271 COOK ST. STORE HOURS MON. - FRI. WE RESERVE THE RIGHT TO LIMIT QUANTITIES 9:00-8:15 SAT. 9:00-5:15 SUN. & HOLIDAYS 10:00-5:15 PRICES EFFECTIVE "ONE FULL WEEK" WEDNESDAY, MAY 1 TO TUESDAY, MAY 7, 2019 **SAN REMO**

SARDINES in VEGETABLE OIL 120 g

Tin **NO NAME** RICE

100 g

Pkg.

CRACKERS

or SPICE

ISLAND BAKERY CRACKED WHEAT BREAD

570 g

ALL VARIETIES REGGIA **PASTA**

PRODUCT 500 g of ITALY Pkg.

HEINZ

BEANS in TOMATO SAUCE

PRESIDENT'S CHOICE WHOLE GRAIN QUINOA 198 800 g

Bag

BASSILI LASAGNA or SHEPHERD'S PIE 444

ISLAND FARMS Vanilla Plus |44 **ICE CREAM**

U.S. GROWN SMALL

1.74 kg.....

U.S. GROWN FRESH **FOR**

FRESH

U.S. GROWN VBERRIES 454 g CNT (1 LB)..... IMPORTED NO. 1 DOL

1.52 kg

FRESH BONELESS
PORK LOIN CHICK CHOPS THIGHS

5²⁷kg

5⁴⁹kg

14⁷⁵kg

15⁴¹kg

SCHNEIDER'S THURINGER

SAUSAGE

TURKEY

EVERLAND "ORGANIC"

VOET'S "BEST VALUE"

COCONUT

500 g Chub ..

MILK

400 mL Tin ..

COFFEE

BEANS

907 g (2 lb) Bag

KELLOGG'S
VECTOR

CEREAL

CHICKEN

WINGS

NEW ZEALAND BEEF

<u>Strip Loin</u>

ROAST

NEW ZEALAND BEEF

STRIP LOIN

STEAK

or ROASTS Buy One and

Get One Free OF EQUAL OR LESSER VALUE

CANADA GRADE "AA" BEEF RUMP or BOTTOM

ROUND ROAST (69 **8¹³**kg CANADA GRADE "AA" BEEF

BOTTOM **ROUND STEAK 8**58_{kg}

99

1.5 kg Piec

VACUUM PACK **SALAMI** SAUSAGE 500 g Chub

URO GOODS POLISH **PICKLES**

LIBBY'S

•PEAS •CORN

with CHILI 800 mL Jar ..

OKANAGAN'S **AGED WHITE** 55 **CHEDDAR** Approx. 350 g Block

MIXED VEG **U.S. GROWN**

Bunch ..

U.S. GROWN JUMBO 1.30 kg U.S. GROWN

1.96 kg ...

5 lb Bag