



**2/\$5**

**Jumbo Cantaloupes**  
Product of Guatemala



**Curly or Italian Parsley**  
Product of U.S.A.

**69¢**  
/ea.

**\$1.99**  
/Pint

**Grape Tomatoes**  
Product of Mexico



**99¢**  
/ea.

**Avocados**  
Product of Mexico



**Onions**  
Product of Canada

**79¢**  
2 Lb Bag



**\$1.69**  
170g

**Blueberries**  
Product of Peru



**99¢**  
/ea.

**Kent Mangoes**  
Product of Peru

**BUTCHER & Seafood**



**\$1.99**  
/Lb  
4.39kg

**Fresh Whole Chickens**

**Wild Caught Argentinian Shrimp Pieces**

**\$9.69**  
/Lb  
21.36kg

PEELED



**Basa Fillets**

**\$3.99**  
/Lb  
8.80kg

PREVIOUSLY FROZEN



**\$4.99**  
/Lb  
11.00kg

**Top Sirloin Steak or Roast**

**GROCERY & Deli**



**Natural Selections Oven Roasted Chicken Breast** **\$1.79**  
/100g



**OKA Cheese** **\$2.79**  
Assorted varieties /100g



**Black Diamond Shredded Cheese** **\$4.99**  
Assorted varieties 340g



**Liberté Greek Yogurt** **\$2.99**  
Assorted varieties 4x100g

**WHAT'S FOR DESSERT?**

**Warm Blueberry Bread**

**Ingredients**

- 2/3 cups packed brown sugar
- 3/4 cup skim milk
- 1/4 cup applesauce
- 1/4 cup canola oil
- 2 large eggs
- 1 cup all purpose flour
- 1 1/4 cups whole wheat flour
- 1 cup rolled oats
- 3 tsp baking powder
- 1 1/2 tsp ground cinnamon
- 1/4 tsp sea salt
- 1 1/4 cups fresh blueberries
- 1 cup chopped walnuts or almonds (optional)

**Instructions**

Heat oven to 350 F. Grease the bottom of an 8 or 9 -inch loaf pan. In a large bowl, using a mixer, add sugar, milk, applesauce, oil, and eggs. Mix well. Mix in the remaining ingredients except for the blueberries and mix until combined. Fold in the blueberries. Pour in the loaf pan and bake for 45-55 minutes or until a tester comes out clean. Cool in pan for 10 minutes and then remove from the pan and cool on a wire rack.

