



3471	35 x 114 gr	Italian Style Chicken Schnitzel	40.95
5070	50 x 90 gr	Breaded Chicken Burgers	41.95
13219	4 kg	Dino Nuggets	38.95
15556	4 kg	Chicken Breastwich 5oz	58.95
18829	4 kg	Cooked Chicken Breast Strips	63.25
23511	2 x 2 kg	Chicken Flings	56.25



7288	6 x 2.84 lt	Peach Halves	40.95
1357	6 x 2.84 lt	Pineapple Tidbits	32.95
19922	24 x 418 gr	Pink Salmon	77.75
21418	6 x 1.81 kg	Pink Salmon	98.45
22177	8 kg	Long Grain Par Boiled Rice	19.25
22999	6 x 2.84 lt	Grapefruit Segments	42.45



7071	4 kg	Love Me Tenders	44.95
13771	4 kg	Cooked Plain Chicken Wings	48.95
16969	47 x 85 gr	Cooked Chicken Breast Grills	70.45
17158	2 x 3.75 kg Avg	Black Forest Ham	6.79/kg
17163	2 x 2.5 kg	Lean Ground Pork	18.25



23354	12 x 175 gr	Creamy Stirred Strawberry Yogurt	8.45
23355	12 x 175 gr	Creamy Stirred Raspberry Yogurt	8.45
23356	12 x 175 gr	Creamy Stirred Fieldberry Yogurt	8.45
23357	12 x 175 gr	Creamy Stirred Peach Yogurt	8.45
23361	12 x 150 gr	Silhouette 0% Fat Raspberry Yogurt	8.45
23362	12 x 150 gr	Silhouette 0% Fat Strawberry Yogurt	8.45
23363	12 x 150 gr	Silhouette 0% Fat Peach Yogurt	8.45
23364	12 x 150 gr	Silhouette 0% Fat Fieldberry Yogurt	8.45

Happy St. Patrick's Day

The person who was to become St. Patrick, the patron saint of Ireland, was born in Wales about AD 385. His given name was Maewyn and far from being a saint, until he was 16, he considered himself a pagan. At that age, he was sold into slavery by a group of Irish marauders that raided his village. During his captivity, he became closer to God.



He escaped from slavery after six years and went to Gaul where he studied in the monastery for 12 years. During his training he became aware that his calling was to convert the pagans to Christianity.

Patrick was quite successful at winning converts and this fact upset the Celtic Druids. He was arrested several times, but escaped each time. He traveled throughout Ireland, establishing monasteries across the country. He also set up schools and churches.

His mission in Ireland lasted for thirty years. After that time, Patrick retired to County Down. He died on March 17 in AD 461. That day has been commemorated as St. Patrick's Day ever since.

One traditional icon of the day is the shamrock. And this stems from an Irish tale that tells how Patrick used the three-leafed shamrock to explain the Trinity. He used it in his sermons to represent how the Father, the Son, and the Holy Spirit could all exist as separate elements of the same entity. His followers adopted the custom of wearing a shamrock on his feast day.



**100% Canadian
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Specials This Month
Prices in effect from March 1st - 26th, 2010



3686	3 x 4 lb	Chicken Noodle Soup	25.75
3691	3 x 4 lb	Cream Of Mushroom Soup	36.75
3692	3 x 4 lb	Cream Of Potato w/Bacon Soup	29.95
3694	3 x 4 lb	Creole Chicken Gumbo Soup	29.95
3699	3 x 4 lb	French Onion Soup	29.45
3704	3 x 4 lb	Pasta Fagioli Soup	33.25
3706	3 x 4 lb	Tomato Tortellini Soup	32.45
5589	4 x 6 lb	Classico Lasagna w/Meat	76.75
13157	4 x 5 lb	Deluxe Macaroni & Cheese	42.45
16867	3 x 4 lb	Golden Autumn Carrot Soup	29.75



7453	4.2 lt	Banana Muffin Batter	19.75
7458	4.2 lt	Golden Bran Raisin Muffin Batter	19.75
7461	4.2 lt	Blueberry Muffin Batter	19.75
7462	4.2 lt	Chocolate Chip Muffin Batter	19.75
10779	15 lt	Lemon Poppyseed Muffin Batter	44.45
10786	15 lt	Carrot Muffin Batter	44.45
10788	15 lt	Lemon Cranberry Muffin Batter	44.45
10789	15 lt	Morning Glory Muffin Batter	44.45



21573	16 lt	Liquid Shortening	24.45
21574	16 lt	Liquid Shortening Jib	22.95
21575	16 lt	Vegetable Oil	20.25
21576	16 lt	Vegetable Oil Jib	18.95
21577	16 lt	Canola Oil Jib	20.45
22821	16 lt	Canola Oil Plus Jib	32.95

201 Saunders Road, Box 970, Barrie, Ontario L4M 5E1
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12765	2 x 2.5 kg	Medium Shredded Cheddar Cheese	71.75
11721	4 x 2.3 kg	Mild Cheddar Cheese	110.75
11945	4 x 2.3 kg	Medium Cheddar Cheese	114.95
17309	2 x 2.5 kg	Mont/Cheddar Shredded Cheese	62.95
11647	2 x 2.5 kg	Mozz/Cheddar Shredded Cheese	62.45
1423	2 x 2 kg	Dari Farm Sub Slices	38.45
1424	2 x 2 kg	Swiss Cheese Slices	47.45
1421	2 x 2 kg	Dari Farm Ribbon Cheese Slices	37.95



16417	36 x 4 oz	Plain Bagels T&S	10.25
16418	36 x 4 oz	Cinnamon Raisin Bagels T&S	11.75
16419	36 x 4 oz	Sesame Seed Bagels T&S	10.75
16420	36 x 4 oz	Poppy Seed Bagels T&S	10.75
16421	36 x 4 oz	Multi-grain Bagels T&S	11.75
16422	36 x 4 oz	Onion Bagels T&S	10.75
16423	36 x 4 oz	Blueberry Bagels T&S	11.75
16424	36 x 4 oz	Honey Wheat Bagels T&S	10.75
16425	36 x 4 oz	Everything Bagels T&S	11.75
19580	6 x 12 ct	English Muffin T&S	17.45
19649	6 x 12 ct	Whole Wheat English Muffins T&S	17.75



16012	28 x 10 oz	Parbaked Sourdough Baguettes	30.95
16013	28 x 312 gr	Parbaked Multi-grain Baguettes	30.95
17862	12 x 454 gr	Rustique Italian Bread (Pugliese)	37.45
17863	12 x 454 gr	Olive Bread T&S	49.75
17864	12 x 454 gr	Rosemary Potato Bread T&S	41.95
18355	12 x 16 oz	Garlic Artisan Loaf	41.95
18401	24 x 22"	French Baguettes T&S	54.95



10829	200 ct	Potato Shells 200 ct	48.45
12483	5 lb	Battered Mushrooms	21.95
12543	6 x 20 pc	Vegetable Egg Rolls	51.45
13965	5 lb	Battered Mozzarella Sticks	38.75
15591	6 x 2.5 lb	Beer Battered Onion Rings	51.45
15596	4 x 4 lb	Roasted Garlic Breaded Mushrooms	68.95
18121	6 x 5 lb	Shredded Hashbrowns	32.95



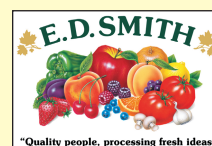
11767	12 x 1 lt	10% Cream	30.45
11768	12 x 1 lt	18% Cream	40.45
11769	12 x 1 lt	35% Cream	57.95
11627	12 x 1 lt	Homogenized Milk	22.25
13559	12 x 1 lt	Skim Milk	20.95



3602	6 x 2 kg	Kernal Corn	27.95
7183	6 x 2 kg	Whole Baby Carrots	40.25
7467	6 x 2 kg	Red Diced Peppers	33.45
11686	6 x 2 kg	Peaches N Cream Corn	28.75
17088	6 x 2 kg	Diced Parsnips	24.45
22181	30 lb	Broccoli Florets 1/4" - 2"	39.25



3858	224 x 2 oz	Assorted Cookie Dough	72.45
3863	128 x 2 oz	White Choc Macadamia Nut Cookie Dough	42.75
3864	128 x 2 oz	Oatmeal Raisin Cookie Dough	40.95
11229	128 x 2 oz	Chocolate Chunk Cookie Dough	40.95
12596	128 x 2 oz	Hermit Cookie Dough	40.95
14928	128 x 2 oz	Oatmeal Cranberry Walnut Cookie Dough	40.95
12647	256 x 1 oz	Chocolate Chip Cookie Dough	40.95
12599	448 x 1 oz	Assorted Cookie Dough	73.45



2092	2 x 3.7 lt	Honey Garlic Sauce	30.95
2093	2 x 3.7 lt	Plum Sauce	19.95
5394	2 x 3.7 lt	3rd Degree Hot Sauce	30.75
13247	2 x 3.7 lt	Northern Heat Hot Sauce	26.25
14438	2 x 3.7 lt	Teriyaki Glaze	30.25
15799	2 x 3.7 lt	Sweet Chili Sauce	28.95



7048	96 x 70 gr	Poppyseed Hot Dog Buns	30.25
14902	16 x 672 gr	White Sliced Sandwich Bread	25.45
14903	16 x 675 gr	Whole Wheat Sliced Sandwich Bread	25.45
15489	16 x 675 gr	White Sliced Texas Toast	25.45
15490	16 x 675 gr	Whole Wheat Sliced Texas Toast	25.45
18347	8 x 12 ct	Whole Wheat Hamburger Buns	26.95
18819	62 x 105 gr	Vienna Panini Bread	25.95
19647	96 x 75 gr	Sesame Seed Hamburger Buns	27.95
19648	96 x 80 gr	Sliced Kaiser Buns	34.95



7215	20 lt	Mayonnaise	80.95
7216	2 x 4 lt	Mayonnaise	37.75
10591	2 x 4 lt	Mayonnaise Light	36.45
13379	20 lt	Mayonnaise Bnb	76.25
7922	2 x 4 lt	Balsamic Vinaigrette	41.45
7921	2 x 4 lt	Creamy Honey & Dijon Dressing	33.75
7923	2 x 4 lt	Greek Vinaigrette	40.95
11740	2 x 4 lt	Creamy Caesar Dressing	36.95
21349	2 x 4 lt	Creamy Caesar Light Dressing	36.95
23305	2 x 4 lt	Creamy 1000 Islands Dressing	30.45
24023	2 x 4 lt	Creamy Coleslaw Dressing	31.75