## STORE HOURS MON. - FRI. 9:00-8:15 SAT. 9:00-5:15 SUN. & HOLIDAYS 10:00-5:15 271 COOK ST. WE RESERVE THE RIGHT TO LIMIT QUANTITIES PRICES EFFECTIVE "ONE FULL WEEK" WEDNESDAY, JANUARY 17 TO TUESDAY, JANUARY 23, 2018 **FRESH BONELESS ISLAND BAKERY FRESH** CHICKEN **PORK LOIN 100%WHOLEWHEAT DRUMSTICKS** CHOPS BREAD **69** or ROASTS 3<sup>73</sup>kg 570 g lb. **SKINLESS & BONELESS** Buy One and **UNICO** CHICKEN



540 mL **OCEAN'S** 

CHUNK LIGHT

TUNA

**ALL VARIETIES** 

REGGIA

PASTA

**SUPERSLIM** 

RICE CRISPS

CRACKERS

**FAITH FARMS** 

CHEDDAR

CHEESE

CELESTIAL SEASONING

HERBAL

COUNTRY CREAM

TEAS 20's Box All Var....

ICE

97: OLD MEDIUM MARBLE MOZZA

170 g Tin

500 g Pkg.

100 g

Approx. 380 g Brick

Box

roduct

Italy

ΔΙΙ

Varieties

THIGHS 880 kg

lb. CANADA GRADE "AA" BEEF **RUMP or BOTTOM ROUND ROAST** 

8<sup>13</sup>kg CANADA GRADE "AA" BEEF BOTTOM

**ROUND STEAK** 8<sup>36</sup>kg MAPLE LEAF SLICED ATUR/

BACON 375 g Pkg. ...... MAPLE LEAF SLICED SALAMI

175 g Pkg. .... PIETRO CORICELLI SUNFLOWER OIL

1 L Btl. Prod of Italy ALL VARIETIES Casa di Mama

PIZZA Froz. 385-410 g ...

NO NAME JAM **STRAWBERRY** 

·RASPBERRY 500 mL Jar ......

**1**97

**)87** 

**197** 

10 LB Bag.....

**IMPORTED FRESH** 

FRESH EXPRESS

KELLOGG'S CEREAL CORN U.S. GROWN

**FLAKES** Large 680 g Box ..

Get One Free

OF EQUAL OR LESSER VALUE

**CANADA GRADE "AA" BEEF** 

PRIME RIB

ROAST

CANADA GRADE "AA" BEEF

PRIME RIB

99

STEAL

VACUUM PACK SLICED

lb.

lb.

99

16<sup>51</sup>kg

17<sup>61</sup>kg

HAM

175 g Pkg. .... MAPLE LEAF

SLICED

**CAPICOLLO** 

125 g Pkg. .....

PIECES & STEMS

STEAKHOUSE

**MUSHROOMS** 

284 mL Tin ......

LEMON

REALEMON

JUICE

945 mL Btl ...

lb.

y!

99

**)87** 

**7**97

<u>AMBROSIA</u>

B.C. GROWN

**CREAM** 

1.65 L Ctn. All Var

APPLES

1.74 kg ...... **U.S. GROWN** 

**RUBY** 

Each.....

**U.S. GROWN** 

**JJOU** PEAR

2.18 kg.....

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VACE 227 g Bag ...... U.S. GROWN MEDIUM

200 g Pkg. ....

3 lb. Mesh Bag ..