

Frozen & Dairy Specials

**CO-OP GOLD
Orange Juice**
355 mL
Frozen Concentrate

2/3⁰⁰



CO-OP Apple Juice
355 mL, Frozen Concentrate

4/5⁰⁰

**CO-OP GOLD
Fruit**
Berry Blend or
Fruit Medley
600 g
Frozen

2/8⁹⁸



Michelina's
Pasta or Flatbread Entrées
Selected Varieties
142-284 g, Frozen

1⁹⁹
each



**Swanson
Hungry-Man
Dinners**
360-455 g, Frozen

3⁹⁹
each



**Healthy Choice
Gourmet
Steamers**
283-301 g, Frozen

2/6⁰⁰



High Liner
Fish & Chips, 550 g
English Style or 600 g
OR Fish Cakes, 700 g
Frozen

3⁹⁹
each



**CO-OP Fudge
Nut Cones**
4 Pack

2/7⁰⁰



Breyers Classic
1.66-1.89 L
Frozen Dessert

5⁹⁹
each



**HARMONIE
Canola
Margarine**
1/4 Squares or Soft
1.36 kg

2⁹⁹
each



**CO-OP GOLD
Soft Margarine**
907 g

2⁹⁹
each



**CO-OP or CO-OP GOLD
Cheese Slices**
Process Cheese Product
Selected Varieties
500 g

4⁴⁹
each



**Saputo
Shredded
Cheese Blend**
320 g

5⁴⁹
each



**CO-OP GOLD
100% Florida Juice**
Orange or Grapefruit
1.89 L

2/6⁹⁸



PLUS DEPOSIT & ENVIRONMENTAL LEVIES WHERE APPLICABLE

Yoplait Tubes
8 x 60 g

2/6⁰⁰



5⁹⁹
each

CO-OP GOLD Pizza
Thin or Rising Crust
422-925 g
Frozen



3/9⁹⁹

**McCain Fries or
Specialty
Potatoes**
454-900 g or 1 kg
Frozen



3/9⁰⁰

CO-OP Ice Cream
Selected Varieties
1.89 L Brick



3⁹⁸
each

**COUNTRY
MORNING GOLD
Butter**
454 g



10⁹⁹
each

Armstrong Cheese
Mozzarella, Mild, Marble,
Medium, Aged, 900 g or
Extra Aged Cheddar, 600 g

Saputo Moolicious! Chocolate Milk

An ideal sports recovery beverage

Dairyland Chocolate Milk
2 L

2⁹⁹
each



**Neilson Ultimate
Chocolate Milk**
1 L

2/5⁰⁰



**Dairyland Milk 2 Go
or Milk Shakes**
Crispy Crunch, Caramilk or
Neilson Shakes
325 mL

4/5⁰⁰

ALL PRODUCTS ARE PLUS DEPOSIT & ENVIRONMENTAL LEVIES WHERE APPLICABLE

and it tastes great!