WESTERN FOODS

DEDICATED TO SERVICING SOOKE AND SURROUNDING COMMUNITIES

YOUR COMMUNITY FOOD STORE

M&M FOOD MARKET EXPRESS

EVERGREEN CENTRE, 6660 SOOKE ROAD, SOOKE, BC • (250) 642-4134 • OPEN 7:00AM - 9:00PM DAILY
HOT DELI FOODS 9:00AM - 8:00PM • FRESH PRODUCE, MEAT & BAKERY • THURSDAYS ARE SENIORS' DAY

PRICES EFFECTIVE **NOVEMBER 2026**

FRI	SAT	SUN	MON	TUES	WED	THURS
6	7	8	9	10	11	12

11TH NOVEMBER
REMEMBRANCE DAY
Lest we forget



Pork Shoulder Picnic Roast
Boneless
kg. 5.47
lb. **2.48**



Russet Potatoes
Canadian Grown, Canada #1 Grade
10 lb. Bag
Each **5.98**



Mott's Clamato Juice
Select Varieties, 1.89 litre
*Plus Deposit
2 FOR $6



Stagg Chili
Select Varieties
425 g.
3 FOR 9.99



Fresh Avocados
Mexican Grown
4 FOR $5

GREAT IV GAMEDAY

GEAR UP TO WATCH THE BIG GAME ON NOVEMBER 15

Philadelphia Dips
Onion or Dill Pickle
340 g.
5.48



Lay's Potato Chips
Select Varieties
165-235 g.
4.28



Stanley Park Non-Alcoholic Beer
Sun Setter or Trail Hopper
4 x 355 ml., *Plus Deposit
8.98



Pinty's Chicken Wings
or Chunks, Frozen
Select Varieties, 700-730 g.
Each **15.98**



Western Family Stuffed Jalapeño Poppers
or Mozzarella Cheese Sticks
Frozen, 226-500 g.
Each **9.98**



WE RESERVE THE RIGHT TO LIMIT QUANTITIES. PHOTOS ARE FOR ILLUSTRATION PURPOSES ONLY. DUE TO SPACE LIMITATIONS, NOT ALL AG FOODS LOCATIONS MAY CARRY ALL ADVERTISED ITEMS.
*PLUS DEPOSIT & ENVIRO LEVIES WHERE APPLICABLE. PLEASE RECYCLE THIS FLYER WHERE FACILITIES EXIST.

BUTCHER SHOPPE

Montana's Steak Rub
or Rib
170-180 g. **5.98**



CANADIAN BEEF

Stewing Beef
Value Pack, kg. 22.00
lb. **9.98**



Blade Roast
kg. 24.21
lb. **10.98**

Top Sirloin
Steak
Value Pack
kg. 28.62
lb. **12.98**



Marinating
Blade Steak
Value Pack
kg. 26.41
lb. **11.98**



Western Family
Breaded Stuffed Chicken Cutlettes
Frozen, Select Varieties, 852 g.
Each **15.98**



Pinty's
Seasoned Chicken
or Gluten Free, Frozen
Select Varieties, 600-950 g.
Each **13.98**





Pork Loin Chops
Bone-In, Value Pack, kg. 8.77
lb. **3.98**

Boneless, Skinless
Chicken Breasts
Value Pack
kg. 17.59
lb. **7.98**



Pork
Tenderloin
Value Pack
kg. 8.77
lb. **3.98**





Split Chicken Wings
Value Pack, kg. 10.98
lb. **4.98**

SMOKED & PACKAGED MEATS

Freybe
Sliced Meat
Select Varieties
175 g.
2 FOR $10



Grimm's
Bavarian Smokies
or Beer Bratwurst
Select Varieties
375-450 g.
Each **8.98**



Freybe
Pâté
Select Varieties
200 g.
2 FOR $9



Western Family
Vegetable Spring Rolls
Frozen
700 g.
Each **12.98**



Olymel
Sliced Meat
Select Varieties
175 g.
Each **4.98**



Pinty's
Chicken Thighs
Southern Style, Frozen
730 g.
Each **14.98**



Janes
Pub Style Chicken
Frozen, Select Varieties
700 g.
Each **11.98**



Western Family
Chicken Wings
Frozen, Select Varieties
750 g.
Each **15.98**



More Favourites . . .

Western Family Bacon
Regular
375 g. ..... Each **5.98**

Pinty's Gluten Free Chicken Burgers
Creamy Dill, Frozen
765 g. ..... Each **15.98**

Western Family Garlic "Tickled" Dry Pork Ribs
Frozen, 454 g. ..... Each **8.98**

Western Family Spinach & Artichoke Bites
Frozen, 216 g. ..... Each **7.98**

Western Family Salt & Black Pepper Cauliflower Bites
Frozen, 385 g. ..... Each **8.98**

DELI

DELI SPECIALS MAY NOT BE AVAILABLE AT ALL AG FOODS LOCATIONS.

Freybe Deli Pepperoni
Select Varieties
2.28 ..... Per 100 g.

Grimm's Deli Ham
Thyme Maple Whisky
2.28 ..... Per 100 g.

Olymel Deli Ham
Select Varieties
1.48 ..... Per 100 g.

SEAFOOD

SEAFOOD SPECIALS MAY NOT BE AVAILABLE AT ALL AG FOODS LOCATIONS.

Rockfish Fillet
Skinless
300 g.
Per 100 g. 2.98



Western Family Butterfly Crunchy Shrimp
Frozen, 680 g.
Each 13.98



Western Family Crispy Torpedo Shrimp
Frozen, 250 g.
Each 8.98



HighLiner Fish & Chips
Frozen
550 g.
Each 7.98



Western Family Prawn Platter
with Sauce, Frozen
454 g.
Each 13.98



Western Family Breaded Calamari
Frozen
340 g.
Each 7.98



Heinz Tartar Sauce
354 ml.
2 FOR $8



Heinz Seafood Sauce
285 ml.
2 FOR $6



Chef Bombay Entrées
Frozen, Select Varieties
350 g. 4.78

Arctic Gardens Cut Spinach
Frozen
500 g. 3.98

El Monterey Taquitos
Frozen, Select Varieties
567.588 g. 12.98

Pillsbury Pizza Pops
or Bites, Frozen
Select Varieties, 693-760 g. 6.98

Western Family Lasagna
Shepherd's Pie or Mac & Cheese
Frozen, Select Varieties
850-907 g. 6.98

Western Family Strawberries
in Syrup, Frozen
425 g. 3.48

IÖGO Frozen Yogurt
or Novelties, Select Varieties
946 ml. or 4-8 Pack 6.98

HOT DEALS FROM THE FREEZER

Boston Market Entrées
Frozen, Select Varieties
369-425 g.
2 FOR $9



HOT! DEAL

McCain Fries
or Tasti Taters, Frozen
Select Varieties, 454-800 g.
2 FOR $9



Green Giant Vegetables
or Valley Selections, Frozen
Select Varieties, 400-750 g.
2 FOR $6



HOT! DEAL

Cheemo Perogies
Cheddar or Variety Pack
Frozen, 2 kg.
6.98



Dr. Oetker Ristorante Pizza
or Casa di Mama, Frozen
Select Varieties, 325-410 g.
5.98



Kraft Cool Whip Dessert Topping
Original or Light, Frozen
1 litre
4.28



Häagen-Dazs Ice Cream
or Frozen Novelties, Select Varieties
450 ml. or 3-4 Pack
6.48



Chapman's Markdale Creamery Ice Cream
Select Varieties, 4 litre
10.98



Breyers Family Classic Frozen Dessert
or Novelties, Select Varieties
1.41 litre or 12 Pack
2 FOR $8

HOT! DEAL



Popsicle Frozen Novelties
Select Varieties
18 Pack
7.48



Kellogg's Eggo Waffles
Original or Blueberry
Frozen, 16 Pack
6.48



McCain Deep'n Delicious Cake
Frozen, Select Varieties
510 g.
6.48



Violife Dairy Free Cheese
Select Varieties
200-227 g. **4.28**

Western Family Cream Cheese
Tub or Brick
227-250 g. **2 FOR $7**

Kraft Parmesan
Grated
125 g. **4.98**

Woolwich Goat Cheese
Original
113 g. **3.28**

MacLaren's Imperial Cheese
Old Cheddar
230 g. **6.98**

Armstrong Cheese Snacks
Select Varieties
210 g. **4.98**

DAIRY DELIGHTS



Kraft Singles
or Velveeta, Select Varieties, 410 g.
6.48

Kraft Cheez Whiz
Original
450 g.
6.98



Armstrong Cheese
Select Varieties
600 g.
9.98



Imperial Margarine
Soft Bowl or Quarters
1.2-1.36 kg.
7.98



Lactantia Butter
Salted
454 g.
6.98



Oasis Orange Juice
with Pulp or No Pulp, Chilled
1.5 litre, *Plus Deposit
5.98



Olympic Greek or Organic Yogurt
Krema or Kefir, Select Varieties
1.75 kg. or 2 litre, *Plus Deposit
11.98



Dairyland Organic Milk
Select Varieties, 1.89 litre
*Plus Deposit
5.48



Dairyland Organic Cream
10%, 473 ml.
*Plus Deposit
2.98



Black Diamond Shredded Cheese
Select Varieties
320 g. **6.48**

Parkay Margarine
427 g. **2.78**

Activia Yogurt
Select Varieties, 650 g. **2 FOR $8**

Oikos Yogurt
Select Varieties
4 x 100 g. **2 FOR $8**

Sunny D Beverage
Smooth or Tangy Original
500 ml., *Plus Deposit **3 FOR 3.99**

Oasis Smoothie
or Arizona Tea, Chilled
Select Varieties, 1.36-1.6 litre
*Plus Deposit **4.98**

Violife Whipping Cream
Dairy Free
500 ml. **4.28**

Dairyland Sour Cream
Select Varieties
250 ml. **1.98**

Dairyland Old Fashioned Chocolate Milk
946 ml., *Plus Deposit **3.48**

Dairyland Egg Nog
Regular or Light, 946 ml.
*Plus Deposit **3.48**

GOOD MORNING



Adams Natural Peanut Butter
Creamy or Chunky, 1 kg.
8.48

Only Goodness Organic Maple Syrup
Select Varieties
500 ml.
11.98



Tim Horton Coffee
Steeped Tea or Hot Chocolate
Select Varieties
10-14 K-Cups
11.98



Western Family Coffee
Original or Mayan
48 K-Cups **37.98**

Maxwell House Instant Coffee
Original or Decaf
150 g. **7.48**

Tetley Orange Pekoe Tea
72 Bags **5.98**

General Mills Cereal
Select Varieties
300-430 g. **2 FOR $8**

Quaker Cereal
Select Varieties
350-500 g. **2 FOR $9**

Harvest Crunch Granola
Select Varieties
400-510 g. **5.48**

Quaker Instant Oatmeal
Select Varieties
240-344 g. **2 FOR $9**

Starbucks Coffee
Select Varieties
340 g.
12.98



Maxwell House Coffee
Original Roast
864 g.
18.98



Carnation Hot Chocolate
Select Varieties
400-450 g.
7.98



BAKING



Western Family All Purpose Flour
10 kg.
12.98

Dairyland Whipped Cream
19%
400 g. Aerosol **5.98**

E.D. Smith Lemon Spread
500 ml. **5.98**

Western Family Walnuts
Halves & Pieces
105 g. **2.98**

Western Family Whole Hazelnuts
140 g. **5.48**

Realemon Lemon Juice
945 ml. **2.98**

Western Family Coconut Milk
or Only Goodness
Select Varieties
400 ml. **3 FOR 6.99**

Betty Crocker Cake Mix
Cookie or Brownie
Select Varieties, 337-550 g.
2 FOR $8



Jell-O Pudding & Pie Filling Mix
Chocolate, 170 g.
2 FOR $7



GROCERY ESSENTIALS



Berio Pesto
Classic
190 g. **4.98**

Knorr Sidekicks
Select Varieties, 120.167 g.
1.88

Campbell's Ready To Serve Soup
Select Varieties
510-515 ml.
3 FOR 9.99

Ocean's Albacore Tuna
Solid or Flaked, Select Varieties
170 g.
3 FOR 9.99

Unico Tomatoes
Select Varieties
796 ml.
2 FOR $4

Idahoan Mashed Potatoes
Select Varieties
113 g.
3 FOR 4.98

OXO Bouillon
or In.A.Mug, Select Varieties
16 Pack or 225 g. **2 FOR $6**

Heinz Tomato Condensed Soup
284 ml. **2 FOR $4**

Knorr Classic Gravy Mix
or Sauce, Select Varieties
1 Pack **4 FOR $5**

Clover Leaf Pink Salmon
Flaked
142 g. **2 FOR $7**

Hereford Corned Beef
340 g. **5.98**

Bick's Relish
Tangy Dill or Sweet Green
375 ml. **2 FOR $6**

Del Monte Fruit
Peaches or Mandarin Orange
540 ml. **4.98**

Western Family Lima Beans
or Asparagus Spears
341-398 ml. **2 FOR $6**

VH Soya Sauce
or Lite
380 ml. **3.78**

VH Cooking Sauce
Select Varieties
341-355 ml. **2 FOR $9**

China Lily Soya Sauce
483 ml. **3.98**

Cholula Cremosa Sauce
or Salsa, Select Varieties
236-325 ml. **4.98**

Scarpone's Sliced Jalapeños
375 ml. **2 FOR $5**

Bush's Best Baked Beans
Select Varieties
398 ml.
4 FOR $9

Primo Pasta
Select Varieties
500-900 g.
3 FOR 7.98

Only Goodness Organic Tomato Sauce
or No Salt Added
398 ml.
2 FOR $6

Primo Beans
Chick Peas or Lentils
Select Varieties, 540 ml.
2 FOR $4

Kraft Dinner
Original
200 g.
3 FOR 4.98

Sapporo Ichiban Instant Noodle Cups
Select Varieties
62 g.
4 FOR $7

Heinz Ketchup
Select Varieties
750 ml.-1 litre
5.98

Kraft Miracle Whip
or Real Mayo, Select Varieties
890 ml.
6.98

Kraft Dressing
Select Varieties
425 ml.
4.28

Cholula Taco Seasoning Mix
Select Varieties
1 Pack
3 FOR 4.98

Bick's Pickles
or Beets, Select Varieties
500-750 ml.
4.28

Shake'n Bake Coating Mix
Select Varieties
142-184 g.
4.28

Naturally Good

Goldys Instant Superseed Oatmeal
Select Varieties, 210 g.
6.98

Goldys Protein+ Instant Superseed Oatmeal
Select Varieties, 250 g.
6.48

Goldys Superseed Cereal
Select Varieties
225 g.
8.48

Primo Egg Noodles
Lasagne or Cannelloni
Select Varieties, 250-500 g. **2 FOR $7**

Only Goodness Organic Pasta
Select Varieties
500 g. **2 FOR $7**

Unico Passata Sauce
680 ml.
*Plus Deposit **2 FOR $7**

Minute Rice Long Grain Rice
White
1.4 kg. **8.98**

Lundberg Basmati Rice
Brown
907 g. **11.98**

Tasty Bite Entrées
Select Varieties
285 g. **2 FOR $8**

Unico Olives
Select Varieties
375 ml. **2 FOR $7**

Western Family Canola Oil
473 ml. **2.98**

Unico Vegetable Oil
3 litre **13.98**

Petrelli Olive Oil
Extra Virgin
1 litre **14.98**

Safflo Sunflower Oil
1 litre **6.48**

SNACK ATTACK!



Leclerc Celebration Cookies
Select Varieties, 200-240 g.
4.28

Christie Ritz Crackers
or Wheat Thins, Select Varieties
162-180 g.
2 FOR $7

Cheez-It Crackers
Select Varieties
191-200 g.
2 FOR $7

Nestlé King Size Chocolate Bars
or Smarties, Select Varieties
63-86 g.
2 FOR $5

Western Family Roasted Peanuts
Honey or Seasoned
600 g.
4.98

Haribo Gummies
Select Varieties
175 g. **2 FOR $6**

Tim Hortons Granola Bars
Select Varieties
5 Pack **4 FOR $9**

Orville Redenbacher Popcorn
Select Varieties
420-850 g. **6.98**

Cadbury Chocolate Bars
or Toblerone
Select Varieties, 1 Pack **3 FOR 4.98**

Boom Chicka Pop Popcorn
or Puffs, Select Varieties
136-198 g. **4.98**

Jack Link's Jerky
or Golden Island, Select Varieties
65-80 g. **6.48**

Old Dutch Potato Chips
or Ridgies, Select Varieties
200-220 g.
2 FOR $8

Pringles Potato Chips
Select Varieties
148-156 g.
3 FOR 9.99

Doritos Tortilla Chips
Select Varieties
210-280 g.
2 FOR $9

Miss Vickie's Potato Chips
Select Varieties
190-200 g.
2 FOR $9

Pure Protein Bars
Select Varieties
6 Pack
12.98

THIRSTY?

Nanton Spring Water
24 x 500 ml., *Plus Deposit **4.98**

Pure Life Spring Water
12 x 500 ml., *Plus Deposit **2 FOR $9**

Glacéau Vitamin Water
Select Varieties, 591 ml.
*Plus Deposit **2 FOR $5**

Montellier Sparkling Water
Select Varieties, 1 litre
*Plus Deposit **2 FOR $3**

Western Family Iced Tea Drink Mix
Lemonade or Fruit Punch
2 kg. **10.98**

Monster Energy Drink
Select Varieties, 444-473 ml.
*Plus Deposit **2 FOR $6**

Mott's Garden Cocktail
Original, 1.89 litre
*Plus Deposit **2 FOR $9**

Pepsi or 7Up Beverages
Select Varieties, 12 x 355 ml.
*Plus Deposit **8.48**

Pepsi or 7Up Beverages
Select Varieties, 2 litre
*Plus Deposit **3.28**

Coke or Canada Dry Beverages
Select Varieties, 12 x 355 ml.
*Plus Deposit **8.48**

Fuze Iced Tea
Select Varieties
12 x 341-355 ml.
*Plus Deposit
8.98

Gatorade Sports Beverages
Select Varieties, 710 ml.
*Plus Deposit
4 FOR $9

Coke or Canada Dry Minis
Select Varieties, 6 x 222 ml.
*Plus Deposit
4.98

Pepsi or 7Up Minis
Select Varieties, 6 x 222 ml.
*Plus Deposit
2 FOR $9

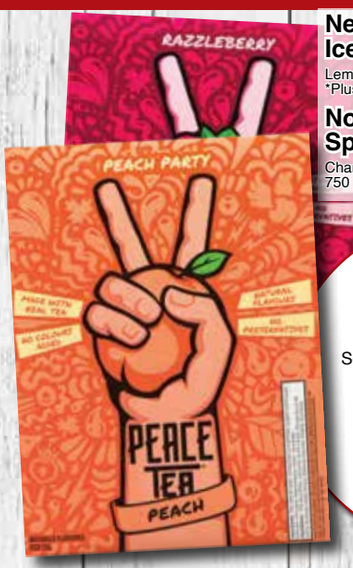
Nestea Iced Tea
Lemon or Zero Sugar
1.89 litre, *Plus Deposit
2 FOR $8

Ocean Spray Cranberry Cocktail
or Cran-Grape, 6 x 295 ml.
*Plus Deposit
6.98

Western Family Apple Juice
1 litre
*Plus Deposit
2 FOR $4

Nestea Iced Tea
Lemon or Peach, 10 x 200 ml.
*Plus Deposit **4.98**

Nozeco Alcohol Free Sparkling Wine
Chardonnay, Rosé or Merlot
750 ml.,*Plus Deposit **9.98**



Peace Tea Iced Tea
Select Varieties, 12 x 341 ml.
*Plus Deposit
8.98

AHA Sparkling Water
Select Varieties, 12 x 355 ml.
*Plus Deposit
5.98

HOUSEHOLD MUST HAVES

Bonterra Bathroom Tissues
Triple 9 Roll

or

Bonterra Paper Towels
Mega 3 Roll

or

Bonterra Facial Tissues
3 Pack

your CHOICE

7.48



Western Family Garbage Bags
Extra Large Black or Large Blue
20-30 Pack
7.98



Glad Compost Bags
Small
20 Pack
5.98



Febreze Air Air Freshener
Select Varieties
230 g. Aerosol
2 FOR $9

Command Hook
Extra Large
1 Pack
5.98

Green Works Disinfecting Bathroom Cleaner
946 ml.
5.98

Drano Liquid
900 ml.
2 FOR $8

Drano Kitchen Granules
500 g.
9.98

Tide Laundry Detergent
Select Varieties
52-64 Use
18.98



Clorox Bleach
Original
2.4 litre
5.98



Bounce Fabric Softener
Select Varieties
60-120 Sheets
7.98



Borax Laundry Booster
1.84 kg.
8.98



Fantastik All Purpose Cleaner
Original or with Bleach
650 ml.
5.98



Dawn Ultra Dish Liquid
Select Varieties
431-502 ml.
2 FOR $8



Affresh Dishwasher Cleaner
or Washing Machine
60-120 g.
9.98



Pledge Wood Oil
Orange
470 ml.
8.98



GAME DAY ESSENTIALS

Ziploc Sandwich Bags
or Extra Large
30-50 Pack
2 FOR $7



Western Family Party Cups
White or Coloured
30-40 Pack
2 FOR $9



Only Goodness Dinner Plates
40 Pack
8.98



Western Family Utensils
Heavy Duty
Select Varieties, 48 Pack.
2 FOR $6

Alcan Aluminum Foil
Heavy Duty
18" x 25'
5.48

Ziploc Freezer Bags
Large
32 Pack
9.98

PERSONAL CARE

Axe Body Care
Select Varieties
85-113 g. or 473 ml.
2 FOR $9

Midol Caplets
Extra Strength
40 Pack
9.98

Drixoral Nasal Congestion Spray
25 ml.
7.98

One A Day Multivitamin Gummies
Men or Women, 60 Pack
11.98

Gerber Organic Purée
Select Varieties
90-128 ml.
3 FOR $6.99

Method Shampoo
or Conditioner, Select Varieties
399-414 ml.
8.98



Gerber Arrowroot Biscuit
Puffs or Lil' Crunchies
Select Varieties
42-155 g.
3.78



Ivory Bar Soap
Original
10 Pack
6.48



U by Kotex Pads
or Liners, Select Varieties
20-58 Pack
6.98



PET'S CORNER



Friskies Cat Food
Chef's Blend or 7 Favourites
7.26-7.5 kg.
26.98

Nutri-Choice Advantage Dog Food
Salmon & Pea
6 kg.
16.98

Nature's Recipe Dog Food
Select Varieties
1.8 kg.
14.98

Nature's Recipe Dog Food
Chicken & Venison or
Chicken & Duck, 78 g.
1.78

Beneful Incredibites
Select Varieties
85 g.
4 FOR $5

Fancy Feast Cat Food
Select Varieties
85 g., 12 Pack
13.98

MARKET FRESH PRODUCE



Baby Peeled Carrots
Product of U.S.A., 1 lb. Bag
Each 1.98

Jumbo
Red Onions
Canadian Grown
kg. 5.47
lb. 2.48



Hot House
Peppers
Red, Yellow or Orange
Canadian or Mexican Grown
kg. 5.47
lb. 2.48



Hot House
Concerto Grape Tomatoes
Canadian or Mexican Grown
1 Pint
Each 4.98



Long English
Cucumbers
Canadian Grown
Canada #1 Grade
Each 2.48



Celery
Stalks
U.S. Grown, #1 Grade
kg. 2.82
lb. 1.28



Fresh Express
Spinach
Product of U.S.A.
8 oz.
Each 2.98





McIntosh Apples
Canadian Grown
Canada Extra Fancy, kg. 4.37
lb. 1.98

Honeydew
Melon
U.S. or Mexican Grown
#1 Grade, kg. 4.37
lb. 1.98



Salted
Peanuts
or Unsalted, Product of U.S.A.
1 lb. Bag
Each 4.48

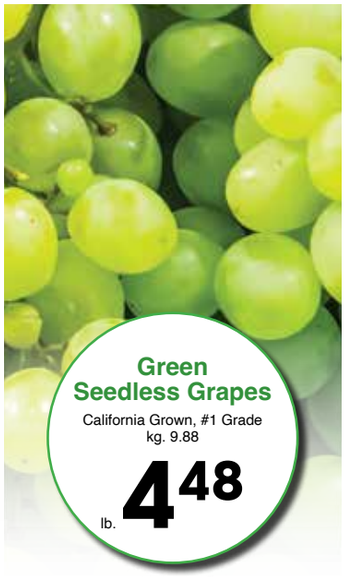


Fresh
Lemons
South African Grown
Each 88¢



Fresh
Limes
Mexican Grown
3 FOR 1.98





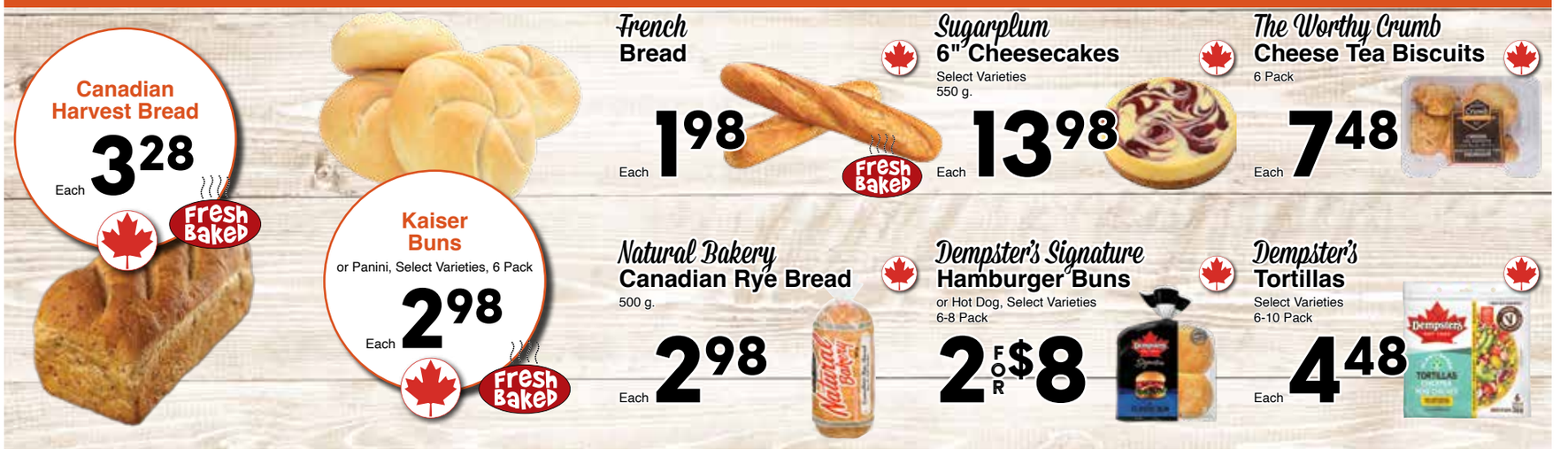
Green Seedless Grapes
California Grown, #1 Grade
kg. 9.88
lb. 4.48

ORGANICS



Organic Yellow Cooking Onions
Canadian Grown, Canada #1 Grade
3 lb. Bag
Each 4.48

BAKERY BARGAINS



Canadian Harvest Bread
Each 3.28
Fresh Baked

Kaiser Buns
or Panini, Select Varieties, 6 Pack
Each 2.98
Fresh Baked

French
Bread
Each 1.98
Fresh Baked

Sugarplum
6" Cheesecakes
Select Varieties
550 g.
Each 13.98

The Worthy Crumb
Cheese Tea Biscuits
6 Pack
Each 7.48

Natural Bakery
Canadian Rye Bread
500 g.
Each 2.98

Dempster's Signature
Hamburger Buns
or Hot Dog, Select Varieties
6-8 Pack
2 FOR $8

Dempster's
Tortillas
Select Varieties
6-10 Pack
Each 4.48

BAKERY SPECIALS MAY NOT BE AVAILABLE AT ALL AG FOODS LOCATIONS.