

MEAT SAVINGS

Fresh! Cut from Canada Gr. A Beef
T-BONE STEAK
 KG 20⁷⁰/LB. **9³⁹**



Cut from Canada Gr. A Beef
CROSS RIB ROAST
 KG 10³⁴/LB. **4⁶⁹**



Fresh!
PORK TENDERLOIN
 KG 10³⁴/LB. **4⁶⁹**

Boneless
PORK LOIN ROAST
 KG 6⁵⁹/LB. **2⁹⁹**



Fresh, Bone-In
CHICKEN BREASTS
 KG 8³⁶/LB. **3⁷⁹**

Smith's Premium
BEEF BURGERS
 Burns Regular 375 gr
11⁹⁹

WIENERS
 Burns Regular 375 gr
3⁹⁹



Burns Regular 375 gr
BACON
5⁹⁹

Burns Campfire 500 gr
GARLIC SAUSAGE
6⁷⁹

Jane's Pub Style 800 gr
CHICKEN FRIES
11⁹⁹

DELI FRESH

J.M.S.
OLD FASHIONED HAM
 KG 13²¹/LB. **5⁹⁹**

Deli Fresh!
MOCK CHICKEN LOAF
 KG 7⁰³/LB. **3¹⁹**

Smith's
ROAST BEEF
 KG 16⁷³/LB. **7⁵⁹**

Maple Lodge - 3 Varieties
CHICKEN BREAST
 KG 13²¹/LB. **5⁹⁹**



Bittner's Oven-Roasted
TURKEY BREAST
 KG 26²¹/LB. **11⁸⁹**



ATIKOKAN FOODLAND

Sale prices effective March 11 to 16, 2019
 While Supplies Last

Thank You For Shopping At Atikokan Foodland!

We reserve the right to limit quantities. All items and prices may not be as shown.



Old Dutch Restaurante Chips 290-320 gr,
 Salsas & Dips 400-430 ml or
 Arribas Taco Chips 245 gr

TORTILLA CHIPS & DIPS
2 for 6⁰⁰



Kraft 900 gr
CHEESE SLICES
6⁹⁹

Lactantia Salted 454 gr
BUTTER
3⁹⁹



Kraft 250 ml
SALAD DRESSINGS
2 for 3⁰⁰



Ass't Pork & Beans or Kidney Beans 398 ml
HEINZ BEANS
3 for 3⁰⁰



Heinz 398 ml Alpha-Getti, Zoodles, Spaghetti, Etc.
CANNED PASTAS
3 for 3⁰⁰

Ass't Pasta 650 ml, Alfredo 410 ml, Pesto 218 ml or Bruschetta 380 ml
CLASSICO SAUCES
2 for 4⁰⁰



Hunts Snack Pack 4's
PUDDINGS or GELS
3 for 3⁰⁰

General Mills Cheerios 570-778 gr Original, Honey-Nut, Apple Cinnamon or Multi-Grain OR 526-591 gr Lucky Charms, Golden Grahams or Cinnamon Toast Crunch

CEREALS
4⁹⁹



- Beatrice 3 Litre Bags
CHOCOLATE MILK 4⁵⁹
- Beatrice 2% or 1% 500 gr Tub
COTTAGE CHEESE 2⁹⁹
- Ass't Variety Multi-Pack 16x100 gr
YOPLAIT YOGOURT 7⁹⁹
- Kraft Ass't 600-665 gr
CRACKER BARREL CHEESE 9⁹⁹
- Kraft Philadelphia 227 gr
CHIP DIPS 2⁹⁹
- Compliments 4 Litre Jug
WHITE VINEGAR 2⁹⁹
- 750 ml Squeeze Bottle or Ass't 890 ml Jars
HELLMANN'S MAYONNAISE 4⁹⁹
- Bick's Bits 500 ml Squeeze Bottle
SWEET GREEN RELISH 2⁹⁹
- Ass't Variety 900 gr
PRIMO PASTAS 2 for 7⁰⁰
- Spirals, Three-Cheese, Alfredo, White Cheddar, Sharp, Extra Creamy, Spicy or Macaroni Salad
KRAFT PASTA ENTREES 3 for 5⁰⁰
- Burns Ham, Turkey or Chicken 156 gr
FLAKES OF MEAT 2 for 4⁰⁰
- Mapple Leaf 113 gr
VIENNA SAUSAGES 1⁶⁹
- Clover Leaf 170 gr Flaked or Solid White (Reg. or Low Sodium)
WHITE ALBACORE TUNA 2 for 7⁰⁰
- Clover Leaf Smoked 85 gr
OYSTERS or MUSSELS 2 for 4⁰⁰
- Minute Rice 700 gr
INSTANT RICE 3⁹⁹
- Uncle Toms 900 gr
EXTRA LONG GRAIN RICE 1⁹⁹
- Compliments 284 ml
MANDARIN ORANGE SEGMENTS 3 for 3⁰⁰
- Compliments Jellied or Whole Berry 348 ml
CRANBERRY SAUCE 2 for 3⁰⁰

FROZEN FOOD

- Ass't Variety, 907 gr
CHEEMO PEROGIES 2⁹⁹
- Kelloggs Eggo Ass't 280-310 gr
WAFFLES & PANCAKES 2⁹⁹
- Compliments Ass't 750 gr
FROZEN VEGETABLES 2⁹⁹
- Europe's Best Ass't 400-600 gr
FROZEN FRUIT BLENDS 5⁹⁹
- Ass't 1 Litre Tubs
COOL WHIP 2⁹⁹
- Stouffers Ass't Variety Microwavable
BISTRO MELTS or CRUSTINIS 2⁹⁹
- Stouffers Microwavable 222-248 gr Thai Peanut Chicken, Chicken Fettuccine, Cheese Ravioli or Sweet & Sour Chicken
LEAN CUISINE ENTREES 2⁹⁹
- Microwavable 263-340 gr Meat Lasagna, Macaroni & Cheese or Meat Loaf
STOUFFERS ENTREES 2⁹⁹
- McCain Ass't 400-510 gr
DEEP-N-DELICIOUS CAKES 4⁹⁹
- Ass't Gourmet Varieties 283-292 gr
HEALTHY CHOICE STEAMERS 3⁹⁹
- Lucerne Ass't 1.89 Litre Cartons
ICE CREAM 3⁹⁹

MIX & MATCH

Superfries - Straight or Crinkle Cut or Superquick 5-Minute Fries 650 gr, Seasoned Fries, Superspirals, Extra Crispy Straight or Crinkle Cut or Savoury Wedges 650 gr, Tasti-Taters or Smiles Potato Patties 600-650 gr, Breakfast Home Fries, Potato Pancakes or Shredded Hash Browns 600-650 gr

MCCAIN POTATOES 2 for 7⁰⁰

Multi-Pack 12x100 gr

ASTRO YOGOURT 3⁹⁹



Black Diamond 252 gr Old, Medium or Marble

CHEESE STICKS 4⁹⁹



Ass't Microwavable Bowls 212 gr or 411-425 gr Tins Beef Ravioli, Mini Bites, Beefaroni, Etc.

CHEF-BOYARDEE PASTAS 3 for 4⁰⁰



Pepperidge Farms 168-227 gr Regular, Flavour Blasted, Grahams or Snack Packs

GOLDFISH CRACKERS 2 for 5⁰⁰



White Swan Septic-Friendly 4 Rolls

BATHROOM TISSUE 3 for 3⁰⁰

Original, Olive Oil, Light, Salt Free or Buttery Taste 680-907 gr Tubs

BECHEL MARGARINE 5⁹⁹



Ass't Accents Stewed & Spiced 398-540 ml or Ass't Whole, Diced or Crushed 540 ml

AYLMER TOMATOES 2 for 3⁰⁰



Signal Ass't 3x75 gr

DRINK CRYSTALS 3 for 3⁰⁰



Compliments 1 Litre Ass't Flavours

SPARKLING FIZZY WATER 3 for 3⁰⁰



Fun Pack 210 or Variety Pack 275 gr, Froot Loops, Corn Pops or Frosted Flakes 320-425 gr, Raisin Bran 425 gr, Corn Flakes 440 gr, Muslix 450 gr or Mini Wheats (Ass't Variet) 500-510 g

KELLOGGS CEREALS 3⁹⁹



Campbells 540 ml

CHUNKY SOUPS 2 for 5⁰⁰



Sun Rype 5x200 ml Tetra

FRUIT JUICES 3 for 5⁰⁰



Regular 1 Litre Btl. or Upside-Down 750 ml

HEINZ KETCHUP 3⁹⁹



Compliments Stems & Pieces 284 ml

MUSHROOMS 3 for 3⁰⁰



Original, Dark Roast, Decaf. or Max Boost 631-925 gr

MAXWELL HOUSE COFFEE 8⁹⁹



Cottonelle Double 12 Roll

BATHROOM TISSUE 5⁹⁹




Hunts Snack Pack 4's

PUDDINGS or GELS 3 for 3⁰⁰



Holiday 340 gr

LUNCHEON MEAT 2 for 4⁰⁰



- Ass't 10x180 ml Pouches
KOOL-AID JAMMERS 2⁹⁹
- Kool-Aid, Tang, Countrytime Lemonade, Mio or Crystal Light Ass't 1.48 ml
WATER ENHANCERS 2 for 7⁰⁰
- Crystal Light Ass't Single Serve or Multi Serve
DRINK CRYSTALS 2 for 7⁰⁰
- Ass't Flavours 30s
FOLGERS K-CUPS 14⁹⁹
- Ass't 340 gr Bags or 10-Pack K-Cups
STARBUCKS COFFEE 8⁹⁹
- Dare Ass't Variety 300-350 gr
SIMPLE PLEASURES COOKIES 2⁹⁹
- Dare Ass't Long Box, Bites, Gluten-Free or Snack Size 125-250 gr
BRETON or VINTA CRACKERS 3 for 8⁰⁰
- Quaker Ass't Regular or Minis
RICE CAKES 2 for 4⁰⁰
- Dare Ass't 730-818 gr
BIG BAG CANDY 3⁹⁹
- Quaker Dippos or Chewy, 130-156 gr
GRANOLA BARS 2 for 5⁰⁰
- Hershey Chipits Ass't 200-300 gr
BAKING CHIPS 2 for 7⁰⁰
- Jell-O Regular or Light Ass't Flavours
INSTANT PUDDING POWDER 3 for 3⁰⁰
- Jell-O Regular or No Sugar Added Ass't Flavours
JELLY POWDERS 3 for 3⁰⁰
- Quick of Large Flake 1 kg Bag
QUAKER OATS 2⁹⁹
- Quaker Packets Ass't 6s-10s
INSTANT OATMEAL 2⁹⁹
- Bounce 105s-120s
FABRIC SOFTENER SHEETS 8⁹⁹

IN THE BAKERY

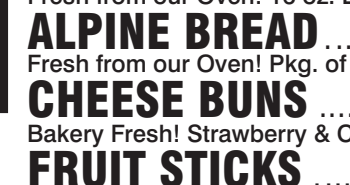
Fresh from our Oven! 400 gr Loaf

GARLIC BREAD 2 for 7⁰⁰



Fresh from our Oven! 16 oz. Loaf

ALPINE BREAD 2 for 5⁰⁰



Fresh from our Oven! Pkg. of 4, 300 gr

CHEESE BUNS 2⁶⁹



Bakery Fresh! Strawberry & Cream Cheese, Pkg. of 6, 230 gr

FRUIT STICKS 2 for 5⁰⁰



Bakery Fresh! Chocolate or White 284 gr

MINI ST. PATRICK'S CUPCAKES 3⁶⁹



Bakery Fresh! Pkg. of 8, 300 gr

MACADAMIAN NUT COOKIES 3⁹⁹




Bakery Fresh! Pkg. of 6, 650 gr

GARLIC NAAN BREAD 4⁴⁹



Bakery Fresh! 650 gr

CHOCOLATE FUDGE CAKE 8²⁹



Fresh from our Freezer... Sensations

MINI ECLAIRS 6⁹⁹



FRESH PRODUCE

Basket

BLACKBERRIES Each 2⁹⁹




Basket

BLUEBERRIES Each 2⁹⁹



Basket

RASPBERRIES Each 3⁴⁹



3 Lb. Bag

LONG ENGLISH CUCUMBERS Each 1⁶⁹



2 Lb. Bag

MACINTOSH APPLES Bag 3⁹⁹

Compliments

HALO MANDARIN ORANGES Bag 3⁴⁹

GARDEN SALAD or COLESLAW Bag 1⁴⁹

