

# The GARDEN BASKET®

"Quality & Freshness Since 1929"®

Prices in effect Wednesday, March 12<sup>th</sup>, 2003 until closing Wednesday, March 19<sup>th</sup>, 2003.

**Happy Saint Patrick's Day**

**Rosemary's Weekly Nutrition News**  
**ST. PATRICK'S DAY**  
 If you're celebrating St. Patrick's Day, by wearing green, why not choose foods to match? You can celebrate with a spinach salad, steamed broccoli or slices of green pepper.  
 Dark green vegetables may help lower your risk of heart disease and certain cancers, so steer your grocery cart to those zucchinis, cucumbers, asparagus and peas.

FRESH FROM OUR GARDEN TO YOUR BASKET™

VISIT WWW.THEGARDENBASKET.CA

## Quality Fresh Produce

Florida Fresh Sweet	<b>Green Peppers</b>	<b>98</b>	lb. 2.16 kg
Product of Argentina	<b>Red Globe Grapes</b>	<b>148</b>	lb. 3.26 kg
California Fresh Lusciously Sweet	<b>Strawberries</b>	<b>198</b>	Heaping Pint
Fresh from Ontario Greenhouses	<b>Seedless English Cucumbers</b>	<b>98</b>	ea.
California Fresh	<b>Sno-White Cauliflower</b>	<b>198</b>	ea.
California Fresh	<b>Andy Boy Rapini</b>	<b>198</b>	bch.
Florida Fresh Tender	<b>Green Beans</b>	<b>198</b>	lb. 4.37 kg
Product of California or Iran	<b>Pistachios</b>	<b>398</b>	lb. 8.77 kg
Fresh from Ontario Greenhouses	<b>Hyacinths, Tulips, &amp; Daffodils</b>	<b>398</b>	6" pot

**COOKED SEVERAL TIMES DAILY**  
**HOT PRICE**  
**WHOLE B.B.Q. CHICKENS**  
**488**  
 800 g or larger

**The Butcher Shop & Seafood**  
**Fresh Boneless Centre Cut Pork Loin Chops**  
**377**  
 lb. 8.31 kg

**JANES Family Foods**  
**Boneless Chicken Breasts**  
**899**  
 907 g box  
 WOW! SAVE \$5.00

**Fresh Turkey Drumsticks, Necks or Chicken Drumsticks**  
**99**  
 lb. 2.18 kg

**Frozen, Utility Grade Cornish Hens**  
**199**  
 lb. 4.39 kg

**Fresh Catfish Fillets**  
**599**  
 lb. 13.21 kg

**Ocean Jewel 51/60 size Raw Black Tiger Shrimp**  
**599**  
 300 g bag  
 SAVE \$3

**The Delicatessen**  
**Cold Springs Cooked or Smoked Turkey**  
**599**  
 lb. 1.32/100 g

**Tre Stelle Provolone Cheese**  
**699**  
 lb. 1.54/100 g

**Connoisseur Roast Beef**  
**499**  
 lb. 1.10/100 g

**Siena Capocollo**  
**499**  
 lb. 1.10/100 g

**Connoisseur Oven Roasted Turkey**  
**699**  
 lb. 1.54/100 g

## Brand Name Groceries

**Kellogg's Cereal**  
 Raisin Bran 775 g  
 Corn Flakes 750 g  
 Bran Flakes 775 g  
 Rice Krispies 700 g  
 Honey Crunch Cornflakes 525 g  
 Frosted Flakes 525 g  
 Special K 475 g  
**287**

**Pillsbury Pizza Pops or 5" Mini Pizzas**  
**199**  
 380 g - 400 g

**Maxwell House Roast & Ground Coffee**  
**499**  
 1 kg

**Delmonte Fruit Cups or Fruit in Plastic**  
**199**  
 4 x 5 oz

**Delmonte Drinking Boxes**  
**79**  
 3 x 250 ml

**Five Roses All Purpose Flour**  
**299**  
 2.5 kg

**Kellogg's Eggo Waffles or Pancakes**  
**169**  
 310 g - 312 g

**Betty Crocker Fruit Snacks, Fruit Shapes, Gushers or Soda Licious**  
**199**  
 110 g - 128 g

**Delmonte Pineapples**  
**99**  
 14 oz

**Ajax Cleanser**  
**69**  
 400 g

**Javex Bleach**  
**299**  
 5 L

**Palmolive Liquid Dish Soap**  
**249**  
 850 ml

**Welch's Frozen Punches**  
**99**  
 341 ml

**Welch's Grape Juice**  
**249**  
 1 L

**Oven Fresh Bakery**  
**In Store Baked Flax Bread**  
**149**  
 Loaf  
 SAVE \$1.00

**Schaaf Foods Twin Pack Loaf Cakes**  
**399**  
 2 x 350 g

**In Store Baked Apple Pie**  
**499**  
 1g 10" pie

**REGULAR BUSINESS HOURS**

**MONDAY** 8 am - 9 pm  
**TUESDAY** 8 am - 9 pm  
**WEDNESDAY** 7 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

\* 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.

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