

Your Co-op Specials

June 28th - July 4th 2009

Your Co-op: The Best Deal in Town

Bakery

Mini Angel Food Cake	\$4.59 ea.
Marketplace Bakery English Toffee Tea Cake	\$8.99 ea.
Bater Boys Cinnamon Pull Apart	\$8.99 ea.
Homestyle Strawberry/Cranberry Crostatata	\$9.59 ea.
Homestyle Blueberry Biscuits	\$3.99 ea.



Deli

Olympic Europa Ham	\$1.29/ 100 g.
Mozza Soya	\$5.99/ 100 g. Pack
Parmesan Soya	\$5.99/ 200 g. Pack
Freybe Fine Liver Sausage	\$3.29/ 125 g. Pack
Freybe Gold Liver	\$3.29/ 125 g. Pack
Calzones Assorted	\$3.99 ea.
In-Store Smoked Bison Salami	\$0.99/ 100 g.
Goat Cheese	\$11.99/ 300 g. Pack



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Grocery

Dole Fruit Cups Assorted	2/\$4.00 4 pack	Sunrype Tetra Pack Juices	\$1.79 5 Pack
Co-op Juice Assorted	2/\$2.98 1 Lt.	Nature Valley Granola Bars	2/\$5.00 160 – 210 g.
Kraft Peanut Butter Assorted	\$7.99 ea. 2 kg.	Stagg Chili Assorted	2/\$5.00 425 g.
Betty Crocker Cake Mix Assorted	2/\$3.00	Co-op Pasta Assorted	2/\$4.00 900 g.
Armstrong Cheese	\$10.99 900 g.	Classico Pasta Sauce Assorted	2/\$7.00 700 ml.
Co-op BBQ Sauce Assorted	2/\$3.00	Co-op Frozen Meals Assorted	3/\$3.99 255 g.
Sunlight 2X Liquid Detergent Assorted	\$7.99	Breyers Classic Ice-Cream Assorted	\$3.99 1.66 lt.
Betty Crocker Fruit Snacks Assorted	2/\$5.00	Kelloggs Eggo Waffles Assorted	2/\$6.00 560 g.
Royale bath Tissue Double Roll	\$7.98 12 Pack	Betty Crocker Cake Frosting Assorted	2/\$4.00 450 g.
Royale Super Bath Tissue 3 Ply	\$7.98 9 Pack	Kicking Horse Coffee Assorted	\$12.49 454 g.

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Produce

Broccoli Bunch \$1.99 ea.

Edbound Organic Romaine Hearts \$4.19 ea.

White Mushrooms \$1.99 ea.

Fresh Express 3 Colour Coleslaw \$2.99 ea.
1 lb.

Fresh Express Garden Salad \$2.49 ea.
12oz

Garlic 3 Bulb Package \$0.99 ea.

Fuji Apples \$2.85/ kg.
\$1.29/ lb.

Royal Gala Apples \$3.29/ kg.
\$1.49/ lb.

Pluot Plums \$2.19/ kg.
\$0.99/ lb.

Honeydew Melon \$3.99 ea.



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Meat

Sirloin Grilling Steak Family Pack	\$11.00/ kg. \$4.99/ lb.
Inside Round Roast	\$8.80/ kg. \$3.99/ lb.
Pork Side Ribs Breast Bone Off Family Pack	\$5.49/ kg. \$2.49/ lb.
Fresh Chicken Breast, Boneless, Skinless Family Pack	\$13.21/ kg. \$5.99/ lb.
T-Bone Grilling Steak Family Pack	\$17.61/ kg. \$7.99/ lb.
Schneider's Lunch N Snack Sausage Stick	\$5.99 ea. 500 g.
Schneider's Wieners	\$3.49 ea. 450 g.
Schneiders Juicy Jumbos Or Grill'ems Smokies	\$3.99 ea.
Schneiders Bologna	\$3.99 ea. 500 g.
Pork Tenderloin Marinated Selected Flavours	\$15.41 kg. \$6.99 lb.



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