

# CO-OP TM/MC

Gander

**RED RIPE STRAWBERRIES**  
California #1  
1 lb clamshell



**3<sup>99</sup>**

**FRESH SHOULDER PICNIC PORK ROAST**  
Family Pack  
5.93 kg



**2<sup>69</sup>**  
lb



**GOLDEN RIPE PINEAPPLES**  
Costa Rica #1

**4<sup>99</sup>**

**3<sup>99</sup>**  
lb



**FRESH BONE-IN CHICKEN BREAST**  
Family Pack  
8.80 kg



**SWEET JUICY ORANGES**  
California #1  
3 lb bags

**5<sup>99</sup>**

**HOT DEAL**



**7<sup>99</sup>**  
**HOT DEAL**

**MAPLE LEAF PRIME POPCORN CHICKEN or DINO NUGGETS**  
560g



**CHAPMAN'S PREMIUM ICE CREAM 2 L or YUKON NOVELTIES 5-8 pk • Assorted**

**4<sup>99</sup>**



**LA PERLA OIL**  
3 L • Vegetable or Canola

**11<sup>99</sup>**



**AYLMER TOMATOES or ACCENTS**  
540-796mL • Assorted

**1<sup>99</sup>**



**HUNT'S PUDDING or GELS**  
4 pk • Assorted

**2/\$4**

**MINUTE MAID or FIVE ALIVE JUICE**  
1 L Assorted

**3/\$5**



**LAY'S POTATO CHIPS**  
2.35g Family size Assorted

**3<sup>99</sup>**

## HOT DEALS



**3/\$5**

**BURNS FLAKES OF MEAT**  
156g • Assorted



**WOW!**

**5<sup>99</sup>**  
**HOT DEAL**

**BECEL MARGARINE**  
850g



**COKE or PEPSI PRODUCTS**  
12x355mL • Assorted

**6<sup>49</sup>**  
**HOT DEAL**



18 Mega = 72 Singles

**13<sup>99</sup>**  
**HOT DEAL**

**COTTONELLE ULTRA CLEAN BATHROOM TISSUE**  
18 Mega Roll

PRICES IN EFFECT MAY 2 3 4 5 6 7 8 2024

# Fresh Produce



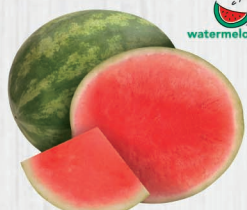
**SWEET BELL RAINBOW PEPPERS**  
Ontario #1 • 3 pk

**5<sup>99</sup>**



**PLUMP RIPE BLUEBERRIES**  
Mexico #1 • 6 oz clamshell

**3<sup>99</sup>**



**1<sup>69</sup>**  
lb

**SWEET JUICY SEEDLESS WATERMELON**  
US #1 • 3.73 kg  
½'s and ¼'s



**2<sup>99</sup>**  
lb

**PLUMP RIPE HOT HOUSE TOMATOES**  
Ontario #1  
6.59 kg



**GREEN PEPPERS**  
Florida #1  
6.59 kg

**2<sup>99</sup>**  
lb



**SWEET PEACHES AND CREAM CORN**  
Florida #1

**4/\$5**



**HOT DEAL**

**WHOLE WHITE MUSHROOMS**  
Ontario #1  
8 oz cello

**2/\$6**

**SWEET CRUNCHY COSMIC CRISP APPLES**  
Washington #1 • 5.49 kg

**2<sup>49</sup>**  
lb



**SWEET JUICY BLACK PLUMS**  
Chile #1 • 8.80 kg

**3<sup>99</sup>**  
lb



**FRESH BROCCOLI CROWNS**  
Mexico #1  
6.59 kg

**2<sup>99</sup>**  
lb



*Organic*

**4<sup>49</sup>**

**CLASSIC BRAND ORGANIC SALADS**  
US #1  
5 oz clamshell

**SWEET SUCCULENT MANGOES**  
Mexico #1

**2<sup>99</sup>**



**2<sup>99</sup>**

**MINI SEEDLESS CUCUMBERS**  
Ontario #1  
6 pk tray

## Breakfast



**3<sup>99</sup>**

**LACTANTIA HEALTHY ATTITUDE MARGARINE** 427g



**2/6<sup>50</sup>**

**DEMPSTER'S ENGLISH MUFFINS** 6 pk • Plain



**4<sup>99</sup>**

**PHILADELPHIA CREAM CHEESE SPREAD** 227g • Assorted



**2/4<sup>44</sup>**

**SPRAGUE BAKED BEANS** 390ml cans • Assorted



**3<sup>99</sup>**

**TIM HORTONS SPECIALTY TEA** 20 ct • Assorted



**3<sup>99</sup>**

**DEL MONTE CHILLED JUICE** 1.6 L • Assorted



**5<sup>99</sup>**

**CAMP 100% PURE MAPLE SYRUP** 250ml



**10<sup>49</sup>**

**BILLY BEE HONEY** 500g



**4<sup>99</sup>**

**DANONE OIKOS GREEK YOGURT** 4 pk • Assorted



**6<sup>49</sup>**

**SMUCKER'S DOUBLE FRUIT or PURE JAMS and MARMALADES** 500ml • Excluding Raspberry or JIF PEANUT BUTTER 1 kg • Assorted



**5<sup>99</sup>**

**KELLOGG'S CEREAL** 306-525g • Assorted



**6<sup>99</sup>**

**TETLEY TEA** 40-48 ct • Assorted



**6<sup>49</sup>**

**NESCAFÉ INSTANT COFFEE** 170g • Assorted



**12<sup>99</sup>**

**BALZAC'S COFFEE** 300-340g or 18 pk pods • Assorted



# ChoiceCuts



**4<sup>99</sup>**  
lb

**FRESH CRYOVAC PORK BACK RIBS**  
11.00 kg



**FRESH LEAN GROUND BEEF**  
13.21 kg • Family Pack

**5<sup>99</sup>**  
lb

*Spring is in the air!*

**TIME TO THAW OUT THE GRILL**



**CANADIAN AA OR HIGHER STRIPLOIN GRILLING STEAK**  
37.46 kg



**6<sup>99</sup>**  
lb

**FRESH LEAN ALL BEEF PATTIES**  
15.41 kg  
Store made



**16<sup>99</sup>**  
lb



**BELMONT MEATS PRIME RIB BURGERS or BUTTERBALL TURKEY BURGERS**  
852g



**6<sup>49</sup>**

**SCHNEIDERS SMOKED SAUSAGES**  
375g • Assorted



**12<sup>99</sup>**

**3<sup>99</sup>**

**LARSEN COACHMAN WIENERS**  
375g



**6<sup>99</sup>**

**SCHNEIDERS BREAKFAST ROUNDS**  
375g



**7<sup>99</sup>**

**MAPLE LEAF PREPPED & READY NATURAL MEATS**  
250g • Assorted



**4<sup>99</sup>**

**SWIFT PREMIUM SLICED BACON**  
375g



**2/\$6**

**HOT DEAL**

**CHRIS BROTHERS PIZZA VARIETY PACK**  
175g

## From the Sea



**FRESH WHOLE STEELHEAD TROUT**  
13.20 kg  
Product of Newfoundland

**5<sup>99</sup>**  
lb



**SOFINA BREADED FISH FILLETS**  
1 kg

**8<sup>99</sup>**



**WILD ARGENTINIAN SHRIMP**  
2 lb • 13/15

**25<sup>99</sup>**



**2/\$7**

**LAND & SEA FISH CAKES**  
380g

## Frozen

**CAVENDISH GARLIC AND ROSEMARY WEDGES**  
5 lb

**8<sup>99</sup>**



**CAVENDISH SHOESTRING FRIES**  
4.5 lb

**7<sup>99</sup>**



**WONG WING EGG ROLLS**  
1.25 kg Assorted

**12<sup>99</sup>**



**4<sup>99</sup>**

**MCCAIN FRIES**  
650-800g • Assorted



**8<sup>99</sup>**

**ALASKA STRAWBERRIES**  
1 kg



**5<sup>77</sup>**

**FURLANI TEXAS TOAST**  
280g • 3 Cheese



**5<sup>79</sup>**

**GREEN GIANT NIBBLERS CORN ON THE COB**  
12 ct



**5<sup>99</sup>**

**SMUCKER'S UNCRUSTABLES**  
208-232g • Assorted

# Grocery



**2/\$4**

HUNT'S MANWICH SAUCE  
398mL



1.5 L  
SIZE!

**10<sup>99</sup>**

KRAFT MIRACLE WHIP  
1.5 L • Assorted



**2/\$7**

CLOVER LEAF ALBACORE  
WHITE TUNA  
170g • Flaked or Chunk



**6<sup>49</sup>**

CARNATION HOT CHOCOLATE  
450g • Assorted



**3<sup>29</sup>**

DARE BEAR PAWS 140-270g or  
VIVA PUFFS 300g • Assorted



**2<sup>79</sup>**

HUNT'S THICK & RICH  
PASTA SAUCE 680mL • Assorted



**2/\$4**

SWISS CHALET GRAVY AND  
DIPPING SAUCE 284mL • Assorted



**2<sup>49</sup>**

DEL MONTE DICED BEETS  
398mL



**2/\$5**

CHEETOS MAC 'N CHEESE  
170g • Assorted



**3<sup>49</sup>**

FIBRE 1 BARS  
125-175g • Assorted



**2/\$6**

PURITAN BEANS AND WIENERS  
425g



**2/\$3**

PRIMO PIZZA SAUCE  
213g



SAVE  
\$1.50

**5<sup>99</sup>**

KRAFT SINGLES  
410g • Assorted • Reg. 7.49



**5<sup>49</sup>**

CLASSICO PASTA SAUCE  
410-650mL • Assorted



**2<sup>99</sup>**

STOVE TOP STUFFING  
120g • Assorted



**3<sup>99</sup>**

STUBB'S BBQ SAUCE  
450mL • Assorted



**5<sup>99</sup>**

HEINZ 57 SAUCE  
500mL



**22<sup>99</sup>**

TIM HORTONS K-CUPS  
30 ct • Assorted



**4<sup>49</sup>**

CROSBY'S MOLASSES  
675g



**5<sup>49</sup>**

KRAFT TARTAR SAUCE  
355mL



**3<sup>69</sup>**

CHRISTIE SNACKING CRACKERS  
175-200g • Assorted



**3<sup>79</sup>**

MIO, CRYSTAL LIGHT, KOOL-AID,  
COUNTRY TIME or TANG  
DRINK ENHANCERS 48mL



**6<sup>29</sup>**

OCEAN SPRAY COCKTAILS  
6 pk • Assorted



**5<sup>49</sup>**

BICK'S SLICED BEETS  
750mL



**2/\$8**

POPCORNERS  
142g • Assorted

## Around the Home



**2/4<sup>44</sup>**

WHITE SWAN NAPKINS  
100 ct



Sponge  
TOWELS  
6 Roll

**8<sup>77</sup>**



SCOTTIES  
Original  
6

**7<sup>99</sup>**

SCOTTIES FACIAL TISSUES  
6 pk



MR. CLEAN  
DISINFECTANT  
1.2L  
Assorted

**5<sup>49</sup>**



SCRUB FREE  
BATHROOM CLEANER  
950mL • Assorted

**4<sup>49</sup>**



SUNLIGHT  
ORANGE  
ANTIBACTERIAL  
DISH LIQUID  
562mL

**2/\$6**



OLD DUTCH  
CONCENTRATED  
BLEACH 2.4L

**4<sup>49</sup>**



PUREX LAUNDRY DETERGENT  
1.47-2.04L • Assorted

**6<sup>77</sup>**

## Monkey Bread

Preheat oven to 350 degrees. Grease bunt pan with cooking spray. Cut the 2 packages of ready made biscuits into 4 sections (8 pieces). In gallon size zip bag put 1 cup granulated sugar and 2 tbsp ground cinnamon. Add biscuit pieces to bag, a couple at a time, and shake to coat. Put in bunt pan. Continue until all pieces coated and in bunt pan. Bake for 20 minutes or until golden brown. Take out of oven and put serving plate on top, turning plate and bunt pan over. Remove pan and cool. Drizzle with caramel sauce.



## Ingredients

- 2 tbsp ground cinnamon
- 1 jar caramel sauce
- 2 packages refrigerator biscuits
- 1 can no stick cooking spray
- 1 cup granulated sugar



# Bakery & Deli



**NEW YORK STYLE**  
PREMIERE BLEND - AUTHENTIC NEW YORK STYLE  
**BAGEL CRISPS**

**NEW YORK BAGEL CRISPS**  
170g Assorted

**5.49**



**COLD PLATE**  
Store made



**FANCY POKKET BAGELS**  
540g • Assorted

**4.29**



**WOOLWICH GOAT CHEESE**  
113g Assorted

**3.29**



**QUINN'S SWISS ROLLS**  
400g • Assorted

**5.99**



**OZERY MORNING ROUNDS**  
450g • Assorted

**4.99**

## Baking

## LOW-FAT CHERRY-ALMOND ANGEL CAKE



**LACTANTIA CREAM CHEESE**  
250g • Original or Light

**3.99**



**GHIRARDELLI CHOCOLATE CHIPS**  
250-326g • Assorted

**5.99**



**KRAFT DREAM WHIP**  
170g

**5.49**



**BETTY CROCKER ANGEL FOOD CAKE** 430g

**4.49**

- 1 box Betty Crocker™ Angel Food Cake Mix
- 1 1/3 cups cold water
- 1 1/2 teaspoons almond extract
- 1/2 cup chopped maraschino cherries, drained
- 2 tablespoons butter or margarine, melted
- 2 cups powdered sugar
- 2 tablespoons maraschino cherry juice



Move oven rack to lowest position. Heat oven to 350°F. In extra-large glass or metal bowl, beat cake mix, cold water and extract on low speed 30 seconds. Beat on medium speed 1 minute. Carefully fold in cherries. Pour into ungreased 10-inch angel food cake pan.

Bake 37 to 47 minutes or until top is dark golden brown and cracks feel very dry and not sticky. Do not underbake. Immediately turn pan upside down until cake is completely cooled, about 2 hours. Run knife around edge of cake; remove from pan.

In medium bowl, mix butter, powdered sugar and cherry juice. Spread glaze over top of cake, allowing some to drizzle down side. Garnish with whole cherries.



**ROBIN HOOD ALL PURPOSE FLOUR**  
1kg

**4.49**



**FLEISCHMANN'S CORN STARCH**  
454g

**3.99**



**PILLSBURY READY TO BAKE COOKIES** 454g


**4.49**



**DALTONS RED MARASCHINO CHERRIES** 375ml


**4.49**

## Pet Supplies




**PURINA FANCY FEAST CAT FOOD**  
85g Assorted

**4/\$5**




**MEOW MIX ORIGINAL CHOICE**  
2kg

**6.99**




**MILK-BONE DOG TREAT BISCUITS** 450g • Assorted

**2/\$7**



**ALPO MOIST & MEATY DOG FOOD**  
1.53 kg • Lamb or Chicken

**10.99**



**PUP OF THE WEEK**  
*Heesha*

# CINCO DE MAYO



OLD EL PASO TACO SHELLS 125-155g, MEXICAN RICE 215g, REFRIED BEANS 398mL or SOFT FLOUR TORTILLAS 297-334g • Assorted

OLD EL PASO SEASONING 24-35g • Assorted

OLD DUTCH RESTAURANTE CHIPS 290g or SALSA 400-430mL • Assorted

SUN BREW CORONA 6x330mL



BLACK DIAMOND CHEESE BLOCKS 400g or SHREDS 300-320g • Assorted

MINUTE MAID NO SUGAR ADDED JUICE 1.54 L • Assorted

CATELLI HEALTHY HARVEST, SMART or ANCIENT GRAINS PASTA 340-375g • Assorted

FRENCH'S SPECIALTY MUSTARDS 325mL • Assorted



GREEN GIANT VEGETABLES 341-398mL • Assorted

MARIO'S CHOPPED HAM JAMBON HACHE 340g

IMPERIAL SOFT MARGARINE 1.28 kg

PARKAY MARGARINE 3lb • 1/2 cup squares

GRAVES APPLE JUICE 1.36L • Assorted



RED BARON PIZZA 318-326g • 5" Single Serve • Assorted

CAVENDISH CRISPY TEMPURA ONION RINGS 1.5 kg

VILLAGGIO BREAD 675g • White or Whole Wheat

GRISSOL CROUTONS 135g • Assorted

HIDDEN VALLEY SALAD DRESSING 473mL • Assorted



DUNKAROO'S 168g • Assorted While supplies last

BLACK DIAMOND CHEESTRINGS 252-336g • Assorted

DOLE FRUIT BOWLS 20 pk • Assorted

PEPPERIDGE FARMS GOLD FISH CRACKERS 167-227g • Assorted

DARE WAGON WHEELS 315-360g • Assorted



VACHON SNACK CAKES 220-410g • Assorted

BUD ZERO 6x355mL

POWERADE SPORTS DRINK 6x591mL • Assorted

PEPSI or COKE PRODUCTS 1 L • Assorted or AQUAFINA WATER 1 L

RUFFLES or MISS VICKIE'S CHIPS 180-220g • Assorted

## Taco Burgers

Mix packet of taco seasoning with ground beef and split in to four equal parts. Form your burgers.

Add oil to hot frying pan and cook until done about 10 minutes, flipping once. Melt cheese on top at the end of cooking.

While burgers cook, shred your lettuce, dice onion and tomato.

To assemble: take a roll, put burger on the bottom, top with lettuce, tomato, onion, and guacamole and top with the top bun.

### VARIATIONS

Replace the diced onions and tomatoes with your choice of salsa.



### Ingredients

- 1 packet taco seasoning
- 1 tomato, diced
- 1 small onion, diced
- 2 tbsps vegetable oil
- 1 lb ground beef
- 1 head iceberg lettuce, torn pieces
- cheddar cheese, sliced
- guacamole



72 Elizabeth Drive, Gander 709-256-4843



We reserve the right to limit quantities. Prices do not include sales tax where applicable. Text prevails over photos.