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
13	14	15	16	17	18	19

SHOP OUR Festive Super Saver NEXT WEEK!

Dollar Day$

Lean Ground Beef
Value Pack, kg. 13.23
$6 lb.

CANADIAN BEEF

Rainbow Peppers
Canadian or Mexican Grown
3 Pack
$3 Each

Ambrosia Apples
McIntosh or Gala, Canadian Grown
Canada Fancy, 3 lb. Bag
$3 Each

CANADIAN GROWN

Western Family 2 Litre Pop
Select Varieties, *Plus Deposit
4 FOR $5

Philadelphia Cream Cheese
Select Varieties, 227-250 g.
$4

Celebrate Food NATIONAL FAST FOOD DAY
- November 16th, 2026 -

Cavendish Farms Fries
or Onion Rings, Frozen, Select Varieties
400-750 g.
$4

Hamburger Buns
or Hot Dog
8 Pack
$3 Each

Fresh Baked

Western Family Mustard
225 ml.
2 FOR $3

Heinz Ketchup
1.5 litre
$8

Flamingo Breaded Chicken
or Wings, Frozen, Select Varieties
550-680 g.
$13 Each

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



Sirloin Tip Roast
kg. 19.98
$9 lb.

CANADIAN BEEF



Sirloin Tip Steak
kg. 22.05
$10 lb.



Pork Shoulder Blade Roast
kg. 6.61
$3 lb.



Split Chicken Wings
Value Pack, kg. 13.23
$6 lb.



Pork Shoulder Blade Steak
kg. 8.82
$4 lb.

CANADIAN PORK
PORC CANADIEN



Pork Spare Ribs
kg. 8.82
$4 lb.



LILYDALE
sunrise farms

Boneless Skinless Chicken Breasts
Value Pack, kg. 15.43
$7 lb.

SMOKED & PACKAGED MEATS

Harvest Wieners
Select Varieties
675 g.
$11 Each



Freybe Pepperoni
Select Varieties
500 g.
$11 Each



Freybe Sliced Salami
Select Varieties
125 g.
2 FOR $10



Grimm's Sausage
Select Varieties
300 g.
$8 Each



Olymel Bacon
Original or Maple
375 g.
$7 Each



Lafleur Wieners
Original or BBQ
450 g.
$4 Each



Olymel Wieners
Original
1 kg.
$9 Each



Western Family Beef Cabbage Rolls
Frozen
908 g.
$11 Each



Western Family Meatballs
Frozen, Select Varieties
680 g.
$10 Each



Western Family Meat Pies
Frozen, Select Varieties
750 g.
$13 Each



DELI

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

Deli Ham
Select Varieties
Per 100 g. $2



Freybe Deli Salami $3
Select Varieties
Per 100 g.

Olymel Deli Bologna $1
or Mock Chicken
Per 100 g.

Lilydale Deli Turkey Breast $3
Select Varieties
Per 100 g.

SEAFOOD

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



Cod Fillet
Skinless, 300 g.
Per 100 g. $4

Ocean Jewel Cooked Shrimp
Peeled, Deveined, Frozen
71-90 Count, 340 g.
Each $9



Ocean Jewel Shrimp
Easy Peel, Deveined, Frozen
16-20 Count, 340 g.
Each $13



Clean Ocean Scallops
Bacon Wrapped, Frozen
260 g.
Each $10



BlueWater Battered Fillets
English Style, Frozen
725 g.
Each $13





Ocean Jewel Cooked Shrimp
Peeled, Deveined, Frozen
31-40 Count, 340 g.
Each $10

DAIRY DELIGHTS

Olympic Sour Cream $5
Organic
500 ml.

Olympic Organic Yogurt $5
or Krema, Select Varieties
650 g.

Oikos Yogurt $7
Select Varieties
650-750 g.

Siggi's Icelandic Skyr Yogurt 2 FOR $7
Select Varieties
4 x 100 g.

Dairyland Stirred Yogurt $1
Select Varieties
175 g.

Dairyland Chocolate Milk $3
or Strawberry, Select Varieties
1 litre, *Plus Deposit

Silk Beverage $5
Select Varieties, 1.89 litre
*Plus Deposit

I Can't Believe It's Not Butter!
400 g.
2 FOR $5



Saputo Sliced Cheese
Select Varieties
160-180 g.
2 FOR $9



Armstrong Shredded Cheese
Select Varieties
500 g.
$10



Philadelphia Dips
Select Varieties
227 g.
2 FOR $7



Dairyland Whipping Cream
33% or 36%, 946 ml.
*Plus Deposit
$5



Dairyland Coffee Cream
18%, 946 ml.
*Plus Deposit
$4





Lactantia Margarine
Olivina or Healthy Attitude, 850 g.
$6

Olympic Greek Yogurt
Select Varieties
650 g.
$6



Dairyland Milk 2 Go
or Sport, Select Varieties
325-473 ml., *Plus Deposit
$2





HOT DEALS FROM THE FREEZER



Chapman's Markdale Creamery Ice Cream
Select Varieties, 2 litre
2 FOR $9
HOT! DEAL

Green Giant Simply Steam
Frozen, Select Varieties
250 g.
$2



Cheemo Perogies
Frozen, Select Varieties
907 g.
2 FOR $7



El Monterey Beef Burritos
Beans or Red Hot, Frozen
113 g.
4 FOR $5



Heinz Bagel Bites
Cheese & Pepperoni or Three Cheese
Frozen, 198 g.
$3



Crave Entrées
Frozen, Select Varieties
200-340 g.
$5





McCain Hashbrowns
Diced, Frozen, 1.5 kg.
$4
HOT! DEAL

Western Family Fruit
Frozen, Select Varieties
400-600 g.
$5



Chapman's Frozen Novelties
Select Varieties
8-20 Pack
$8



Western Family Frozen Dessert
Select Varieties
4 litre
$11



Breyers Creamery Style Ice Cream
Select Varieties
1.41 litre
$7



RISE & SHINE



Kicking Horse Coffee
Select Varieties, 10 K-Cups
$12

Western Family Honey Bear
375 g.
$5



Kraft Peanut Butter
Select Varieties
500 g.
$6



Western Family Pure Jam $5
or Marmalade, Select Varieties
500 ml.

Western Family Coffee Whitener $9
Lactose Free
1 kg.

Kicking Horse Whole Bean Coffee $22
Select Varieties
454 g.

Red Rose Orange Pekoe Tea $11
140 Bags or 12 K-Cups

General Mills Honey Nut Cheerios 2 FOR $7
292 g.

Western Family Quick Oats 2 FOR $7
or Maple & Brown Sugar Instant Oatmeal
344 g.-1 kg.

Maxwell House Café Instant Coffee
Select Varieties
126-240 g.
$6



Tim Hortons Hot Chocolate
Smooth & Creamy
1.5 kg.
$12



Kellogg's Cereal
or Kashi, Select Varieties
306-525 g.
2 FOR $11



BAKING



Rogers Flour
All Purpose or Bread, 2.5 kg.
$4

Western Family Baking Powder $5
450 g.

Western Family Baking Soda $2
500 g.

Western Family Raisins $7
Select Varieties
620-640 g.

Jell-O Instant Pudding 4 FOR $7
Select Varieties
30-113 g.

Western Family Lime Juice $2
445 ml.

Sugar Twin Sweetener $2
50 Pack

Jell-O Jelly Powder
Select Varieties
10-85 g.
4 FOR $5



Western Family Evaporated Milk
354 ml.
$2



Western Family Fruit
Select Varieties
398-796 ml. 2 FOR $9

Hormel Real Bacon
Pieces
79 g. 2 FOR $9

Lundberg Basmati Rice
or Wild Blend
454-907 g. $9

Lea & Perrins Worcestershire Sauce
142 ml. $3

Western Family Pink Salmon
418 g. $6

Western Family Light Tuna
Chunk or Flaked
170 g. $2

Western Family Salsa
Select Varieties
650 ml. $5

Maple Leaf Vienna Sausages
113 g. 2 FOR $5

Unico Artichoke Hearts
398 ml. $4

Western Family Spices
Select Varieties
14-155 g. 2 FOR $5

Canola Harvest Canola Oil
946 ml. $6

Western Family Pickles
or Olives, Select Varieties
375-500 ml. 2 FOR $5

Western Family Tomato Sauce
680 ml. 2 FOR $5

Western Family Tomato Sauce
213 ml. 4 FOR $5

Only Goodness Tomato Paste
No Salt Added
156 ml. $2

Primo Pizza Sauce
Select Varieties
375 ml. 2 FOR $6

Taipan Hoisin Sauce
or Oyster
350 ml. 2 FOR $7

Western Family Instant Noodles
Select Varieties
85 g. 2 FOR $1

Western Family Udon Noodles
200 g. $1

Allen's White Vinegar
500 ml. $2

Hellmann's Mayonnaise
Select Varieties
710-890 ml. $7

GROCERY ESSENTIALS



Unico Pasta
Select Varieties, 900 g.
$2

Western Family Olive Oil
Pure or Extra Virgin
250 ml.
$6



Green Giant Vegetables
Select Varieties
341-398 ml.
4 FOR $9



Naturally Good

Will's Mayonnaise
or Dressing, Select Varieties
269 ml.
$7



Kume Gochujang Sauce
Select Varieties
225 ml.
$8



Western Family Pasta Sauce
Select Varieties
680 ml.
2 FOR $5



Prego Pasta Sauce
Select Varieties
645 ml.
2 FOR $7



Kraft Pizza Kit
850 g.
$9



Aylmer Tomatoes
Select Varieties
540-796 ml.
2 FOR $7



Campbell's Cream of Mushroom Soup
Tomato, Vegetable or Chicken Noodle
Select Varieties, 284 ml.
4 FOR $7



Heinz Beans
or Pasta, Select Varieties
398 ml.
$3



Annie's Pasta
Select Varieties
149-170 g.
2 FOR $5



Kraft BBQ Sauce
Select Varieties
455 ml.
2 FOR $8



Primo Ketchup
1 litre
$3



Western Family Water Chestnuts
or Bamboo Shoots, Select Varieties
227 ml.
2 FOR $3





Taco Bell Crunchwrap Supreme
or Cheesy Double Decker Taco
401-642 g.
$8

Taco Bell Taco Craving Kits
Select Varieties
260-420 g.
2 FOR $11



Taco Bell Creamy Sauce
Chipotle or Baja
354 ml.
2 FOR $11



Taco Bell Taco Seasoning
Original or Mild
1 Pack
2 FOR $3



Taco Bell Hot Sauce
Select Varieties
207 ml.
2 FOR $8



SNACKS & BEVERAGES



Nature Valley Granola Bars
Fibre 1, Chex Mix or Reese
Select Varieties, 120-210 g.
2 FOR $5
HOT! DEAL

Betty Crocker Fruit Snacks
Mott's or Gushers, Select Varieties
128-226 g.
2 FOR $7



Western Family Gummy Candy
Select Varieties
180 g.
$2



Nestlé Tablet Bars
Select Varieties
95-105 g.
2 FOR $7



Maynards Candy
Select Varieties
100 g.
$2



Western Family Fruit Cups
Select Varieties
4 Pack **$3**

Christie Good Thins
Select Varieties
100 g. . . . . **2 FOR $9**

Bare Paws Cookies
Select Varieties
168-210 g. **$5**

Value Priced Wafers
Select Varieties
227 g. **$2**

M&M's or Mars Chocolate
Select Varieties
1 Pack . . . . . **4 FOR $7**

Excel Gum
or Juicy Fruit, Select Varieties
1 Pack . . . . . **2 FOR $3**

Western Family Pudding Cups
Select Varieties
4 Pack
$2



Quaker Crispy Minis
Select Varieties
90-199 g.
2 FOR $7



Western Family Popcorn
Select Varieties
3 Pack
$3



Ruffles Potato Chips
Select Varieties
180-200 g.
2 FOR $9



Cheetos Snacks
or Munchies, Select Varieties
180-285 g.
2 FOR $9



Pringles Snack Cups
Select Varieties
12 Pack
$6



Dutch Crunch Potato Chips
Select Varieties
200 g.
2 FOR $9



Old Dutch Restaurante Tortilla Chips
or Arriba, Select Varieties
235-295 g.
2 FOR $9



Tostitos Tortilla Chips
Select Varieties
210-295 g.
$4



Tostitos Salsa
Select Varieties
416-418 ml.
$5



SunRype Juice
Select Varieties, 5 x 200 ml.
*Plus Deposit **$3**

Tang Drink Crystals
Select Varieties
3 Pack **$3**

Body Armor Sports Beverages
Select Varieties, 473 ml.
*Plus Deposit **$2**

Aquafina Water
1 litre
*Plus Deposit **$2**

Dasani Water
1 litre
*Plus Deposit **$2**

Glacéau Smart Water
1.5 litre
*Plus Deposit . . . . . **2 FOR $7**

THIRSTY?

Corona Cero Alcohol-Free Beer
12 x 330 ml.
*Plus Deposit
$23



Coors Edge Non-Alcoholic Lager
6 x 355 ml.
*Plus Deposit
$9



Perrier Sparkling Water
Select Varieties, 8 x 330 ml.
*Plus Deposit
$10



Ocean Spray Sparkling Cranberry
Select Varieties, 6 x 340 ml.
*Plus Deposit
$7



Aquafina Water
6 x 710 ml.
*Plus Deposit
$6



Pepsi or 7Up Beverages
Select Varieties, 6 x 710 ml.
*Plus Deposit
$8





HOUSEHOLD MUST HAVES

Purex Bathroom Tissue
Ultra or Ultra Luxe
Double 12 Roll
or Triple 8 Roll

or

Sponge Towels Ultra
Ultra or Ultra Pro
Double 3 Roll

or

Scotties Facial Tissues
or Supreme
81-126 Tissues
6 Pack

$9

your CHOICE

Western Family Sandwich Bags
Zipper
90 Pack

$2

Western Family Aluminum Foil
12" x 25'

$2

Scotch Brite Scour Pads
Heavy Duty
2 Pack

$2

Cascade Dishwasher Detergent
Select Varieties, 30-45 Pack

$19

Glad Garbage Bags
Select Varieties, 20-40 Pack

$14

Gain Laundry Detergent
Moonlight Breeze
61 Use

$14

Windex Glass Cleaner
Select Varieties
765-950 ml.

$6

3M Duct Tape
1 Roll

2 FOR $9

PERSONAL CARE

Method Gel Hand Wash — $8
Select Varieties
1 litre

Gillette Antiperspirant — $6
Arctic Ice or Wild Rain
108 g.

Q-Tips Cotton Swabs — $3
170 Pack

Advil Tablets — $5
or Caplets
24 Pack

Huggies Snug & Dry Diapers — $43
or Little Snugglers
Select Varieties, 66-128 Pack

Gerber Yogurt Melts — $5
Strawberry Banana or Red Berries
28 g.

Cold FX — $26
Extra Strength
45 Capsules

Method Deodorant
Select Varieties, 75 g.

$11

PET'S CORNER

Western Family Dog Food
Balanced & Complete
8 kg.

$23

Purina One Dog Food
or True Instinct, Select Varieties
1.59-1.81 kg.

$12

Purina Beneful Dog Food
Select Varieties
283 g.

$3

Western Family Clumping Cat Litter
Scented or Unscented
6.35 kg.

$6

MARKET FRESH PRODUCE



Red Potatoes
Canadian Grown, Canada #1 Grade
15 lb. Bag
$9 Each
CANADIAN GROWN

Hot House
Butterleaf Lettuce
Canadian Grown
$3 Each



Yellow
Cooking Onions
Canadian Grown, Canada #1 Grade
3 lb. Bag
$4 Each





Hot House Tomatoes on the Vine
Canadian or Mexican Grown
#1 Grade, kg. 6.61
$3 lb.

Celery
Hearts
Product of U.S.A.
2 Pack
$4 Each



Fresh Express
Caesar Salad Kits
Select Varieties, Product of U.S.A.
9.9-10.75 oz.
$5 Each



Honeyglow
Pineapple
Product of Costa Rica
$7 Each



Bartlett
Pears
Washington Grown
3 lb. Bag
$8 Each





Red Seedless Grapes
California Grown, kg. 8.82
$4 lb.

Red
Mangos
Mexico or Brazil Grown
2 FOR $5



Baby Seedless
Watermelon
U.S. or Mexico Grown
$5 Each



ORGANICS

Organic
White Button Mushrooms
Canadian Grown
227 g.
2 FOR $5



Organic
Field Carrots
U.S. Grown, #1 Grade
2 lb. Bag
$4 Each



BAKERY BARGAINS

Unsliced Bread
White
2 FOR $4
Fresh Baked





Portuguese Buns
6 Pack
$3 Each
Fresh Baked

Sausage
Rolls
4 Pack
$5 Each



Lattice
Fruit Pies
8 Inch, Select Varieties
520-600 g.
$8 Each



Sugarplum
Dessert Bars
Select Varieties
8 Pack
$9 Each



Golden West English Muffins
Plain or Extra Crispy
6 Pack . . . . . 2 FOR $5

Dempster's Signature Bagels
Maple French Toast
5 Pack . . . . . $4 Each

Apple Fritters . . . . . 2 FOR $4

Dempster's
Signature Bread
or Multigrain, Select Varieties
567-680 g.
2 FOR $7



Two-Bite
Brownies
265 g.
2 FOR $10



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