

GARDEN BASKET®

Quality & Freshness Since 1929

Prices in effect Wednesday, February 19th, 2003 until closing Tuesday, February 25th, 2003.

Rosemary's Weekly Nutrition News
SEAFOOD
 Avoid over-marinating seafood which will begin to cook and toughen in a marinade with a high acid content. Seafood should be grilled for approximately ten minutes per inch of thickness.

FRESH FROM OUR GARDEN TO YOUR BASKET

VISIT WWW.THEGARDENBASKET.CA

Quality Fresh Produce

FEELING COLD?
 Step out of the cold and into our "Tropical" Fruit Paradise! The HOT SAVINGS will make you feel warm all over!

"Fresh from the Tropics!"
 Tasty
Bananas .39 lb.
87 kg
 "The Brazilian Heat, makes them Juicy & Sweet!"

Extra Large Mangoes .99 ea.
 Fresh from the Tropics! Super Sweet!"

Golden Ripe Pineapples 4.99 ea.
(5.99 cored)
 Fresh from Italy Sweet & Tasty!

Kiwi Fruit .99 lb.
2.18 kg
 Fresh from Mexico "Great for Salads & Guacamole!" (Hass)

Avocados .99 ea.
 Fresh from Brazil, Sweet "Try with a squirt of fresh Lime Juice!"

Papayas .99 ea.
 Fresh from the Island!

P.E.I. Potatoes 1.99 10 lb. bag

California Fresh Super-Sweet
Mini Carrots .99 lb.
2.18 kg

California Fresh Andy Boy
Anise/Fennel (Finocchi) .99 ea.

CONGRATULATIONS!

Jean MacDonnell
 WON "Dinner for Two" at "The School Fine Dining Restaurant" and Craig Near
 WON a "Gourmet Gift Basket" in our most recent draw.
 Thanks to all participants!

Hot Price
 Fresh Atlantic **SALMON STEAKS**
3.99 lb.
8.80 kg.
 While supplies last

The Butcher Shop
 Fresh Ontario **Chicken Drumsticks .88** lb.
1.94 kg.

Aged for 21 days Cut from Canada AAA Beef
Eye of Round Oven Roasts 3.99 lb.
8.80 kg.

Fresh **Boneless Centre Cut Pork Loin Chops 3.99** lb.
8.80 kg.

Fresh **Lean Ground Pork or Pork Butt Chops 1.99** lb.
4.39 kg.

Schneiders or Janes **Cooked Meatballs 6.99** 680 g - 900 g box

The Delicatessen
 Connoisseur **Black Forest Ham 3.99** lb.
88/100g
 Tre Stelle **Frulano Cheese 5.99** 1.32/100g
 Tre Stelle **Ricotta Cheese 3.49** 475 g
 Maple Lodge **Swiss Emmental Cheese 7.99** 1.76/100g
 Maple Lodge **Chicken Breast 5.49** 1.21/100g

Gourmet To Go
 Cantina Rosa's **Chicken & Beef Enchillada's 6.99** 5 pack

Brand Name Groceries

Primo **Pasta .87** 900 g

McCain **Pizza Pockets 1.99** 400 g

McCain **Gourmet Café Streusel Coffee Cake 1.99** 500 g

Bertolli **Classico Olive Oil 5.47** 1L

Nescafe **Instant Coffee 3.77** 150 g - 200 g
 Stouffers **Lean Cuisine Frozen Entrees 2.49** 230 g - 296 g

Minute Maid **Frozen Orange or Grapefruit Juice .99** 355 ml
 Carnation **Hot Chocolate 1.99** 10/28 g

Chef Boyardee **Pasta .99** 425 g
 Premium Plus **Crackers 1.99** 450 g - 500 g

Nestle **Legend Ice Cream 4.99** 2.1L Tub
 Welch's **Grape Juice 3.99** 1.82L

Minute Maid Frozen **Punches or Nestea .69** 355 ml
 Mott's Fruitsations **Apple Snacks 1.99** 6 x 113 g

Oven Fresh Bakery

In Store Baked Several Times Daily
Large Croissants 4/1.00

Homestyle **Brownies or Macaroons 2.49** 300 g
 In Store Baked Daily
Multigrain Bread 1.49 1 loaf

REGULAR BUSINESS HOURS

MONDAY 8 am - 9 pm TUESDAY 8 am - 9 pm WEDNESDAY 8 am - 9 pm THURSDAY 8 am - 9:30 pm FRIDAY 8 am - 9:30 pm SATURDAY 7 am - 8 pm SUNDAY 9 am - 6 pm

9275 Markham Rd. 16th AVE. 905-471-0777

* We reserve the right to limit quantities. * No rainchecks. * Savings based on regular prices at conventional The Garden Basket Food Markets. * Although we strive for accuracy in both copy and illustrations, errors may occur. We reserve the right to correct any errors. * Specials only available while quantities last. * Some photos are representational.