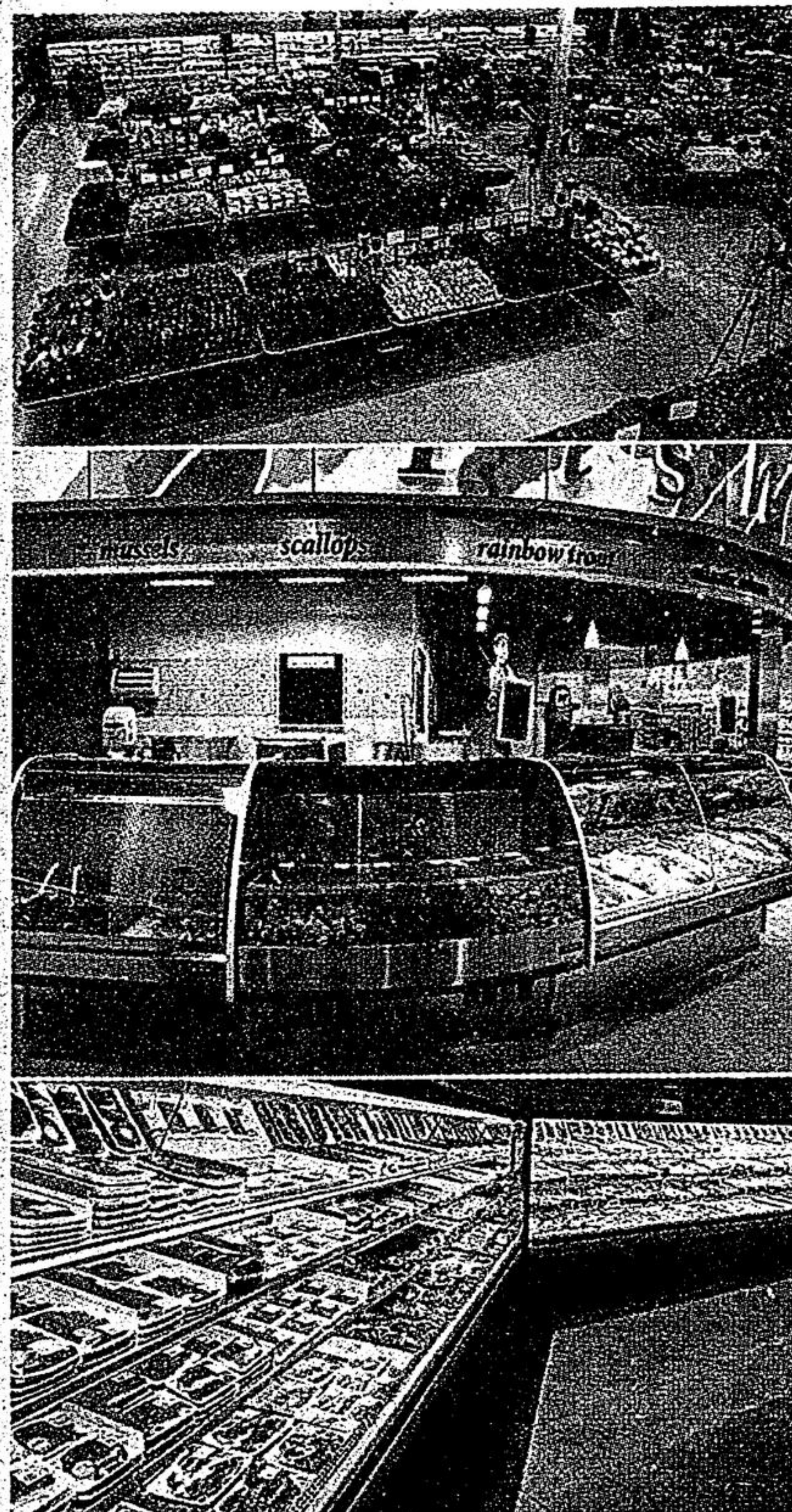


PRODUCE

	Product of U.S.A. Fresh Romaine Hearts	1.99 lb/kg
	Product of Argentina Sweet Honey Tangerines	.99 lb/2.18 kg
	Product of U.S.A. Fresh Spring Mix & Baby Spinach Salad Greens fill your own bag	2.99 lb/6.59 kg
	Product of Canada & U.S.A. Canada Extra Fancy, Sweet Bartlett, Bosc & Anjou Pears	.99 lb/2.18 kg
	Product of Canada Fresh Baby Bok Choy	.99 lb/2.18 kg
	Product of Holland, Ontario No. 1 Fresh, Large Red Bell Peppers	1.99 lb/4.39 kg

Michael

"only the"





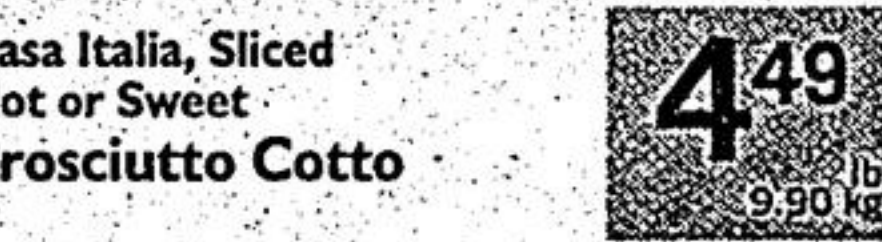
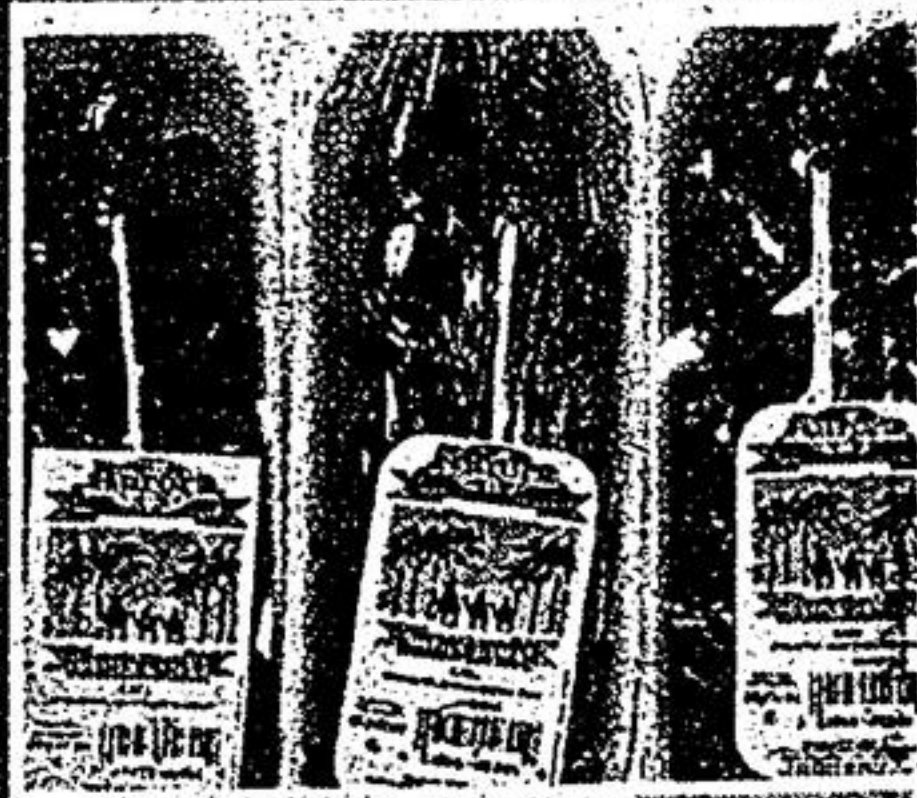
THIS WEEK Produce

	Product of U.S.A. & Italy Canada No. 1, Sweet Red Globe & Muscat Grapes	.99 lb/2.18 kg
	Seasoned USDA Choice Sliced Certified Angus Beef Roast Beef	9.99 lb/22.02 kg

DELECTABLE SEAFOOD

	Fresh Sole Fillets *Subject to availability	5.99 lb/13.21 kg
	Frozen, Ocean Jewel Cooked Shrimp Rings	2.99 ea/22.7g

THE DELICATESSAN SNACKING FOODS

	Maple Lodge, Sliced Cajun, Smoked or Cooked Chicken Breast	4.99 lb/11.00 kg
	Product of Switzerland Swiss Emmental Cheese	8.99 lb/19.82 kg
	Casa Italia, Sliced Hot or Sweet Prosciutto Cotto	4.49 lb/9.90 kg
	Creamy Havarti Cheese	7.99 lb/17.60 kg
		
Delicious & Nutritious, All Natural, Deglet Nour Variety Aurora Brand Tunisian Dried Dates		
1.29 lb/500 g		

QUALITY TENDER MEAT

	Fresh AAA Alberta Beef Prime Rib Steaks cap removed	6.99 lb/15.41 kg
	Shopsy's Regular Side Bacon	3.99 500g
	Minced Daily Lean Ground Beef	1.99 lb/4.39 kg
	Schneider's Skinless or Red Hot Wieners	1.99
	Fresh, Ontario Split Chicken Breasts	2.49
	Frozen, Cardinal Roadhouse Burgers	3.99

	Simply Heat & Serve Phillips Crab Claw Cakes	2.99 ea
	Served Hot Chicken Parmigiana tender chicken breaded and baked with parmesan and mozzarella cheeses and Angelico's tomato sauce	5.99 lb/13.21 kg
	Baltik Smoked Ham & Swiss Gruyere Cheese on a fresh flaky croissant	4.79 ea

-Prices in effect from Thursday, Oct. 20, 2005, until closing Wednesday, Oct. 26, 2005. We reserve the right to limit quantities. No rainchecks. Savings based on regular prices at conventional Michael-Angelo's. Although we strive for