

# In-Store & WEB Fall Special!

## MARKHAM

8365

Woodbine Ave.  
(905) 944-0682

## MISSISSAUGA

1590

Dundas St. East  
(905) 273-6434

## OTTAWA

1512

Merivale Road  
(613) 596-4415

## MONTREAL

8601

St-Laurent Blvd.  
(514) 381-4231

# HARVEST FOODWORKS

Whether you're biking, camping, caving, climbing, hiking, paddling, trekking or just hanging out in the wilderness, make sure you bring us along!  
• 2 portions



**SPECIAL!**  
**STOCK UP  
NOW!**

CODE	DESCRIPTION	Le Baron
101	Stroganoff	\$ 7.27
102	Wild Rice Pilaf	\$ 7.27
104	Chili Mexicana	\$ 7.27
107	Mediterranean Pasta	\$ 7.27
108	Graden Vegetables Stew	\$ 7.27
111	Cajun Beans & Rice	\$ 7.27
112	Alfredo Primavera	\$ 7.27
113	Mulligan Stew	\$ 7.27
115	Spaghettini Italiano	\$ 7.27
116	Tandoori Curry	\$ 7.27
117	Real Beef Burgers	\$ 7.27
118	Veggie Burger	\$ 7.27
123	Instant Dal Delight (Black lentil curry)	\$ 7.27
124	Perfect Pao (Potato/Tomato curry)	\$ 7.27
151	Ground Beef	\$ 5.99
152	Diced Chicken	\$ 5.99
153	Diced Beef	\$ 5.99

CODE	DESCRIPTION	Le Baron
154	Diced Turkey	\$ 5.99
156	Instant Pasta	\$ 5.99
161	Chicken and Pasta Salad	\$ 8.45
191	Potato Soup	\$ 2.99
192	Tomato Vegetable Soup	\$ 2.99
201	Green Beans	\$ 3.45
202	Whole Kernel Corn	\$ 3.45
203	Peas & Onions	\$ 3.45
204	Mashed Potatoes	\$ 3.45
302	Scrambled Eggs	\$ 5.36
303	Mushroom & Cheese Omelette	\$ 5.36
305	Tex-Mex Eggs	\$ 5.36
307	Cereal & Milk	\$ 3.27
403	Raspberry Cobbler	\$ 3.45
404	Blueberry Cobbler	\$ 3.45
601	Rocky Mountain Trail Mix	\$ 2.99