

Your Co-op Specials



Your Co-op: The Best Deal in Town

July 25th - July 31st 2010

Wow Specials



X Large Scallops 454 gm. Frozen Reg. \$18.99 ea. **WOW! 2/\$21.98**
Great on the Grill

Co-op Gold Cookies Reg. \$3.29 **WOW! 3/\$7.98**

Co-op Gold Block Cheese 900 gm. Reg. \$12.99 **WOW! \$10.99**

Finish Gel Pack 25 ea. Reg. \$9.39 **WOW! \$5.99**

Co-op Gold Cranberry Juice 1.89 lt. Reg. \$4.79 **WOW! 2/\$7.98**

Maple Ham Reg. \$2.59/100 gm. **WOW! \$1.99/100 gm.**

Super Sweet Onions 3 lb. Reg. \$5.99 **WOW! \$3.99**

Asparagus Reg. \$13.19 kg./\$6.36 lb. **WOW! \$8.79kg./\$3.99 lb.**

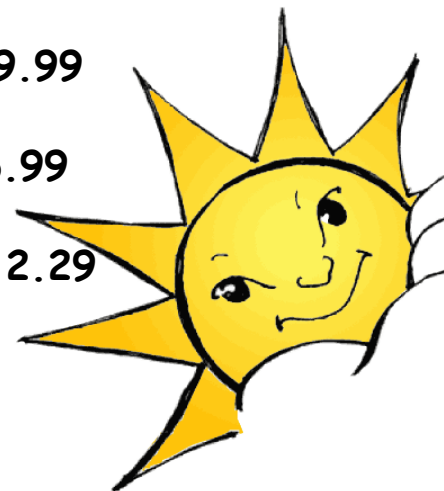
Cantaloupe Reg. \$4.99 ea. **WOW! \$2.99 ea.**

Salted Pistachios 680 gm. Reg. \$13.99 **WOW \$9.99**

Lemon & Cream Bar Cake Reg. \$9.49 **WOW! \$6.99**

Lemon Oregano Bread Dipper Reg. \$4.99 **WOW! 2.29**

Bread Crumbs Reg. \$4.99 **WOW! \$1.89**



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Mini Peeled Carrots 2lb.

\$3.29

Broccoli Crown

\$4.39 kg./\$1.99 lb.

New White Potatoes 5 lb.

\$5.49

Tree Ripe Nectarines

\$4.39 kg./\$1.99 lb.

Golden Delicious Apples 3 lb.

\$3.99 ea.

Roast Beef

\$2.49/100 gm.

Caribbean & Cajun Chicken

\$1.89/100 gm.

Assorted Gelatin Parfait

\$4.59

Assorted Reser's Burritos

\$1.59

Paska

\$0.89

9 Grain Triangle Bun

\$0.39

Peanut Butter Cookies

\$3.99

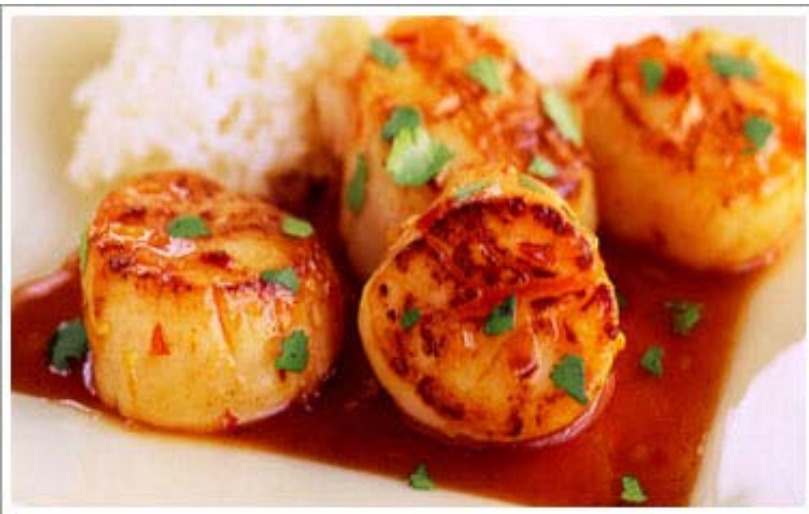


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Top Sirloin Grilling Steak Family Pack	\$11.00 kg./\$4.99 lb.
Pork Shoulder Blade Steak	\$5.49 kg./\$2.49 lb.
Eye of Round Oven Roast	\$8.80 kg./\$3.99 lb.
Johnsonville Dinner or Breakfast Sausage Frozen	\$3.99ea.
Maple Leaf Top Dog Wieners 375- 450 gm.	2/\$6.98
Schneiders Boneless Chicken Breast 1.5 kg. Frozen	\$17.99 ea.
Marinated Chicken Breast Boneless Skinless Produced in Store	\$14.31 kg./ \$6.49 lb.
Country Morning Prime Rib Beef Burgers 907gm.	\$9.99 ea.
Country Morning Wild Pacific Salmon Fillets, Frozen	\$7.99 ea. 680 gm.



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- International Delight 473 ml. 2/\$5.00
- Co-op Gold Ice Cream Cones 2/\$4.00
- Kraft Chip Dip 227 gm. 2/\$3.98
- Betty Crocker Fruit Snacks 3/\$6.00
- Co-op Grated Parmesan 250 gm. \$5.99
- Nature Valley Granola Bars 3/\$6.00
- Co-op Gold Pasta Sauce 750 ml. 3/\$3.99
- Delverde Dry Pasta 450 gm. 3/\$7.98
- Sponge Towel Ultra & Enviro \$5.99
- Heinz Beans 398 ml. 4/\$5.00
- Heinz Pasta 398 ml. 4/\$5.00
- Kelloggs Special K Cereal Selected Flavours \$3.99
- Nesquik Syrup 700 ml. \$4.99
- Nestea Singles 6 each 2/\$5.00
- Carnation Hot Chocolate 500 gm. 2/\$8.98
- Co-op Gold Cranberry Juice 1.89 lt. 2/\$7.98
- Kicking Horse Coffee \$12.49

