RECIPE OF THE WEEK
EASY MEAL IDEAS AT FAMILYFOODS.CA

Kickin’ Chicken Wings

THE BIG GAME is Sunday November 19

Chinese Mandarin Oranges
Product of China. 1.81 kg Box.

6.49
Each

Fresh Split Chicken Wings
4.99 lb
11.00/kg

Lay’s Potato Chips
Select Varieties. 220 - 235 g.
Poppables 150 g.
3/$10

Pepsi 12 Pack Soft Drinks
Select Varieties. 12 x 355 mL.
2/$13

Rustica Pizza
Select Varieties. 538 - 866 g. Frozen.
5.99

Kraft Philadelphia Dips
Select Varieties. 227 g.
2/$4

Mott’s Clamato Juice
Select Varieties. 1.89 Litre.
2/$7

Compliments Salads
Select Varieties. 426 - 454 g.
24.99
Each

Fresh Lean Ground Beef
Less than 17% Fat Content. Store may restrict to larger packs.

4.79 lb
10.56/kg

Lay’s Potato Chips
Select Varieties. 220 - 235 g.
Poppables 130 g.
3/$10

Pepsi 12 Pack Soft Drinks
Select Varieties. 12 x 355 mL.
2/$13

Kraft Philadelphia Dips
Select Varieties. 227 g.
2/$4

Mott’s Clamato Juice
Select Varieties. 1.89 Litre.
2/$7

Compliments Salads
Select Varieties. 426 - 454 g.
24.99
Each

Fresh Produce

6.49
Each

Chinese Mandarin Oranges
Product of China. 1.81 kg Box.

4.99 lb
11.00/kg

Fresh Split Chicken Wings

Lay’s Potato Chips
Select Varieties. 220 - 235 g.
Poppables 150 g.
3/$10

Pepsi 12 Pack Soft Drinks
Select Varieties. 12 x 355 mL.
2/$13

Rustica Pizza
Select Varieties. 538 - 866 g. Frozen.
5.99

Kraft Philadelphia Dips
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Mott’s Clamato Juice
Select Varieties. 1.89 Litre.
2/$7

Compliments Salads
Select Varieties. 426 - 454 g.
24.99
Each

Full Sale Prices in Effect

NOV 2023

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

October

November

December

This symbol denotes Plus deposit and/or environmental levies where applicable.
2.99 Each
Celery Stalks
Product of U.S.A.

2 / $5
Mangoes
Product of Brazil.

3.49 Each
Garlic
Product of Canada. 3’s.

2 / $7
Mini Cucumbers
Product of U.S.A. 6’s.

2.99 Each
Grape Tomatoes
Product of Canada. 1 Pint.

5.99 lb
13.21/kg
Asparagus
Product of Mexico.

5.49 Each
Red, Yellow and Orange Bell Peppers
3 Pack.
Product of Mexico/U.S.A.

4.99 lb
11.00/kg
Bulk White or Brown Organic Mushrooms
Product of Canada.

3.99 Each
The Little Potato Company Potato Kits
Select Varieties. 454 g.
Product of Canada/U.S.A.

6.99 Each
Fresh Attitude Blends
Baby Spinach or Spring Mix.
Product of U.S.A. 312 g.

8.99 Each
Sun-Rype Fruit To Go Bars
556 g.

7.49 Each
Tre Stelle Bocconcini or Feta Cheese
Select Varieties. 200 g.

3.49 Each
Summer Fresh Hummus or Dips
Select Varieties. 200 - 227 g.

1.69 100 g
Compliments Ham
Select Varieties. Sliced or Shaved.

7.49 Each
Mastro Charcuterie Sliced Meats
Select Varieties. 150 - 250 g.
San Daniele Prosciutto 100 g.
Beef Top Sirloin Roast
- Boneless. Cut from Canada AA or Higher.
- 999 lb
- 22.02/kg

Daily’s Premium Meats Hickory Smoked Bacon
- Original or Thick Cut. 375 g.
- 599 Each

Harvest Garlic Sausage
- Naturally Smoked. 500 g.
- 799 Each

Schneiders Ham Halves
- Select Varieties. 700 g.
- 1399 Each

Schneiders Grab ‘N Snack Kit
- Select Varieties. 45 - 48 g.
- 2/$5 Each

Harvest Wiener
- Regular or All Beef. 675 g.
- 949 Each

Harvest Thick Sliced Bacon
- 500 g.
- 1349 Each

Lou’s Kitchen Pork Back Ribs
- Select Varieties. 585 - 610 g.
- 1199 Each

Compliments Luncheon Meats
- Select Varieties. Sliced. 175 g. Excluding Cooked Ham.
- 329 Each

*Excludes Mountain Creek Farms Beef and Pork Products

This symbol denotes Plus deposit and/or environmental levies where applicable.
Kraft Singles Cheese Slices
Select Varieties. 825 g.

2/$9 Oasis Juice or Smoothies
Select Varieties. 1.6 Litre.

2/$7 Yoplait Yogourt
Select Varieties. Source 650 g.
Tubs 448 g. Mirigo 560 g.

699 Just Egg Plant Egg Scramble
555 g.

699 Starbucks Iced Coffee
Select Varieties. 1.18 - 1.42 Litre.

149 Milk 2 Go or Nestlé Milk Shakes
Select Varieties. 475 mL.

349 Lucerne Sour Cream
Select Varieties. 500 mL.

399 Pillsbury Rolls or Sweet Goods
Select Varieties. Rolls or Biscuits
318 - 351 g. Pizza Crust 391 g.
Cookies 468 g.

699 Becel Soft Margarine
Select Varieties. 857 - 850 g.

699 Marie Callender’s Entrees
Select Varieties. Frozen.
680 - 879 g.

799 Cavendish Farms Potato Wedges or Onion Rings
Select Varieties. Frozen.
1 - 1.81 kg.

279 McCain French Fries
Select Varieties. 800 g. Frozen.

299 Cheemo Perogies
Select Varieties. Frozen.
815 - 907 g.

549 Kellogg’s Eggo Waffles
Select Varieties. Frozen. 560 g.

1799 Maple Lodge Farms Chicken Sticks
Select Varieties. 300 g.

1699 Wong Wing Entrees
Select Varieties. Frozen.
560 - 680 g.

2199 Compliments Naturally Simple Wild Atlantic Scallops
400 g. Frozen.

549 Nestle Ice Cream or Novelties
Or Del Monte Novelties.
Select Varieties.
Assorted Sizes. Frozen.

299 Pillsbury Pizza Pops
Or Toaster Strudels. 326 g.
Select Varieties.
Pizza Pops 380 g. Frozen.

799 Marc Angelo Gyro Kits
Select Varieties. 788 g.
Frozen.

549 Yoplait Yogourt Select Varieties. Source 650 g.
Tubs 448 g. Mirigo 560 g.

1699 Compliments Cooked Shrimp
With Cocktail Sauce.
Frozen. 680 g.

899 Kraft Singles Cheese Slices
Select Varieties. 825 g.
Bush’s Best Beans
Select Varieties. 398 mL.
2/$4.44

Compliments Pickles
Select Varieties. 1 litre.
$3.99

Unico Tomatoes
Select Varieties. 796 mL.
$2.29

Money’s Mushrooms
Pieces & Stems. Regular or No Salt. 284 mL.
3/$5

Robin Hood Oats
Select Varieties. 1 kg.
$3.29

Club House Pure Vanilla Extract
45 mL.
$3.19

Compliments Chocolate Chips or Chunks
Select Varieties. 250 - 500 g.
$2.99

Betty Crocker Super Moist Cake Mix
Or Frosting. 340 - 450 g. Cake Mixes 375 - 404 g.
2/$4

Betty Crocker Potatoes
Select Varieties. 141 - 215 g.
2/$5

Betty Crocker Hamburger Helper
Select Varieties. 158 - 218 g.
2/$5

Betty Crocker Super Moist Cake Mix
Or Frosting. 340 - 450 g. Cake Mixes 375 - 404 g.
2/$4

Compliments Pasta
Select Varieties. 900 g.
2/$5

Cheetos Mac ‘N Cheese
Select Varieties. 164 - 170 g.
$1.99

Heinz Beans and Pasta
Select Varieties. 398 mL.
$2.99

China Lily Soya Sauce
483 mL.
$2.99

Hunt’s Thick & Rich Pasta Sauce
Or Tomato Sauce. Select Varieties. 680 mL.
$1.99

Minute Rice Ready to Serve Cups
Select Varieties. 250 g.
$3.49

Kraft Dinner
Original. 22 x 200 g.
$12.99

Clover Leaf Sockeye Salmon
Wild Red or Low Sodium. 213 g.
$5.99

VH Sauces
Select Varieties. 341 - 555 mL.
$3.99

Primo Pizza Sauce
Select Varieties. 215 mL.
$1.29

Kraft Cheez Whiz
Regular or Light. 900 g.
$8.99
Beverages & Snacks

- **Nestle Pure Life Spring Water**: 4.99
- **Red Bull Energy Drink**: 8.99
- **Compliments Fizzy Flavoured Water**: 4.50

- **Old Dutch Snacks**: 2/$7
- **Smartfood Popcorn**: 2/$8.50
- **Tostitos Tortilla Chips**: 2/$8
- **Old Dutch Potato Chips**: 2/$6

- **Orville Redenbacher’s Popcorn**: 5.99
- **Old Dutch Variety Pack Potato Chips**: 13.99
- **Christie Premium Plus Crackers**: 4.69
- **Dare Wagon Wheels or Bear Paws**: 3.49

- **Hershey Single Chocolate Bars**: 1.39
- **Russell Stover No Sugar Added Chocolates**: 2/$7
- **Lindt Swiss Classic Chocolate Bars**: 2/$7
- **Werther’s or Riesen Candy**: 2/$6

- **Hershey Cello Chocolate**: 4.79

Household & Pet

- **SpongeTowels**: 8.49
- **Scotties Facial Tissue**: 7.99
- **Dawn Dishwashing Liquid**: 2.99
- **Compliments Multi Surface Cleaner**: 5.99

- **Glad Garbage Bags**: 10.99

This symbol denotes Plus deposit and/or environmental levies where applicable.
**Bakery**

- **Tasty Selections Bundt Cakes**
  Select Varieties. 500 g.  **799**

- **Compliments Garlic Bread**
  284 g.  **299**

- **Backerhaus Buns**
  Select Varieties. 320 - 340 g.  **449**

- **Dempster's Bread**
  White 570 g.
  100% Whole Wheat 675 g.  **399**

- **Compliments Muffins**
  Select Varieties. 400 - 440 g.  **699**

- **Compliments Squares**
  Select Varieties. 400 g.  **649**

- **Oakrun Farm Crumpets**
  Plain. 8's. 284 g.  **299**

- **Compliments Brioche Buns**
  Select Varieties. 200 - 480 g.  **499**

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**Breakfast**

- **Maxwell House Coffee**
  Select Varieties. 651 - 925 g.  **999**

- **Folgers K-Cup Coffee**
  Select Varieties. 210 - 315 g. 30's.  **1899**

- **Sun-Rype 100% Pure Apple Juice**
  Not From Concentrate. 1 Litre.  **299**

- **Tropicana Orange Juice**
  Select Varieties. 2.531 Litre.  **699**

- **Compliments Cereal**
  Select Varieties. 794 g.  **499**

- **General Mills Fruit By The Foot**
  Or Fibre 1 Bars 125 - 175 g. Select Varieties. Fruit By the Foot 128 g.  **349**

- **Quaker Chewy or Dipps Bars**
  Select Varieties. 120 - 156 g.  **279**

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**Pet Food**

- **Pedigree Cesar Dog Food**
  Select Varieties. 100 g.  **4/7**

- **Pedigree Dog Bones**
  Select Varieties. 237 - 737 g.  **599**

- **Friskies Party Mix**
  Select Varieties. 454 g.  **799**

- **Whiskas Perfect Portions Cat Food**
  Select Varieties. 75 g.  **2/3**

- **Whiskas Cat Food**
  Select Varieties. 1.5 - 2 kg.  **999**

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This symbol + denotes Plus deposit and/or environmental levies where applicable.
Fresh Produce

Fresh Raspberries
Product of Mexico.
170 g.

Fresh Pork
Back Ribs
Cryovac.
4.49 lb
9.90/kg

Fresh Meat

Fresh Pork
Back Ribs
Cryovac.

4.99 Each

Johnsonville Smoked Sausages
Pork. Select Varieties. 375 g. Breakfast Sausages 250 g.

3.99

Dempster's Hot Dog or Hamburger Buns
Select Varieties. 12's.

4.49

General Mills Cereal
Select Varieties. 300 - 430 g.

4.99

Nescafé Instant Coffee
Select Varieties. 100 - 170 g.

5.99

Campbell's Broths
Select Varieties. 900 mL. Concentrated 250 mL.

2/$4

Purex Bathroom Tissue
Select Varieties. Double 12 Roll or Triple 8 Roll.

9.49

Open Sundays in select locations only. familyfoods.ca

Some items may not be available at all stores. All advertised items are on sale while stock lasts. Actual items may vary slightly from illustrations. Some illustrations are serving suggestions only. Advertised prices do not include GST/HST. All items are per household, per visit. Although we strive for complete accuracy in our advertising, errors sometimes can occur. When an error is discovered, a correction notice will be posted in stores to bring the error to your attention. Sale prices in effect on the dates on front page.

This symbol denotes Plus deposit and/or environmental levies where applicable.
GAME DAY ESSENTIALS

Sale prices in effect November 16 - 22, 2023

Compliments Chicken Wings
Select Varieties. Frozen. 800 g.
11.49

Compliments Meatballs
Select Varieties. Frozen. 680 g.
8.99

Compliments Shrimp Ring
With Cocktail Sauce. 312 g. Frozen.
9.99

Matt & Steve's Extreme Beans
Select Varieties. 500 mL.
4.99

Kraft Bulls Eye BBQ Sauce or Diana Sauces
Select Varieties. Bulls Eye 425 mL. Diana Sauces or Marinades 375 - 500 mL.
2/$7

Christie Crackers
Or Bits & Bites or Crispers. Select Varieties. 145 - 386 g.
2/$6.50

Pringles Potato Crisps
Select Varieties. 148 - 156 g.
2/$7

Corona Sunbrew Alcohol Free Beer
6 x 330 mL.
11.99

Dr. Oetker Pizza
4.49

Compliments Chicken Wings
Select Varieties. Frozen. 800 g.
11.49

Compliments Meatballs
Select Varieties. Frozen. 680 g.
8.99

Compliments Shrimp Ring
With Cocktail Sauce. 312 g. Frozen.
9.99

Matt & Steve's Extreme Beans
Select Varieties. 500 mL.
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Corona Sunbrew Alcohol Free Beer
6 x 330 mL.
11.99

Dr. Oetker Pizza
4.49

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GAMEDAY

- **Janes Chicken**
  Select Varieties. Frozen. 700 g. 12.29

- **Compliments Asian Appetizer Party Pack**
  Select Varieties. Frozen. 691 g. 12.99

- **Panache Shrimp**
  Select Varieties. Frozen. 340 - 355 g. 9.99

- **Maple Lodge Farms Chicken Wiener**
  Or Zabiha Halal. 450 g. 2.29

- **Maple Lodge Farms Ultimate Chicken Frankfurter**
  900 g. 5.49

- **Compliments Spring Rolls**
  Vegetable or Chicken. Frozen. 336 g. 6.99

- **Maple Lodge Farms Chicken Wieners**
  Or Zabiha Halal. 450 g. 5.49

- **Lucerne Ice Milk**
  Select Varieties. 4 Litre. Frozen. 7.99

- **Gay Lea Sour Cream**
  Select Varieties. 425 - 500 mL. 2.99

- **Compliments Naturally Simple Hummus**
  Or Dips. Select Varieties. 227 g. 3.99

- **Lactantia or Parkay Margarine**
  or Lactantia Butter Sticks. 125 g. Select Varieties. Margarine 427 g. 2.29

- **Gay Lea Sour Cream**
  Select Varieties. 425 - 500 mL. 2.99

- **Compliments Juice or Beverages**
  Select Varieties. 1.54 Litre. 3.99

- **Janes Chicken**
  Select Varieties. Frozen. 700 g. 12.29

- **Compliments Asian Appetizer Party Pack**
  Select Varieties. Frozen. 691 g. 12.99

- **Panache Shrimp**
  Select Varieties. Frozen. 340 - 355 g. 9.99

- **Maple Lodge Farms Chicken Wiener**
  Or Zabiha Halal. 450 g. 2.29

- **Maple Lodge Farms Ultimate Chicken Frankfurter**
  900 g. 5.49

- **Compliments Spring Rolls**
  Vegetable or Chicken. Frozen. 336 g. 6.99

- **Maple Lodge Farms Chicken Wieners**
  Or Zabiha Halal. 450 g. 5.49

- **Lucerne Ice Milk**
  Select Varieties. 4 Litre. Frozen. 7.99

- **Gay Lea Sour Cream**
  Select Varieties. 425 - 500 mL. 2.99

- **Compliments Naturally Simple Hummus**
  Or Dips. Select Varieties. 227 g. 3.99

- **Lactantia or Parkay Margarine**
  or Lactantia Butter Sticks. 125 g. Select Varieties. Margarine 427 g. 2.29

- **Gay Lea Sour Cream**
  Select Varieties. 425 - 500 mL. 2.99

- **Compliments Juice or Beverages**
  Select Varieties. 1.54 Litre. 3.99

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Esentials

Compliments Cutlery
Select Varieties. 24's

Compliments Plant Fibre Plates
Compostable. Select Varieties. 12's.

Compliments Kettle Chips
Select Varieties. 200 g.

Compliments Plant Fibre Bowls
Compostable. Select Varieties. 12's.

Compliments Dinner Napkins
2 Ply. 100's.

Best Buy Jumbo Paper Towel
6 Roll. 94 Sheets.

Compliments Glare Wrap
90 Metres.

Glad Press 'N Seal
21.6 Metres.

Compliments Compostable Bin Liner
100's.

Compliments Compostable Cutlery
Select Varieties. 24's

Compliments Garbage Bags
67 Litre. 100's.

Compliments Beer Cups
Red or White. 50's. 455 mL.

Compliments Grip 'n Tie Recycling Bags
100's.

Compliments Garbage Bags
67 Litre. 100's.

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<table>
<thead>
<tr>
<th>Product</th>
<th>Info</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cadbury King Chocolate Bars</td>
<td>Select Varieties. 66 - 90 g.</td>
<td>2/$4</td>
</tr>
<tr>
<td>Ferrero Chocolate</td>
<td>Select Varieties. Ferrero Giant 118 - 125 g. Jewel Boxes 156 - 200 g. While Supplies Last.</td>
<td>9.99</td>
</tr>
<tr>
<td>Hershey Family Bars</td>
<td>Select Varieties. 90 - 120 g.</td>
<td>3/$8</td>
</tr>
<tr>
<td>Hershey Christmas Chocolate</td>
<td>Select Varieties. Kisses 180 g. Reese 161 g. Eggies 227 g. While Supplies Last.</td>
<td>4.79</td>
</tr>
<tr>
<td>Poppycock</td>
<td>Select Varieties. 300 g.</td>
<td>7.99</td>
</tr>
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<td>Ferrero Christmas Chocolate</td>
<td>Select Varieties. Kisses 180 g. Reese 161 g. Eggies 227 g. While Supplies Last.</td>
<td>4.79</td>
</tr>
<tr>
<td>Nestea or Peace Tea Beverages</td>
<td>Select Varieties. 12 x 341 mL.</td>
<td>6.99</td>
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**JOLLY RANCHER Gummies**
- assorted varieties (182 - 198 g) 2/$5

**TWIZZLERS PRESS’D Gummies**
- assorted varieties (100 g) 3.99

**TWIZZLERS & JOLLY RANCHER singles**
- assorted varieties (50 - 90 g) 3/$4

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