

WELCOME

BACK TO SCHOOL

5% OFF Don't forget Lindo's offers a 5% discount off food items every Wednesday*

* Cash sales only - Not applicable to alcohol, cigarettes, magazines, pharmacy, general & seasonal merchandise, etc



HERITAGE BLACK ANGUS *NEW!*

NEW YORK STRIPLOIN STEAK \$18.99 lb.

BONELESS RIBEYE STEAK \$19.99 lb.

TOP SIRLOIN STEAK \$10.99 lb.

FRESH

Heritage BLACK ANGUS TENDERLOIN STEAKS \$22.99 lb.

Best Buys from the DELI COUNTER

DAK BOILED HAM \$4.75 lb.

JONES COUNTRY CLUB HAM \$9.49 lb.

PERDUE PAN ROASTED TURKEY BREAST \$8.80 lb.

SARA LEE OVEN ROASTED CHICKEN BREAST \$10.49 lb.

APPLEGATE DELI SLICED CHEDDAR CHEESE \$12.89 lb.

CABOT DELI SLICED PEPPER JACK CHEESE \$7.15 lb.

LINDO'S DEVONSHIRE ONLY

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Always Freshly Sliced



BLACK TIGER SHRIMP \$12.99 lb. Previously frozen

DAIRY AND CHILL

YOPLAIT Yogurts 99¢ 6 oz.

TROPICANA Pure Premium Orange Juice \$5.79 59 oz. Lots of Pulp, No Pulp, Some Pulp, Plus Calcium

SARGENTO Snack Bites \$3.85 6 oz. Four varieties available



PERDUE SPLIT BONE-IN CHICKEN BREASTS \$4.39 lb. Butcher's Choice



HADDOCK FILLET \$15.99 lb. Butcher's Choice

PANTRY PICKS

- POST Spoon Size Shredded Wheat Regular - 16.4 oz. \$6.39
- SKIPPY Peanut Butter Creamy, Crunchy - 28 oz. \$5.99
- CHIA Fruit Spread Raspberry, Blackberry, Strawberry - 320 gm. \$5.10
- GEISHA White Tuna in Water 7 oz. can. \$2.99
- DOLE Fruit Bowls 4 pack \$4.75
- HELLMANN'S Mayonnaise 30 oz. \$6.75
- NATURE VALLEY Granola Bars 7 oz. \$3.95
- NESTLE Hot Chocolate Mix Mini Marshmallow, Rich Chocolate - 6 pack \$1.99

QUAKER Instant Oatmeal

- Variety - 380 gm., Maple Brown Sugar - 15.1 oz., Peaches & Cream - 325 gm., Apple Cinnamon - 325 gm., Raisin & Spice - 425 gm., Regular - 336 gm., Wild Berry - 300 gm. \$4.89 each
- CERES 100% Juice Boxes All flavours - 6 pack \$3.85
- CAMPBELL'S V8 Fusion or Veggie Blends All Flavours \$1.65 12 oz.
- AQUAFINA Water 8 pack/12 oz. \$7.25
- GATORADE Energy Drinks \$1.55 20 oz.
- PEPPERIDGE FARM Cookies Lemon - 6 oz., Brussels - 5.25 oz., Bordeaux - 6.75 oz. \$2.85 each
- PLANTERS Cheese Balls 2.75 oz. canister \$2.29
- LAYS Variety Pack Potato Chips \$11.49 24 pk.

FREEZER CASES

- RUDI'S Organic Sandwich Bread White, Whole Wheat \$7.29 22 oz.
- AUNT JEMIMA French Toast Homestyle, Cinnamon \$4.43 12.5 oz.
- HOT POCKETS SANDWICHES Chicken/Broccoli/Cheddar, Four Cheese, Pepperoni. \$4.05 9 oz.
- BANQUET Breaded Chicken Tenders - 12.6 oz., Nuggets - 15 oz., Popcorn - 12 oz., Patties - 14 oz. \$4.57 each
- WYMAN'S Tropical Blend Pineapple/Strawberry/Mango & Coconut \$13.29 3 lb.
- NABISCO Single Serve Cookies \$0.79 1 oz. pkg.
- MiO Water Enhancer \$3.85 1.62 oz.

HOUSEHOLD & LAUNDRY BEST BUYS

- PERSIL 2-in-1 Pro Clean Detergent \$30.00 150 oz.
- ZOUT Triple Stain Remover \$4.39 22 oz.
- GOODSENSE Zipper Sandwich Bags \$1.79 35 ct.
- GREEN SHIELD Antibacterial Food Surface Wipes \$2.35 50 ct. pack
- PET FOOD
- ALL FLAVOURS PEDIGREE Dog Food \$1.29 13 oz.
- WHISKAS Chef's Favourite Cat Food \$9.59 12 pk.



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LINDO'S FAMILY FOODS
128 Middle Road, Warwick
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Why Go Anyplace Else?
STORE HOURS:
Mon., Tues. & Thurs. 8am to 7pm
Wed., Fri. & Sat. 8am to 8pm
web: www.lindos.bm