

# Country Traditions

FROZEN FOOD OUTLET

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\*WHILE QUANTITIES LAST, PRICES IN EFFECT NOW UNTIL OCTOBER 3, 2024.

|   |   |   |   |  |  |   |  |
|---|---|---|---|--|--|---|--|
|    | <p>UNBELIEVABLE DEAL<br/><b>JIMMY DEAN<br/>BREAKFAST SANDWICHES</b><br/><b>\$12<sup>99</sup></b><br/>12x144g<br/>TURKEY SAUSAGE EGG WHITE<br/>&amp; CHEESE ON A MUFFIN <del>REG \$31.99</del></p> |    | <p>BACK IN STOCK<br/><b>HEAT &amp; SERVE<br/>FRENCH TOAST</b><br/><b>\$3<sup>99</sup></b><br/>12 SLICES<br/>A QUICK &amp; EASY BREAKFAST<br/>STOCK UP NOW <del>REG \$6.99</del></p> |    | <p>SAUSAGE IN BISCUIT BATTER<br/><b>MAPLE POGO<br/>OR BACON POGO</b><br/><b>\$3<sup>99</sup></b><br/>A GREAT SNACK<br/>STOCK UP NOW <del>REG \$6.99</del></p>                              |    | <p>KID'S FAVOURITE<br/><b>24 PACK - VALUE SIZE<br/>HOMESTYLE WAFFLES</b><br/><b>\$5<sup>99</sup></b><br/>816g<br/>A QUICK &amp; EASY BREAKFAST<br/>STOCK UP NOW <del>REG \$10.99</del></p> |
|   | <p>GREAT ON THE BBQ<br/><b>4oz PURE<br/>BEEF PATTIES</b><br/><b>\$14<sup>99</sup></b><br/>1.8 Kg<br/>16 BURGERS<br/>STOCK UP NOW <del>REG \$21.99</del></p>                                       |   | <p>GREAT ON THE BBQ<br/><b>BACON WRAPPED<br/>SIRLOIN STEAKS</b><br/><b>\$12<sup>99</sup></b><br/>4x115g<br/>STOCK UP NOW <del>REG \$16.99</del></p>                                 |   | <p>TENDER &amp; JUICY<br/><b>PORK TENDERLOIN<br/>MEDALLIONS</b><br/><b>\$6<sup>99</sup></b><br/>2.5 LBS<br/>WRAP WITH BACON OR<br/>USE FOR KABOBS <del>REG \$9.99</del></p>                |   | <p>FULLY COOKED<br/><b>DELI CART STYLE<br/>DEBZINER SAUSAGE</b><br/><b>\$5<sup>99</sup></b><br/>600g<br/>5 LARGE SAUSAGE<br/>GREAT ON THE BBQ <del>REG \$12.99</del></p>                   |
|  | <p>MEAT, CHEESE &amp; CRACKERS<br/><b>PEPPERONI<br/>SNACK TRAY</b><br/><b>\$3<sup>99</sup></b><br/>425g<br/>STOCK UP NOW <del>REG \$11.99</del></p>   |  | <p>FULLY COOKED PATTIES<br/><b>PURE PORK<br/>SAUSAGES</b><br/><b>\$10<sup>99</sup></b><br/>3.5 LBS<br/>JUST HEAT &amp; SERVE<br/>WHILE SUPPLIES LAST <del>REG \$27.99</del></p>     |  | <p>BONE-IN, SEASONED<br/><b>HICKORY SMOKED<br/>HAM STEAKS</b><br/><b>\$1<sup>99</sup></b><br/>EACH<br/>AVERAGE SIZE 1 LB<br/>UNBELIEVABLE DEAL <del>REG \$5.99</del></p>                   |  | <p>INDIVIDUAL PORTIONS<br/><b>BROCCOLI &amp; SWISS<br/>POTATO GRATIN</b><br/><b>\$5<sup>99</sup></b><br/>8 PORTIONS<br/>A DELICIOUS SIDE <del>REG \$11.99</del></p>                        |
|  | <p>BACK IN STOCK<br/><b>UNCOOKED CHICKEN<br/>DRUMSTICKS</b><br/><b>\$8<sup>75</sup></b><br/>4.4 LBS<br/>ONLY \$1.99/LB<br/>ONE SHOT DEAL <del>REG \$13.99</del></p>                               |  | <p>PERI PERI FLAVOUR<br/><b>SWEET &amp; SPICY<br/>WHOLE CHICKENS</b><br/><b>\$3<sup>99</sup></b><br/>/LB<br/>GREAT ON THE BBQ<br/>AN ABSOLUTE MUST TRY <del>REG \$7.99/LB</del></p> |  | <p>ADD YOUR FAVOURITE SAUCE<br/><b>FULLY COOKED &amp; SEASONED<br/>PLAIN CHICKEN WINGS</b><br/><b>\$21<sup>99</sup></b><br/>5.5 LBS<br/>STOCK UP NOW <del>REG \$39.99</del></p>            |  | <p>MEAL FOR TWO<br/><b>ASSORTED PASTA<br/>MEAL KITS</b><br/><b>\$4<sup>99</sup></b><br/>624g<br/>ALFREDO, CARBONARA, FLORENTINE<br/>OR RIGATONI <del>REG \$11.99</del></p>                 |
|  | <p>SKIN-ON, BONELESS<br/><b>STEELHEAD<br/>SALMON LOINS</b><br/><b>\$8<sup>99</sup></b><br/>/LB<br/>DON'T MISS OUT <del>REG \$14.99/LB</del></p>   |  | <p>CATCH OF THE DAY<br/><b>HADDOCK<br/>FISH FILLETS</b><br/><b>\$8<sup>99</sup></b><br/>580g<br/>LIMITED SUPPLY <del>REG \$15.99</del></p>  |  | <p>A MUST TRY<br/><b>CRISPY BREADED<br/>SHRIMP RISOTTO</b><br/><b>\$1<sup>99</sup></b><br/>360g<br/>STOCK UP NOW <del>REG \$7.99</del></p>   |  | <p>LIGHT &amp; CRISPY<br/><b>ENGLISH STYLE<br/>BATTERED POLLOCK</b><br/><b>\$10<sup>99</sup></b><br/>2 LBS<br/>DON'T MISS OUT <del>REG \$16.99</del></p>                                   |
|  | <p>THAW &amp; SERVE<br/><b>10" PUMPKIN<br/>OR APPLE PIE</b><br/><b>\$5<sup>99</sup></b><br/>2 LBS<br/>A DELICIOUS DESSERT<br/>STOCK UP NOW <del>REG \$9.99</del></p>                              |  | <p>INDIVIDUAL SERVING<br/><b>STRAWBERRY SWIRL<br/>CHEESE CAKE</b><br/><b>\$10<sup>99</sup></b><br/>8 PIECES<br/>A MUST TRY <del>REG \$29.99</del></p>                               |  | <p>INDIVIDUALLY WRAPPED<br/><b>OTIS SPUNKMEYER<br/>CHOCOLATE BROWNIES</b><br/><b>\$7<sup>99</sup></b><br/>9x84g<br/>WITH REAL CHOCOLATE CHIPS<br/>A GREAT TREAT <del>REG \$14.99</del></p> |  | <p>LOWEST PRICE EVER<br/><b>9" PRE-BAKED<br/>PECAN PIE</b><br/><b>\$3<sup>99</sup></b><br/>900g<br/>AN AWESOME DESSERT<br/>STOCK UP <del>REG \$9.99</del></p>                              |

MON - WED 9 - 6 • THUR 9 - 7 • FRI 9 - 8 • SAT 9 - 6 • SUN 10 - 5

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