



Butcher's Choice
BEEF TENDERLOIN STEAKS or ROASTS \$19⁹⁹ lb.



Butcher's Choice
MacKnight SMOKED SALMON \$6⁴⁹ 4 oz.

RECIPE

Creamy Smoked Salmon Spread

Makes about 8 servings

Ingredients:

- 16 ounces cream cheese, softened
- 12 oz. smoked salmon, chopped into very small chunks
- 2 tablespoons green onion, finely chopped
- 1 teaspoon fresh dill, minced
- 2 or 3 drops pepper sauce (Tabasco)
- 1/2 teaspoon Worcestershire sauce
- 1 tablespoon capers, drained and rinsed (if desired)

Directions:

In a bowl stir the cream cheese until it is creamy. Add chopped salmon, onion, minced dill, pepper and worcestershire sauce, and capers, if desired. Gently stir together until combined.

Serve immediately with crackers, toast, or crostini, or keep refrigerated.



Dak Deli Sliced BOILED HAM \$4²⁵ lb.



Dietz & Watson Deli Sliced BEEF BOLOGNA \$6⁹⁵ lb.



Carolina Turkey Breast Regular \$6⁵⁰ lb.

Freezer Case



Tyson IQF Boneless/Skinless Chicken Breast 40 oz. \$11⁹⁹



Cavendish French Fries Crinkle, Country, Straight, Steak - 2 lb. \$3⁰³



Green Giant Corn on the Cob 6 ear \$3²⁷

SeaBest Tilapia Fillets 1 lb. \$5²⁷

Banquet Chicken Tenders 12.6 oz. \$4⁵⁷



Cooked Perfect Swedish Meatballs 2 lb. \$10³⁷



Totino's Party Pizza All varieties - 10.9 oz. \$3⁸³



Healthy Choice Fudge Bars 18 pack \$20²⁵

Wyman's Blueberry/Strawberry/Mango 3 lb. \$14³⁵

Turkey Hill Ice Cream 48 oz. \$6⁷⁵

Winter Savings

Dairy Case



Dannon Light & Fit Greek Yogurt 5.3 oz. \$1⁹³



I Can't Believe It's Not Butter 15 oz. \$4¹⁷



Dannon Yogurt Drinks 7 oz. \$1⁵³



Kraft American Cheese Slices 8 oz. \$3³³

Kerrygold Garlic Butter 100 gm. \$1⁷⁵



Seasoned Grated Parmesan

- Sun-Dried Tomato Basil
- Rosemary & Garlic
- Classic Italian
- Hot Pepper Trio

\$2⁶⁵ 3 oz.



Find them next to the pasta & sauces

Look what's new from Kraft!

- Provides a delicious flavor boost to food
- Use as a Topping or Seasoning
- Handy Shaker Canister

Soups, Canned Goods, Beverages....



Voortman Flax Seed Cookies 400 gm. \$3⁷⁵



Post Honey Bunches of Oats Almond, Regular 14.5 oz. \$6⁰⁹



Nestle Honey Nut Cheerios 341 gm. \$4⁸⁹



Betty Crocker Bisquick Shake & Pour Buttermilk - 10 oz. \$3²⁹



Maxwell House Instant Coffee Regular - 8 oz. \$7⁷⁵



Minute Maid Juice 10 pack \$6⁵⁵



Kraft Tartar Sauce Squeeze - 12 oz. \$2⁴⁵



Prego Pasta Sauce All flavours - 28 oz. \$2⁹⁹



Ronzoni Spaghetti 16 oz. \$1⁵⁰

Catelli Stars or Alphabets Shaped Pasta 375 gm. \$1⁹⁹



Green Giant Corn Niblets 11 oz. \$1⁷⁵

Campbell's Chunky Soup 18.6 oz. \$2⁷⁹



Jack Rabbit Red Kidney Beans 1 lb. \$2³⁹

Libby's Pork & Beans 878 gm. \$2⁹⁹



Hunts Whole Tomatoes 14 oz. \$1⁵⁹

Chef Boyardee Pasta Meals 15 oz. \$1⁷⁹



Shampoo or Conditioner Strawberry, Damaged Hair, Rain Forest, Coconut, \$3²⁵ 22 oz.

Body Wash All Types \$3²⁵ 12 oz.



Household Buys

Hefty Deluxe Plates 8.7-inch diameter \$9⁰⁵ 40's

Niagara Spray Starch All Types \$2³⁹ 20 oz.

Kleenex Facial Tissue Assorted/Cube \$2⁵⁵ 80's

Cottonelle Toilet Paper Ultra, Aloe, Double Regular \$6⁵⁵ 6 pack

Scott Paper Towels Choose-a-Size \$12⁴⁵ 6 pack

Fab Laundry Detergent Rain Forest, Spring Magic, Ocean Breeze \$6⁰⁵ 50 oz. jug



STOCK UP ON basics for the new year



LINDO'S MARKET
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PHARMACY:
 t: 236-7732 f: 236-7922
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LINDO'S FAMILY FOODS
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