



Green Onions
Product of Mexico

2/99¢



99¢
/Lb

Zucchini
Product of Mexico



Peaches
Product of U.S.A.

\$1.49
/Lb



99¢
/Lb

Hothouse Tomatoes
Product of Canada



\$1.49
/ea.

Pomegranates
Product of Peru



\$1.49
/Lb

Clementines
Product of Spain



99¢
/ea.

Romaine Lettuce
Product of U.S.A.

BUTCHER & Seafood



\$5.99
/Lb
13.21kg

Top Sirloin Steaks

Wild Caught
Argentine Shrimp
Pieces

\$8.99
/Lb
19.82kg

PEELED & DEVEINED



\$4.99
/Lb
11.00kg

5LB AVERAGE

Fresh Whole
Atlantic Salmon
Product of Canada



\$3.99
/Lb
8.80kg

Fresh Pork
Tenderloin

GROCERY & Deli



Regular, Light or
Hot Mortadella **\$1.79**
/100g



Jarlsberg
Cheese **\$2.79**
/100g



Liberté Classic
Yogurts **2/\$5**
Assorted varieties 750g



Dempster's
Grain Breads **2/\$5**
Assorted varieties 600g

WHAT'S FOR DESSERT?

Roasted Peaches

Ingredients

- 4 to 6 ripe peaches (about 1 1/2 pounds)
- 2 teaspoons freshly squeezed lemon juice
- 1 tablespoon brown sugar or 2 tablespoons maple syrup

Instructions

Preheat oven to 425 F. Dip the peaches in hot boiling water for 30 to 60 seconds and rub off the peel. Cut the peaches in half and remove pits. Toss the peach halves with lemon juice in a large bowl; add brown sugar or maple syrup and toss once again. Arrange halves cut-side up in a baking dish. Roast until the peaches are tender, 20 to 25 minutes. If the juices in the pan begin to burn, add a little water and cover the pan loosely with foil. Serve peaches with vanilla yogurt or some slices of your favourite cheese. Serves 4 to 6.

