



Kale  
Product of U.S.A.

**99¢**  
/ea.



Red Delicious Apples  
Product of U.S.A.

**99¢**  
/lb



**3/99¢**

Kiwi  
Product of Italy



Green Onions  
Product of Mexico

**2/99¢**



**\$149**  
/lb

Maradol Papaya  
Product of Tropics



**99¢**  
284g



Marzano Tomatoes  
Product of Canada



**\$149**  
/lb



Green Peppers  
Product of U.S.A.

**BUTCHER & Seafood**



**\$299**  
/lb  
6.59/kg

Tenderized Pork Loin Schnitzel



**\$599**  
/lb  
13.21/kg

Fresh Salmon Roasts

**\$299**  
/lb  
6.59/kg

AVAILABLE FROZEN

Wild Caught Mackerel



**\$1099**  
/lb  
24.23/kg

Beef Tenderloin

**GROCERY & Deli**



**\$189**  
/100g

Bittner's Oven Roasted Turkey Breast



**\$549**  
240g

Maple Dale 2 Year Old Smoked Cheddar



**2/\$5**  
750g

Liberté Classic Yogurts  
Assorted varieties



**\$249**  
6 pack

Dempster's Bagels  
Assorted varieties

**WHAT'S FOR DINNER?**

**Stuffed Peppers**

**Ingredients**

- 4 Raw Bell Peppers
- Stuffing**
- 1 pound cooked ground beef
- 2 cups steamed rice
- 1 large onion, chopped and sautéed
- 1 clove garlic, finely chopped
- ¼ teaspoon dried oregano
- sea salt and freshly ground black pepper to taste

**Instructions**

- Steam 4 raw bell peppers for 7 minutes, then cut them open lengthwise and remove the seeds.
- In a bowl, mix all of the ingredients and then stuff the pepper halves.
- Place the stuffed peppers in a baking dish and pour 1 to 2 cups of tomato juice over top.
- Cover with aluminum foil and bake in oven at 350 F for about 35 to 40 min. Serve hot.

