

# BACK TO SCHOOL!



**BEEF TENDERLOIN STEAKS**  
**19<sup>99</sup> lb.**



**NEW ZEALAND LAMB LEGS**  
**4<sup>99</sup> lb.**



**TILAPIA FILLETS**  
**12<sup>99</sup> lb.**

## Dairy Case

**Yoplait Go-Gurts**  
All flavours - 8 pk.  
**\$4<sup>69</sup>**

**Activia Yogurts**  
All flavours - 4 pk.  
**\$4<sup>49</sup>**

**Sara Lee Premium Deli Meats**  
10 oz.  
**\$5<sup>75</sup>**

**Tropicana Orange Juice**  
8 oz./6 pack  
**\$7<sup>35</sup>**

**Sargento Cheese Slices**  
All varieties - 8 oz.  
**\$4<sup>15</sup>**

**Kraft Polly-O Twist Cheese**  
Mozzarella/Cheddar - 9 oz.  
**\$6<sup>09</sup>**

Freshly sliced the way you like it

**Dietz & Watson BLACK FOREST HAM**  
**11<sup>59</sup> lb.**

**Hillshire Farm HEARTHSTONE HAM**  
**7<sup>30</sup> lb.**

**Carolina TURKEY BREAST**  
Oven Roasted or Smoked  
**6<sup>50</sup> lb.**

YOUR CHOICE

Natural, non-GMO fruit and nothing else. A convenient way for your "2-a-day." That means that you get 2 whole servings of fruit from just one That's It.® bar. With taste, convenience and portion control, That's It.® has raised the bar on fruit.

## Wholesome Goodness

# Healthy Snacks

that get our vote!



Perfect for on-the-go snacking, after school snacks and lunch boxes

They come in eight delicious flavours: Apple Mango, Apple Cherries, Apple Apricot, Apple Pear, Apple Banana, Apple Blueberry, Apple Pineapple, Apple Strawberry

## Wai Lana

Where healthy living comes naturally™

Enjoy wholesome, tasty snacks. Wai Lana Bars are made with raw fruits and nuts.

Zero Trans Fat • Zero Hydrogenated Oil • Zero Cholesterol  
Gluten-free • Dairy-free • No artificial additives • Non-GMO  
Antioxidant-rich • Rich in raw fruit & nuts • Low-fat  
Low sodium. Naturally sweet, no added sugars • Vegan.



They come in six delicious flavours: Nana Banana, Chewy Pomegranate, Autumn Apple, Apricot Cashew, Cranberry Almond, Tropical Macadamia



**CHEEZ-IT GROOVES**  
zesty CHEDDAR RANCH  
sharp WHITE CHEDDAR

**Look What's New!**

available in two flavours:  
Cheddar Ranch  
Sharp White Cheddar

**Sunshine Cheez-it Grooves**  
9 oz.  
**\$4<sup>05</sup>**



**Wheat Thins popped**  
11g whole grain per 30g serving

Pop one, pop two, pop a few. Pop three, pop four, pop a few more!

**Wheat Thins popped**  
4.5 oz. available in three flavours:  
Sea Salt • Cheddar Sour Cream & Onion

**\$3<sup>99</sup>**



## Freezer cases

**Amoroso's Steak-umm Rolls**  
6 pack  
**\$3<sup>83</sup>**

**Steak-umms Sandwich Steaks**  
Beef 10 pk. Chicken 6 pk.  
**\$6<sup>63</sup> | \$3<sup>79</sup>**

**Banquet Chicken Nuggets**  
15 oz. box  
**\$4<sup>49</sup>**

**Thomas English Muffins**  
Original - 12 oz.  
**\$6<sup>09</sup>**

**Tyson IQF Boneless/Skinless Chicken Tenderloins**  
40 oz.  
**\$11<sup>99</sup>**

**Palermo's Pizza**  
Thin Crust, Pizzeria All Flavours  
**\$8<sup>79</sup>**

**Aunt Jemima French Toast**  
Homestyle, Cinnamon - 12.5 oz.  
**\$4<sup>45</sup>**

**Sara Lee Individual Apple Pie**  
6-inch  
**\$4<sup>05</sup>**



**Sun Chips Baked Chips**  
Harvest Cheddar, French Onion, Garden Salsa - 6.5 oz.  
**\$3<sup>10</sup>**

**Duncan Hines Brownie Mix**  
Milk Chocolate, Chewy Fudge - 19.3 oz.  
**\$3<sup>29</sup>**

**Pepperidge Farm Milano Cookies**  
6 oz.  
**\$2<sup>85</sup>**

**Nabisco Single Serve Cookies**  
1 oz.  
**75¢**

**Lay's Variety Pack Potato Chips**  
24 pk.  
**\$11<sup>49</sup>**

## A few favourites

**Jif Peanut Butter**  
Crunchy, Creamy - 16 oz.  
**\$4<sup>95</sup>**

**Smucker's Grape Jelly**  
12 oz.  
**\$3<sup>19</sup>**

**Hellmann's Mayonnaise**  
30 oz.  
**\$6<sup>99</sup>**

**Bumble Bee Chunk Light Tuna in Water**  
5 oz.  
**\$1<sup>59</sup>**

**Libby's Low Sugar Fruit in Bottles**  
Fruit Medley, Sliced Pears, Sliced Peaches - 694 gm.  
**\$3<sup>99</sup>**

**Minute Maid Juice Pouches**  
All Flavours - 10 pack  
**\$6<sup>25</sup>**

**Aquafina Water**  
12 oz./8 pack  
**\$7<sup>25</sup>**

**Nestle Cheerios Cereal**  
Multi-grain - 340 gm.  
**\$4<sup>99</sup>**

**Post Fruity or Cocoa Pebbles Cereal**  
11 oz.  
**\$5<sup>30</sup>**

**Aunt Jemima Complete Pancake Mix**  
Buttermilk, Original - 2 lb.  
**\$3<sup>99</sup>**

**Aunt Jemima Syrup**  
Butter, Lite, Original - 750 ml.  
**\$5<sup>39</sup>**

**Fiber One Bars**  
Fudge Brownie, Lemon, Chocolate - 5.34 oz.  
**\$3<sup>95</sup>**

**Kraft Whole Grain Mac & Cheese**  
6 oz.  
**\$1<sup>69</sup>**



**Centrum Flavour Burst Adult Chews**  
Tropical, Mixed 60 ct. bottle  
**\$11<sup>55</sup>**

**Dial Hand Sanitizer**  
Light Citrus 2 oz. bottle  
**\$1<sup>80</sup>**

**Dial Kid's Body Wash**  
body-hair wash  
Peachy Clean 12 oz. bottle  
**\$5<sup>65</sup>**

it's personal



**Glad Zipper Sandwich Bags**  
50 bags  
**\$3<sup>10</sup>**

**Fab Detergent**  
Ocean Breeze, Majestic, Rain Forest  
50 oz. jug  
**\$5<sup>99</sup>**

**Lindo's MARKET**  
4 Watlington Road East, Devonshire  
Tel: 236-5623  
PHARMACY:  
t: 236-7732 f: 236-4055  
email: pharmacy@lindos.bm

**Lindo's FAMILY FOODS**

**LINDO'S FAMILY FOODS**  
128 Middle Road, Warwick  
Tel: 236-1344  
PHARMACY:  
t: 236-0010 f: 236-0009  
email: rxd@lindos.bm

Why Go Anyplace Else?  
STORE HOURS:  
Mon., Tues. & Thurs. 8am to 7pm  
Wed., Fri. & Sat. 8am to 8pm  
web: www.lindos.bm