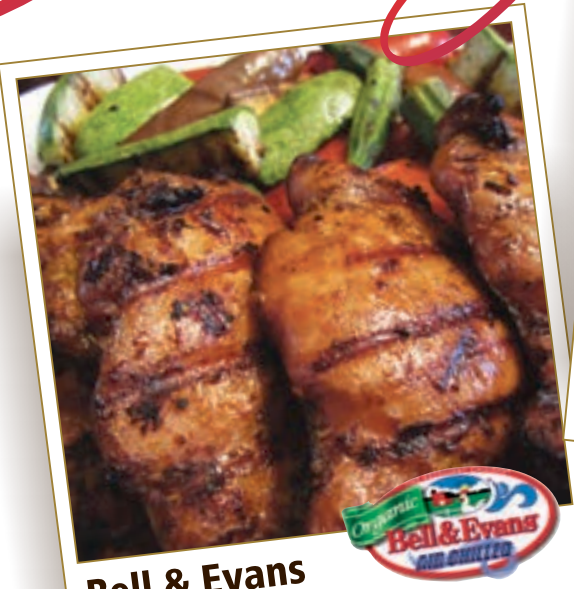


# Spring Savings

## Freezer Cases

- Banquet Sausage Links** \$1.95  
All flavours - 6.4 oz. box
- Cavendish French Fries** \$3.05  
Crinkle, Country, Steak, Straight - 2 lb. bag
- Aunt Jemima French Toast** \$4.45  
Homestyle, Cinnamon 12.5 oz. box
- Birds-Eye Broccoli/Cauliflower Carrot Blend** \$3.15  
16 oz. bag
- Harvestland Boneless/Skinless Chicken Breasts** \$14.33  
2.25 lb. box
- Bays English Muffins** \$4.05  
6 pack
- M&Ms Ice Cream Cookie Sandwich** \$9.15  
6 ct./box
- Pepperidge Farm Turnovers** \$5.27  
All Flavours - 12.5 oz. box



**Bell & Evans Boneless/Skinless ORGANIC CHICKEN THIGHS** \$6.75 lb.



**BEEF TENDERLOIN STEAKS** \$18.99 lb.

## Butcher's Choice



**Kingsford CHARCOAL BRIQUETTES** 8.3 lb. bag \$10.85



## Deli Selections

- English BAKED HAM** \$12.45 lb.
- Sara Lee OVEN ROASTED CHICKEN BREAST** \$10.25 lb.
- Sara Lee HONEY ROASTED TURKEY BREAST** \$7.25 lb.

## Household & Laundry

- Fab Detergent** \$5.99  
Spring Magic, Rain Forest, Ocean Breeze - 50 oz. jug
- Suavitel Fabric Softener** \$3.99  
56 oz. bottle
- Niagara Spray Starch** \$2.39  
All Types - 20 oz. can
- Fabuloso All-Purpose Cleaner** \$2.69  
All Types - 28 oz. bottle

## Personal Care

- Suave Body Wash** \$3.55  
All types - 12 oz. bottle
- Right Guard Antiperspirant** \$3.90  
Arctic Refresh 2.6 oz. bottle

## For Your Pet

- Whiskas Kitten Food** \$6.19  
Turkey/Chicken 1.5 kg. bag
- Pedigree Small Breed Bites Dog Food** \$7.99  
3.5 lb. bag



## Beverages

Juices, Sodas, Mixes...



- Campbell's V-8 V-Fusion Drinks** \$4.89  
Blackberry, Peach Mango, Strawberry Banana 46 oz. bottle

- Barritt's Ginger Beer, Coke, Diet Coke, Coke Zero, Sprite, Cherry Coke, Sprite Zero,** \$5.25  
6 pk./12 oz. cans

- Pepsi (Diet or Reg.), Pepsi Max, Mug Root Beer (Diet or Reg.), Cherry Pepsi (Diet or Reg.), Mountain Dew (Diet or Reg.), Sierra Mist Cranberry, Mug Cream Soda, Sierra Mist** \$3.60  
2 litre bottle

## Pantry Buys

- Bertolli Alfredo Sauce** \$3.59  
15 oz. jar
- Wishbone Dressings** \$3.50  
All Varieties - 16 oz. bottle
- Heinz BBQ Sauce** \$2.99  
Smokey, Spicy, Original - 19 oz. bottle



- Post Honey Bunches of Oats** \$6.05  
Regular, Almond, Cinnamon 14.5 oz. box
- Quaker Mini Rice Cakes** \$2.99  
4 oz. bag
- Knorr Noodles in Sauce** \$1.89  
All flavours 4.5 oz. bag

- Zatarain's Yellow Rice** \$2.25  
8 oz. box
- Ronzoni Jumbo Pasta Shells** \$4.39  
12 oz. box
- Kraft Deluxe Macaroni & Cheese** \$3.35  
Regular, Sharp Cheddar 14 oz. box

## Cereal, Rice, Pasta & Grains



- McVities Digestives** \$2.39  
250 gm. pkg.
- Nabisco Chips Ahoy Cookies** \$4.75  
13 oz. bag
- Cheetos Jumbo Puffs** \$3.45  
9 oz. bag

- Lays Potato Chips** \$3.35  
All Flavours - 6.5 oz. bag



## Dairy Aisle

- Yoplait Go-Gurts** \$4.69  
8 pack
- Chobani Yogurts** \$1.75  
5.3 oz. cup
- Kraft Shredded Cheese** \$6.87  
Mozzarella, Mild Cheddar 1 lb. pkg.
- Flora Margarine** \$4.17  
445 gm. pkg.
- Nesquik Drinks** \$2.59  
16 oz. bottle



**LINDO'S MARKET**  
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