOTTI, SWEET 'N SOUR CHICKEN,
IMPERIAL CHICKEN,
CHICKEN VIENNA OR
TURKEY BREAD

**Weight Watcher's
Entrees** 231 - 283 g PKG.

2.99

FROZEN, LASAGNA, BROCCOLI WITH
CHEESE & BAKED POTATO OR RIGATONI

**Weight
Watcher's
Entrees** 280 -
298 - 319 g
PKG.

2.99

FROZEN CONCENTRATE

**Sun Squeeze
Orange Juice** 12-FL.
OZ. TIN

.99

bag **save .50**

PRODUCT OF ONTARIO,
CANADA FANCY GRADE

Red Delicious Apples

1.36 kg
3-LB.
BAG

1.49

pkg. **save .30**

PRODUCT OF ONTARIO

Fresh Spinach

283.5 g
10-OZ.
PKG.

.99

lb. **save 1.00**

GOURMET FOODS, COOKED,

**Black Forest
Style Hams**

SMOKED,
"BONELESS"

6.59 kg

2.99 lb.

Deli

lb. **save 1.72**

Honey Ham

3.99 lb.
.88 100 g

Bakery

save .50

GREAT ON THE BBQ

Garlic Bread

280 g

.99

save .29

GREAT FOR PICNICS

Crusty Rolls

PKG.
OF 12

1.39

pkg. **save .70**

MARY MILES
Wieners

450 g
PKG.

1.49

F.W. FEARMAN'S,
OUTSIDE ROUND

Pastrami

.88 100 g **3.99** lb.

MAPLE LEAF,
HAM & BACON OR

**Kolbassa
Coil**

.84 100 g **3.79** lb.

**Tip For
The Week**

For years health experts have been promoting the benefits of a high-fibre diet. Fruit is one of the best & most enjoyable sources of both fibre and many valuable vitamins. All IGA fruit has that 'just picked' freshness. We go out of our way to ensure that. This week, try our specially priced great tasting plums and grapes.

at **IGA**
**We Really
Care**

