

Joseph's Pick of the Week

Ontario Fresh Fall Harvest Sweet
Butternut Squash

1/2 PRICE

38 lb 84kg

SIMPLE BUTTERNUT SQUASH

- 1 butternut squash
- salt
- brown sugar (optional)

Cut 1 butternut squash in half (there is no need to peel). Sprinkle salt and brown sugar onto the squash. Be sure the oven is preheated to 350°F before placing in oven. Bake squash until soft; then simply scoop the squash out of the skin, add a little butter and serve!

GARD BASKET

Happy Thanksgiving

Prices in effect Thursday, October 4, 2007

Quality fresh Produce

Ontario Field Fresh White Potatoes

SAVE \$1.00

198 10lb Bag

Tender-Fresh From Peru Asparagus

1/2 PRICE

198 lb 4.37kg

Fresh from British Columbia Sweet 'N Juicy Royal Gala Apples

SAVE .50/LB

.98 lb 2.16kg

Fresh from Ontario Greenhouses Seedless English Cucumbers

SAVE .50

.98 Each

Ocean Spray Fresh Cranberries

SAVE .50

148 340g

Ontario Tender 'N Fresh "Mini" White or Yukon Gold Potatoes

1/2 PRICE

.98 lb 2.16kg

Product of Central America "Great in Salads or Grilled & Drizzled with Olive Oil" Fresh Radicchio

LESS THAN 1/2 PRICE

.98 Each

Product of Mexico Sweet 'N Juicy Cactus Pears

SAVE \$3.00

698 Case

Ontario Celery Stalks

SAVE .30

.98 Each

Juice Bar 100% Pure Pomegranate Juice (Not From Concentrate)

SAVE \$2.00

398 1L Bottle

Bulk-Food California Freshly Roasted & Lightly Salted Pistachios

SAVE \$2.00/LB

398 lb 8.77kg

The-Flower-Garden Ontario Grown Colourful Cyclamines

SAVE \$3.00

598 Each Large 6" Pot

Aged for 21 Days, Cut from Alberta or USDA Select Beef

SAVE \$8.00/LB

Beef Tenderloin Steaks (Filet Mignon) or Premium Oven Roasts

988 lb 21.78kg

AGED FOR 21 DAYS

In Store Baked Several Times Daily

1/2 PRICE

Artisan Potato Rosemary Bread

NEW

148 Loaf

The Butcher Shop

Aged for 21 Days, Cut from Canada AA, AAA Beef

Beef Leg Cutlets

488 lb 10.76kg

SAVE \$2.00/LB

Fresh Grade 'A' Turkeys

225 lb 4.96kg

Cook's Bone-In Smoked Hams

198 lb 4.37kg

The Delicatessen

Silani Bocconcini or Ricotta Cups

SAVE \$1.30

268 170g-454g

Silani Mascarpone Cheese

SAVE \$4.00

598 475g

Imported from Italy Dry Cured Prosciutto

SAVE OVER 20.00/kg

298 /100g

Silani Mozzarella Balls

SAVE \$1.50

298 340g

Ready to Pumpkin