

Joseph Pick of the Week

Ontario Late Harvest Tender 'N Fresh Broccoli

SAVE .50

.78 Bunch

CHINESE STYLE BROCCOLI INGREDIENTS:

- 1 Tbsp canola oil
- 1 Tbsp low sodium soy sauce
- 1 Tsp fresh lemon juice
- 1/2 head broccoli, cut into florets (3 cups)
- 1 garlic clove, minced

DIRECTIONS:

1. Heat oil in a large wok or high-sided skillet over med-high heat.
2. Add broccoli and stir-fry for 2 minutes.
3. Add soy sauce, garlic and lemon juice. Continue to stir-fry until broccoli is crisp-tender, about 5 minutes.
4. Serve Hot.

GARDEN BASKET

HAPPY HALLOWEEN

Prices in effect Thursday, October 25, until

Quality fresh Produce

<p>Central American Super-Sweet Golden Ripe Pineapples</p> <p>1/2 PRICE</p> <p>1.98 Each</p>	<p>Product of USA Taylor Organic Baby Spring-Mix</p> <p>LESS THAN 1/2 PRICE</p> <p>2/3.00 50z Pkg.</p>	<p>Ontario Fresh White Mushrooms</p> <p>1/2 PRICE</p> <p>.98 8oz Pkg.</p>
<p>Sweet, Juicy Seedless Oranges</p> <p>SAVE .30/LB</p> <p>.98 lb 2.16kg</p>	<p>California Fresh Colossal Green Olives</p> <p>SAVE \$7.00</p> <p>19.98 per case</p>	<p>Product of USA Washington, Crisp Grannysmith Apples</p> <p>SAVE .50/LB</p> <p>.98 lb 2.16kg</p>
<p>Ontario Orchard Fresh Sweet 'N Juicy Bosc Pears</p> <p>SAVE .50/LB</p> <p>.98 lb 2.16kg</p>	<p>Ontario Late Harvest Sweet Red Sheppard Peppers (While Quantities Last)</p> <p>1/2 PRICE</p> <p>.98 lb 2.16kg</p>	<p>Ontario Fresh Fall Harvest Jumbo Green Head Cabbage</p> <p>SAVE .50</p> <p>.98 Each</p>
<p>Ontario Fresh Fall Harvest Super Sweet Carrots</p> <p>1/2 PRICE</p> <p>.38 lb .84kg</p>	<p>Ontario Tender 'N Fresh "Mini" White & Yukon Gold Potatoes</p> <p>1/2 PRICE</p> <p>.98 lb 2.16kg</p>	<p>California Fresh Crisp 'N Sweet Fuyu Persimmons</p> <p>SAVE \$5.00</p> <p>9.98 Case</p>
<p>California Fresh "Sweet When Soft" Italian Persimmons (Hychiya)</p> <p>SAVE \$7.00</p> <p>12.98 Case</p>	<p>Sweet 'N Juicy Mexican Red Cactus Pears</p> <p>SAVE \$3.00</p> <p>6.98 Case</p>	<p>The Flower Garden</p> <p>Ontario Greenhouse Grown Fresh Cut Gerbera (Variety of colours)</p> <p>1/2 PRICE</p> <p>2/10.00 or 5.99 Each</p>

40% OFF

Maple Leaf Prime Naturally

1.77 lb 3.90kg

Whole Chicken (Limit 4 Pkgs.)

Delicious Fall recipes begin with Prime!

Fresh Pork Side Ribs

1/2 PRICE

1.68 lb 3.70kg

The Butcher Shop

Aged for 21 Days, Cut from Canada AA or USDA Select Beef

Boneless Cross Rib Pot Roasts

2.98 lb 6.57kg

SAVE \$2.00/LB

Aged for 21 Days, Cut from Canada AA or USDA Select Beef

Boneless Top Sirloin Premium Oven Roasts

4.88 lb 10.76kg

SAVE OVER \$2.00/LB

Cooked Perfect Swedish or Italian Meatballs

5.98 908g

SAVE \$2.00

The Delicatessen

Mastro Genoa Salami

1.68 /100g

Lilydale Montreal Oven-Roast Turkey

1.88 /100g

Bittners Black Forest Ham

1.18 /100g

Maple Lodge Chicken Breast

1.38 /100g

Homestyle Two-Bit Halloween Cupcake

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