



Super Valu

our name is our promise

Standing Rib Roast

Bone In
Canada
Gr. A
Beef
6.59 kg

2.99
lb.

Young Turkeys

Frozen
Utility

3.04 kg

1.38
lb.

Young Geese

Frozen
Utility

2.18 kg

99¢
lb.

Fletchers Cottage Rolls

C.O.V.'s

2.98 kg

1.35
lb.

SAVE

Blue Bonnet
Margarine

\$1.97

1.36 kg

SAVE

Monarch
Cake Mixes
All Varieties

87¢

520 g

SAVE

Mr. Noodle
Instant Noodle
All Flavours

6/\$1.00

85 g

SAVE

Barker Dry
Dog Food

\$4.59

8 kg

SAVE

West
Canola Oil

\$1.69¢

1 Li

SAVE

Sunspun Long Grain
White Rice

\$5.39

10 kg

SAVE

Cloverleaf Chunk
Light Tuna

Packed in Oil
or Water

99¢

184 g

SAVE

Berryland
Vegetables
Cream Corn, Whole Kernel Corn,
French or Reg. Cut Green Beans

2/99¢

398 ml