

Your Co-op Specials

March 7th– March 13th, 2010

Your Co-op: The Best Deal in Town

Wow Specials!

Maple Leaf Pork Back Ribs Fresh Cryovac Wrapped 2 Per Pk. \$8.80 kg./\$3.99 lb.

Sirloin Grilling Steak Family Pack \$8.80 kg./\$3.99 lb.

Kelloggs Mini Wheat Cereal 540-555 gm. 2/\$7.98

Campbell's V8 Fusion 1.89 lt. 2/\$5.98

Campbell's Broth 900 ml. 2/\$3.98

Catelli Pasta Sauce 700 ml. 2/\$5.00

Celery Hearts \$2.99 ea.

Lemons \$0.69 ea.

Blueberries 2/\$6.00

“Pie of the Week” No Sugar Added Apple , Cherry or Blueberry Pie \$4.49

NEW ITEM!! Majestic Muffin Tops Assorted Varieties \$3.99

Fajita, Cajun or Caribbean Chicken \$0.99/100 gm.



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Boneless Skinless Chicken Breast Frozen Seasoned	\$26.99 4 kg. box
Maple Leaf Pork Tenderloin Fresh Cryovac wrapped	\$6.59 kg./\$2.99 lb. 2 per pack
Inside Round Oven Roast	\$8.80 kg./\$3.99 lb.
Fresh Chicken Breast Boneless Skinless Family Pack	\$13.21 kg./\$5.99 lb.
Cooked Perfect Meatballs Fully Cooked Frozen	2/\$12.00 907 gm.
Mitchell's Side Bacon Thick Sliced	\$9.99 ea. 1 kg.
Country Morning Smokies Pillow Pack	\$6.99 ea. 1 kg.
Country Morning Chicken Nuggets All White Meat Frozen	2/\$12.00 908 gm.
<i>"Dog Musher Special"</i> Frozen Prime Rib Back Ribs Average 60 lb. Box	\$24.99 Box



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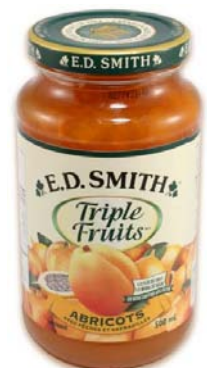
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Co-op Juice	2/\$2.98 1 lt.	Assorted Co-op Vegetables	3/\$2.97 398 ml.
Betty Crocker Hamburger Helper	2/\$4.98	Goldfish Crackers	2/\$4.00 168-200 gm.
Catelli Pasta	2/\$5.00 900 gm.	E.D. Smith Jam	\$3.99 500 ml.
Catelli Pasta Sauce	2/\$5.00 700 ml.	E.D. Smith Pie Filling	\$4.29 540 ml.
Co-op Egg Noodles & Sauce	3/\$3.99 127 gm.	Harmonie Relish	\$2.29 500 ml.
Pillsbury Pizza Pops & Minis	\$7.99 1.1-1.2 kg.	Popsicle Ice Cream Bars	\$4.99 12 pk.
Co-op Coconut	\$1.39 200 gm.	Koolaid Singles	\$3.79 16 pk.
Aylmer Beets	\$1.79 398 ml.	Armstrong Cheese	\$10.99 900 gm.



Purex Bathroom Tissue \$7.99
Double Roll, Ultra & Envirocare



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|------------------------------------|-----------------------|
| Broccoli Crown Cut | \$4.39 kg./\$1.99 lb. |
| Long English Cucumber | \$1.69 ea. |
| Brussel Sprouts | \$4.39 kg./\$1.99 lb. |
| E/B Organic Baby Spinach 11 oz. | \$5.99 ea. |
| E/B Organic Baby Spring Mix 11 oz. | \$5.99 ea. |
| Bartlett Pears | \$3.51 kg./\$1.59 lb. |
| Pink Lady Apples | \$3.29 kg./\$1.49 lb. |
| Homestyle 2-bite Cinnamon Rolls | \$3.49 |
| Homestyle Mini Cinnamon Crunchies | \$3.99 |
| Cookie Dippers, Assorted Varieties | \$2.99 |
| Black Forest Ham | \$1.29/100 gm. |
| Pickled Eggs | \$0.59 ea. |
| All Veggie/Pasta Salads | \$0.89/100 gm. |
| Henny Penny Fried Chicken | 2 pcs. only \$1.99 |

