

Joseph's Pick of the Week

Product of Costa Rica, Canada No. 1 Grade Sweet 'N Juicy Cantaloupes (Med. size 18's)

SAVE .51

.98 Each

CANTALOUPEs are the common fruit with the highest beta-carotene content, which the body converts to vitamin A. They contain 100 percent of the RDI of vitamin A. Cantaloupes also have one of the highest levels of vitamin C, providing 80 percent of the RDI. They are a good source of potassium.

The GARI BASKET

Visit or call the Meat Department to reserve

Quality Fresh Produce

Product of Argentina, Canada No. 1 Grade Sweet 'N Juicy Bartlett Pears

SAVE .51/LB

.98 lb 2.16kg

Product of USA, Canada No. 1 Grade Crunchy & Juicy Granny Smith Apples

SAVE .51/LB

.98 lb 2.16kg

Product of Ontario, No. 1 Grade Fresh, Tender English Cucumbers

SAVE .51

.98 Each

Product of USA, Canada No. 1 Grade Fresh, Tender Green or Red Leaf Lettuce

SAVE .71

.78 Each

Product of USA, Canada No. 1 Grade Fresh, Tender Broccoli Crowns

SAVE .51/LB

.98 lb 2.16kg

Product of USA, Canada No. 1 Grade Fresh, Tender Andy Boy Rapini

SAVE \$1.01

1.98 Bunch

Product of Mexico, Canada No. 1 Grade Seedless, Sweet 'N Juicy Sliced Watermelons

SAVE .51/LB

.78 lb 1.72kg

Product of Central America Sweet 'N Juicy Honeydew Melons

1/2 PRICE

1.98 Each

Product of Guatemala Fresh Red Radicchio

1/2 PRICE

2.98 Each

Frozen, New Zealand Rosemary & Garlic Frenched Rack of Lamb

SAVE OVER \$5.00

9.88 Each 354g Rack (Limit 5 while supplies last)

Made Fresh Daily! In Store Made Pork Sausages

- All Natural • No Added Water
- Absolutely No Artificial Preservatives or Additives of any Kind
- Made with Quality Ontario Pork

1.98 lb 4.37kg

The Butcher Shop

Cut from Fresh New Zealand Spring Lamb Lamb Loin Chops

8.88 lb 19.58kg

SAVE \$2.00/LB

Mariposa Boneless Black Forest Ham Halves

2.98 lb 6.57kg

Northern King Seafood Sensation or 1/2 Shell Kiwi Mussels

2.98 454g - 500g

Organic Product of USA Fresh, Sweet Organic Strawberries

SAVE \$1.01

2.98 Pkg.

Bulk Food Seedless Thompson Raisins (Random weight packages)

SAVE .74/LB

1.98 lb 4.37kg

Bulk Food Canadian Dried Cranberries (Random weight packages)

SAVE \$2.01/LB

6.98 lb 15.39kg

The Delicatessen

Schneiders Cooked Turkey **1.38** /100g

Schneiders Smoked Ham **1.18** /100g

Silani Mascarpone Cheese **5.98** 454g

Silani Ricotta Cheese **2.68** 454g Tub