



FRESH
COD FILLETS
\$12.99
lb.

PERDUE
CHICKEN DRUMSTICKS

\$3.49
lb.

New York STRIP STEAKS

\$12.99
lb.

Deli Counter
Always freshly sliced

Perdue Pan Roasted **\$7.95** lb.
TURKEY BREAST

Hillshire Farm HEARTHSTONE **\$7.30** lb.
HAM

English HAM **\$13.95** lb.
Your Choice Honey Baked, Roasted

Certified Angus Beef SALAMI or PASTRAMI **\$13.40** lb.
YOUR CHOICE

Dairy & Chill Cases

Kraft Sliced American Cheese 12 oz. **\$4.83**

Blue Bonnet Margarine Sticks 1 lb. **\$1.95**

ALL FLAVOURS La Yogurt Yogurt **\$1.15** 6 oz.

ALL FLAVOURS Yoplait Go-gurts **\$4.69** 8 pack

ALL FLAVOURS Tropicana Punches **\$4.05** 64 oz.



save more **weekly deals**
save on hundreds of items throughout the store

PEPPERIDGE FARM
Remember what's good.
Garlic Bread
Parmesan Original **\$4.33** each
10 oz. YOU PICK

Portable Fun Snacks!
Go-Paks! cups are... Perfect for cup holder; Reach in to snack; Recloseable.

Nabisco Go-Paks!
Ritz Bits Cheese, Mini Oreo, Mini Chips Ahoy, Nutter Butter, HoneyMaid Teddy Graham

\$2.35 each 3.25 oz.

Dry & Canned Goods
Soda, Juice, Snacks, Pasta, Cereal...

Ronzoni Gluten-Free Four Grain Pasta Penne Rigate, Rotini, Spaghetti - 12 oz. **\$3.90**

Quaker Cap'n Crunchberry Cereal 13 oz. **\$3.95**

Carolina Enriched Rice 2 lb. **\$2.70**

Nestle Multigrain Cheerios 340 gm. **\$5.30**

ALL FLAVOURS Cape Cod Potato Chips 8 oz. **\$4.85**

Pace Restaurant Style Salsa Fire Roasted Tomato & Corn, Texas White Bean, Peach Mango, Citrus Pineapple - 16 oz. **\$3.95**

Ronzoni Pasta Sauces 650 ml. **\$3.79**

Swanson Broth Low Sodium Chicken, Beef, Vegetable, Chicken - 14 oz. **\$1.65**

Hunts Barbecue Sauce 18 oz. **\$1.99**

Aunt Jemima Complete Pancake Mix Buttermilk, Original 2 lb. box **\$3.99**

Aunt Jemima Syrup Original, Lite, Butter **\$6.25** 750 ml.

Pepsi (Diet or Reg.), Pepsi Max, Mug Cream Soda, Pepsi Caffeine Free (Diet or Reg.), Mug Root Beer (Diet or Reg.), Sierra Mist (Diet or Reg.), Cherry Pepsi (Diet or Reg.), Pepsi Throwback **\$9.60** 12 pack

Coke, Diet Coke, Sprite 2 litre bottles **\$3.59**

Twinnings Tea Bags Lemon twist, Lemon Ginger, Chamomile, Peppermint 25's **\$3.45**

Kellogg's Special K Shakes French Vanilla, Strawberry, Milk Chocolate - 4 pk. **\$8.65**



Nescafe Clasico Coffee Regular - 100 gm. **\$4.50**

San Pellegrino Sparkling Mineral Water 500 ml. bottles/6 pack **\$7.69**

3 FLAVOURS on SPECIAL V-8 Fusion Drink Boxes 8 pk. **\$5.30**

Happy Pet Best buys Whiskas Chef's Favorite Variety Pack **\$9.60** 12 pack

Pedigree Dog Food **\$1.15** 13 oz.

From the Freezer Cases

Swanson Pot Pies Chicken, Turkey - 7 oz. **\$1.37**

Palermo Thin or Rising Crust Pizzas All varieties - 15.7 oz. **\$8.73**

Tyson Boneless Buffalo Chicken Bites 10 oz. **\$4.05**

Healthy Choice Cafe Steamers 10 oz. **\$4.33**

Just N.Y. Style Bagels 5 pack **\$3.97**

Birds-Eye Vegetables Tender Broccoli Cuts - 28.8 oz. Sweet Garden Peas - 28.8 oz. Sweet Kernal Corn - 32 oz. Classic Mixed Vegetables - 32 oz. **\$3.87**

Turkey Hill Ice Cream All flavours - 48 oz. **\$6.75**

Household BEST BUYS

Scott Paper Towels Choose-A-Size/single roll **\$2.45**

Cottonelle Toilet Paper Regular/12 pack **\$12.95**

Palmolive Dish Detergent 25 oz. **\$4.49**

Oxi Clean Liquid Detergent 60 oz. **\$11.35**



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LINDO'S FAMILY FOODS
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PHARMACY:
t: 236-0010 f: 236-0009
email: rxd@lindos.bm

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