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

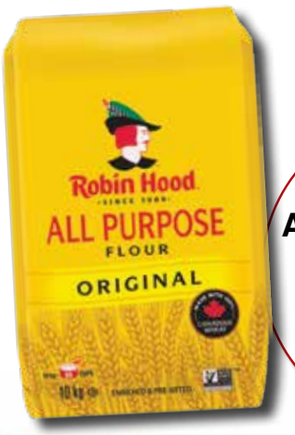
PRICES EFFECTIVE NOVEMBER 2026

FRI	SAT	SUN	MON	TUES	WED	THURS
20	21	22	23	24	25	26

BAKING FESTIVAL



Tenderflake Pie or Tart Shells
or Puff Pastry, Frozen
Select Varieties, 255-397 g.
2 FOR $7



Robin Hood All Purpose Flour
10 kg.
12.98



Pork Tenderloin
Value Pack, kg. 8.77
3.98 lb.



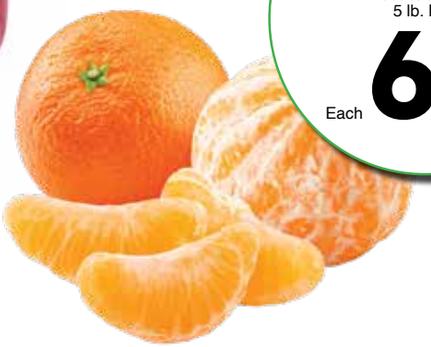
CANADIAN PORK / PORC CANADIEN



Pink Lady or Gala Apples
Canadian Grown, Canada Extra Fancy
kg. 3.26
1.48 lb.

CANADIAN GROWN

Mandarin Oranges
Product of China
5 lb. Box
Each **6.98**



Celebrate Food NATIONAL CAKE DAY

- November 26, 2026 -



Becel Chef's Signature Butter

or Plant Based Spread, Select Varieties
454 g.
2 FOR $9



McCain Deep'n Delicious Cake

Frozen, Select Varieties, 510 g.
6.98



Chapman's Premium Ice Cream

Select Varieties
2 litre
7.98



Sugarplum 6" Cakes

Select Varieties
550-660 g.
13.98



Betty Crocker Cake Mix

Select Varieties
375-404 g.
3 FOR 6.99



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

Top Sirloin Steak
Value Pack, kg. 26.41
lb. 11.98



Eye of Round Steak
Value Pack
kg. 19.80
lb. 8.98



Eye of Round Roast
kg. 17.59
lb. 7.98



CANADIAN BEEF

Montana's BBQ Sauce
Texas Bold or Apple Butter
350 ml.
5.48



Pork Loin Roast
Boneless, kg. 8.77
lb. 3.98



Chicken Drumsticks
Value Pack
kg. 6.57
lb. 2.98





Pork Loin Chops
Boneless, Value Pack, kg. 10.98
lb. 4.98

Split Chicken Breasts
Value Pack
kg. 10.98
lb. 4.98



Whole Frying Chicken
kg. 8.77
lb. 3.98



LILYDALE

sunrise farms

JUICY ROASTED CHICKEN

Ingredients:

1	Whole chicken
½ cup	butter
1tbsp	onion powder
1	celery stalk
	Salt and Pepper, to taste

Directions:

Preheat oven to 350°F (175°C).

Pat chicken dry with paper towels.

Season inside and outside with salt, pepper, and onion powder.

Put 3 tbsp. butter inside the chicken. Rub remaining butter over the outside.

Cut celery into chunks and place inside the chicken.

Place in roasting pan and bake uncovered for about 1 hour 15 minutes, until the thickest part of the thigh reaches 165°F (74°C).

Baste with pan juices, cover loosely with foil, and rest for 30 minutes before carving.

Quick Tip
For extra crispy skin, make sure the chicken is really dry before adding the butter and seasonings.

That's it! Juicy, buttery roasted chicken with crispy skin.

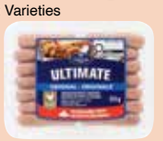
https://www.allrecipes.com/recipe/83557/juicy-roasted-chicken

SMOKED & PACKAGED MEATS

Montana's Angus Beef Burgers
Frozen
906 g.
Each 18.98



Maple Lodge Farms Ultimate Chicken Sausage
Breakfast or Dinner, Select Varieties
375-500 g.
Each 5.98



Olymel Sliced Meat
Select Varieties
250-300 g.
Each 4.98



Freybe A Taste of Europe
Select Varieties
100 g.
2 FOR $9



Maple Leaf Top Dogs
Select Varieties
900 g. . . . . Each 12.98

Maple Leaf Natural Selections Sliced Meat
Select Varieties
175 g. . . . . Each 6.98

Maple Lodge Farms Chicken Bologna
Original
375 g. . . . . Each 2.98

Maple Lodge Farms Chicken Bacon Style
Original
375 g. . . . . Each 5.98

Carvers Choice Bacon
1 kg. . . . . Each 9.98

Montana's Pork Back Ribs
Texas Style or Chipotle
650 g.
Each 16.98



Grimm's Sizzlin' Smokies
or Bratwurst, Select Varieties
450 g.
Each 7.98



Olymel Duo Pack Sliced Meat
Select Varieties
400-500 g.
Each 5.98



Freybe Pepperoni
Select Varieties
500 g.
Each 12.98



DELI

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

Flamingo Deli Turkey Breast
Classic or Old Fashioned Smoked
Per 100 g. **2.48**

Olymel Deli Turkey Breast
Oven Roasted or Chipotle Pepper
Per 100 g. **2.48**

Deli Chicken Breast
Select Varieties
Per 100 g. **2.98**

Freybe Deli Ham
Select Varieties
Per 100 g. **2.98**

Freybe Deli Roast Beef
Pastrami or Corned Beef
Per 100 g. **3.98**

SEAFOOD

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



Steelhead Fillet
Skin On, 300 g.
Per 100 g. **4.48**

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



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



Western Family Seafood Medley
Frozen
300 g.
Each **7.98**



Western Family Basa Fillets
Frozen
680 g.
Each **6.98**



IN THE FREEZER



Rustica Pizza
Frozen, Select Varieties, 645-867 g.
5.98
HOT! DEAL

Western Family Vegetables
Frozen, Select Varieties
750 g.
2 FOR $6



Cavendish Farms Fries
Frozen, Select Varieties
800 g.
3.28



Western Family Hashbrowns
Shredded, Frozen
1 kg. **6.48**

Pillsbury Toaster Strudel
Strawberry, Frozen
326 g. **3.48**

Pillsbury Pizza Pops
Frozen, Select Varieties
380 g. **2 FOR $8**

Crave Crispy Roll-Ups
Sizzling Steak & Cheese or Cheesy Spicy Pepperoni
Frozen, 540 g. **13.98**

Popsicle Frozen Novelties
Fudgsicle or Creamsicle
12 Pack **5.48**

Popsicle Frozen Novelties
Select Varieties
18 Pack **7.48**

Bassili's Best Lasagna
or Shepherd's Pie, Frozen
Select Varieties, 907 g.
7.48



Breyers Family Classic Frozen Dessert
Select Varieties, 1.41 litre
5.48



Chapman's No Sugar Added Ice Cream
or Frozen Novelties, Select Varieties
1 litre or 6 Pack
6.98



Chapman's Frozen Yogurt
or Sorbet, Select Varieties
2 litre
7.48



M&M FOOD MARKET EXPRESS



CHECK OUT OUR SELECTION IN STORE*
*SELECTION MAY VARY BY STORE AND PRODUCTS MAY NOT BE AVAILABLE AT ALL AG FOODS' LOCATIONS

RISE & SHINE



Nabob Coffee
Tradition or Organic, 915-930 g.
18.98
HOT! DEAL

Adams Natural Peanut Butter
Select Varieties
500 g.
4.28



Only Goodness Protein Pancake Mix or Maple Syrup
or Western Family
250 or 400 g. **8.98**

McCafé Coffee
Premium Roast
12 K-Cups **12.98**

Kicking Horse Coffee
Kick Ass
24 K-Cups **26.98**

Nabob Coffee
Select Varieties
300-340 g. **10.98**

Celestial Seasonings Tea
Select Varieties
20 Bags **2 FOR $9**

Carnation Hot Chocolate
Select Varieties
7-10 Pack **4.98**

Western Family Pure Maple Syrup
375 ml. **8.98**

General Mills Cereal
or Western Family
Select Varieties, 340-775 g **2 FOR $11**

Kashi Cereal
Select Varieties
349-510 g. **7.48**

Only Goodness Rolled Oats
Gluten Free
1 kg. **6.98**

E.D. Smith Triple Fruits Jam
Select Varieties
375-500 ml.
2 FOR $9



Nutella Hazelnut Spread
with Cocoa
725 g.
9.98



BAKING FESTIVAL

E.D. Smith Pie Filling
Select Varieties
540 ml.
6.48



E.D. Smith Pure Pumpkin
796 ml.
5.98

Hershey's Chipits
Milk Chocolate or Semi Sweet
835-925 g.
16.98



Western Family Large Eggs
Canada Grade A
18 Pack
6.98



Magic Baking Powder
450 g.
6.48



Dalton Fruit Mix
or Cherries, Select Varieties
225 g. or 250-375 ml.
2 FOR $9



Kraft Minit Tapioca
225 g.
3.78



Western Family Condensed Milk
300 ml.
3.78



Snowcrest Perfectly Imperfect Fruit
Frozen, Select Varieties, 1.75 kg.
11.98



Fry's Premium Cocoa
227 g.
7.98



Crisco Shortening
All Vegetable
454 g.
3.78



Dairyland Butter
Salted
454 g.
6.48



Dairyland Whipping Cream
33%, 237 ml.
*Plus Deposit
1.98



Betty Crocker Decorating Icing
or Gel, Select Varieties
19-120 g.
2 FOR $5



Western Family Pure Vanilla Extract
125 ml.
9.98

Dalton Glace Cherries
Select Varieties
225 g.
5.48

Jell-O Pie Filling
Lemon
128 g.
1.78

Western Family Lemon Juice
946 ml.
3.48

Christie HoneyMaid Wafers
or Crumbs, Select Varieties
400 g.
5.48

Betty Crocker Candles
Select Varieties
12-24 Pack
2 FOR $5

Betty Crocker Birthday Candles
or Decorating Tips
8-13 Pack
2 FOR $7

Betty Crocker Cookie Icing
or Candy Eyeballs
Select Varieties, 28-200 g.
2 FOR $7

Betty Crocker Sprinkles
or Decorating Sugar
92-113 g.
2 FOR $9

Reynolds Kitchen Baking Cups
White or Rainbow
50 Pack
4 FOR $5

Truvia Cane Sugar Blend
680 g.
7.98

Philadelphia Cream Cheese
Original
450 g.
9.98

Kraft Grated Parmesan
or Italian Blend
250 g.
9.98

Black Diamond Cheese
Select Varieties
250 g.
4.98

Armstrong Mozzarella Cheese
or High Protein Marble
600 g.
12.98

Western Family Feta Cheese
200 g.
4.98

Cracker Barrel Shredded Cheese
Select Varieties
250-320 g.
7.48

Becel Margarine
Select Varieties
800 g.
7.98

Simply Lemonade or Limeade
or Peach, Chilled, Select Varieties
1.54 L, Plus Deposit
5.48

Sunny D Beverage
Smooth or Tangy Original
1.89 litre, *Plus Deposit
3.28

Activia Yogurt
Select Varieties
650 g.
2 FOR $8

Siggi's Icelandic Skyr Yogurt
Select Varieties
650-750 g.
6.48

Dairyland Organic Cream
Half & Half, 946 ml.
*Plus Deposit
4.48

Dairyland Sour Cream
Select Varieties
450-500 ml.
3.98

DAIRY DELIGHTS

Black Diamond Slices
or Thick
250 g.
2 FOR $5



Armstrong Cheese
Select Varieties
600 g.
9.98



Simply Orange Juice
with Pulp or Pulp Free, Chilled
2.25 litre, *Plus Deposit
9.98



Dairyland Creamo
or Fat-Free, 946 ml.
*Plus Deposit
3.98



Activia Multipack Yogurt
Select Varieties
12 x 95-100 g.
6.98



Parkay Margarine
Soft Bowl
1.28 kg.
7.98



GROCERY ESSENTIALS

Sapporo Ichiban Instant Noodle Bowls
Shoyu or Tonkotsu, 82 g. 2 FOR $6

Western Family Hot Sauce
Select Varieties
354-455 ml. 2 FOR $6

Cheetos Mac'n Cheese
Bold & Cheesy, 170 g. 2.78



Campbell's Condensed Soup
Select Varieties, 284 ml.
2 FOR $5

Tim Hortons Soup
Select Varieties
540 ml.
3.28

Tim Hortons Chili
Beef or Spicy
425 g.
2 FOR $8

Lipton Soup Mix
or Knorr, Select Varieties
2-4 Pack
3 FOR 4.98

Club House Blends or Seasoning
or Frank's, Select Varieties
120-161 g.
5.48

Classico Pasta Sauce
Pesto or Pizza, Select Varieties
218-600 ml.
2 FOR $8

Western Family Pasta Sauce
Select Varieties
700 ml.
3.78

Only Goodness White Quinoa
1.36 kg.
9.98

Crisco Canola Oil
or Vegetable
1.18 litre
7.98

Clover Leaf Tuna
or Flavoured, Select Varieties
85-170 g.
2.28

Bick's Pickles
Baby Dill or Yum Yum Sweet
500 ml.
3.98

Western Family Real Mayonnaise
475 ml.
3.28

P.F. Chang's Cooking Sauce
Select Varieties
350 ml.
5.48

Gold Seal Mackerel
in Olive Oil or Mediterranean Style, 115 g. 2 FOR $8

Scarpone's Tomatoes
Select Varieties
796 ml. 2.28

Western Family Mushrooms
Sliced
284 ml. 2 FOR $3

Unico No Salt Added Beans
or Chick Peas
Select Varieties, 540 ml. 2 FOR $4

Only Goodness Pesto
180 ml. 4.98

Gallo Olive Oil
Extra Virgin
1 litre 11.98

Only Goodness Apple Cider Vinegar
473 ml. 2.48

Club House Caesar Rim
180 g. 4.48

Gia Basmati Rice
White, 8 lb. 10.98

Kraft Miracle Whip
Original
650 ml. 4.98

Heinz Mustard
or Dijon
265-380 ml. 2.98

Western Family Ketchup
375 ml. 2.98

Hunt's Manwich
Original
398 ml. 2.78

TACO NIGHT!



Old El Paso Dinner Kits
Select Varieties, 250-510 g.
2 FOR $9

Old El Paso Taco Shells
or Cheesy Blasted
153-191 g.
2 FOR $8

Old El Paso Crunchy Taco Shells
or Stand n' Stuff
125-133 g.
2 FOR $5

Old El Paso Seasoning Mix
Select Varieties
1 Pack
4 FOR $5

Old El Paso Thick N Chunky Salsa
or Picante, Select Varieties
650 ml.
4.98

Old El Paso Birria Taco Kit
or Stacked Queso Crunch
343-375 g. 5.98

Old El Paso Tortillas
Select Varieties
297-334 g. 2 FOR $6

Old El Paso Tortilla Bowls
Regular or Mini
189 g. 2 FOR $8

Old El Paso Green Chilies
Chopped
113 ml. 2 FOR $4

Old El Paso Refried Beans
Red Enchilada Sauce
or Sliced Jalapeños
Select Varieties, 250-398 ml. 2 FOR $6

Old El Paso Taco Sauce
Mild or Medium
243 ml. 3.48

Naturally Good

Mabel Brewing Ginger Beer
Select Varieties, 4 x 355 ml.
*Plus Deposit
8.98

Tru Earth Laundry Strips
Select Varieties
32 Strips 11.98

Tru Earth Scent Booster
or Wool Dryer Balls
460 g. or 4 Pack 14.98

Tru Earth Toilet Bowl Cleaner
12 Strips 9.48

SNACK ATTACK!



Western Family Tortilla Chips
or Pretzels, Select Varieties
200-300 g.
2 FOR $4
HOT! DEAL

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



Smartfood Popcorn
Select Varieties
150-220 g.
2 FOR $9



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



Old Dutch Humpty Dumpty Party Mix
Original or Cheesy, 250 g.
4.28



More Favourites . . .

Del Monte Fruit Cups
Select Varieties
4 Pack 5.98

Voortman Cookies
or Wafers, Select Varieties
210-320 g. 3.28

SunRype Fruitsource
Select Varieties
1 Pack . . . . . 5 FOR $5

Nestlé Chocolate Bars
Select Varieties
1 Pack . . . . . 3 FOR 4.98

Hawkins Cheezies
210 g. 3.28

Pop Daddy Seasoned Popcorn
Buttery Caramel
227 g.
4.48



Western Family Yellow Popping Corn
850 g.
2.98



Pepperidge Farm Goldfish Crackers
Select Varieties
180-227 g. or 6 Pack
2 FOR $7



Quaker Chewy Bars
or Dipps, Select Varieties
120-156 g.
2 FOR $6



RXBAR Protein Bars
Chocolate & Sea Salt
52 g.
2.28



Christie Triscuit Crackers
Select Varieties
185-200 g.
2 FOR $8



Christie Peek Freans Biscuits
or Dad's, Select Varieties
300-350 g.
4.98



Nestlé Chocolate Minis
Select Varieties
110-203 g.
5.98



Maynards Wine Gums
or Fuzzy Peaches
308-315 g.
4.98



Cadbury Chocolate Bars
Family Size, Select Varieties
90-100 g.
2 FOR $8



THIRSTY?

Heineken Alcohol Free Beer
Cans or Bottles, 6 x 330 ml.
*Plus Deposit 11.98

Heinz Tomato Juice
1.36 litre
*Plus Deposit 5.98

Kool-Aid Jammers
Select Varieties, 10 x 180 ml.
*Plus Deposit . . . . . 2 FOR $8

Gatorade Sports Drink Powder
Orange or Glacier Freeze
10 Pack 5.98

San Pellegrino or Perrier Sparkling Water
Select Varieties, 750 ml.-1 litre
*Plus Deposit . . . . . 2 FOR $5

Pure Life Water
Sport Cap, 710 ml.
*Plus Deposit
4 FOR $3



Propel Beverages
Grape or Strawberry Kiwi
6 x 500 ml., *Plus Deposit
5.98



Bubly or Montellier Sparkling Water
Select Varieties, 10-12 x 355 ml.
*Plus Deposit
7.48



Pepsi or 7Up Beverages
Select Varieties, 24 x 355 ml.
*Plus Deposit
16.98



Ocean Spray Cranberry Cocktail
Select Varieties, 1.89 litre
*Plus Deposit
2 FOR $9



Bang or Reign Energy Drink
Nos or Full Throttle, Select Varieties
473 ml., *Plus Deposit
2 FOR $5





Coke or Canada Dry Beverages
Select Varieties, 24 x 355 ml.
*Plus Deposit
15.98

HOUSEHOLD MUST HAVES

Command Outdoor Light Clips
16 Pack **10.98**



Charmin Ultra Bathroom Tissue
Soft or Strong, Triple 8 Roll
9.98

Reynolds Kitchen Parchment Paper
Unbleached
1 Roll
3.48



Alcan Classic Aluminum Foil
or Non-Stick
12" x 50' or 12" x 25'
4.98



Clorox Bleach
Original
1.27 litre
3.48



Downy Fabric Softener
Select Varieties
1.31 litre
7.98



Dawn Ultra Dish Liquid
Original or Apple Blossom
443 ml.
2 FOR $8



Scotch Brite Scrub Sponges
Heavy Duty or Zero Scratch
6 Pack
8.98



Pine-Sol Multi Surface Cleaner
Select Varieties
1.41 litre
5.98





Bounty Paper Towel
or Select-A-Size, Double 3 Roll
9.98

Liquid Plumr
Urgent Cleaner or Hair Clog Eliminator
473-502 ml.
5.98



Swiffer Duster
1 Pack
6.98



Febreze Bathroom Air Freshener
Hawaiian Aloha or Linen & Sky
1 Pack
2 FOR $9



PERSONAL CARE



Tampax or Always Tampons
Pads or Liners, Select Varieties
14-72 Pack
5.98

Live Clean Shampoo
or Conditioner, Select Varieties
350 ml.
6.98



Method Body Wash
Select Varieties
532 ml.
8.98



One Step Hand Sanitizer Gel
236 ml. **3.48**

Gerber Cereal
Select Varieties
208-227 g. **6.48**

Pampers Swaddlers Diapers
Select Varieties
16-32 Pack **17.98**

Pampers Baby Wipes
Complete Clean
216 Pack **10.98**

Degree Deodorant
or Antiperspirant, Select Varieties
48-85 g. **4.98**

PET'S CORNER

IAMS Proactive Health Dog Food
or Puppy, Select Varieties
6.8 kg.
31.98



Milk-Bone Dog Treats
Select Varieties
252-900 g.
5.48



Purina One Dog Food
Select Varieties
368 g.
2 FOR $5



Purina Cat Chow
Complete
1.6 kg.
10.98



MARKET FRESH PRODUCE



Haven Greens Crunch Salad Kits
Select Varieties, Product of Canada
7 oz.
Each 5.98

Hardshell
Squash
Select Varieties, Canadian Grown
kg. 2.82
lb. 1.28

Hot House
Beefsteak Tomatoes
Canadian or Mexican Grown
#1 Grade, kg. 8.77
lb. 3.98

Long English
Cucumbers
Canadian or Mexican Grown
#1 Grade
Each 2.48

Hot House
Mixed Colour Peppers
Canadian or Mexican Grown
2 lb. Bag
Each 5.98

Green
Zucchini
Mexican Grown
kg. 3.70
lb. 1.68

Green
Onions
Mexican Grown
Per Bunch
Each 98¢



Kiwi Fruit
New Zealand Grown
4 FOR $5

Cantaloupe
Melon
Mexican Grown
kg. 3.26
lb. 1.48

Sweet
Mangos
Product of Brazil
Each 2.48



Green Seedless Grapes
California Grown, #1 Grade, kg. 10.98
lb. 4.98

ORGANICS



Organic Avocados
Mexican Grown, 3 Pack
Each 4.98

BAKERY BARGAINS

Unsliced Bread
60% Whole Wheat
Each 1.98
Fresh Baked



Multigrain
Italian Bread
Each 2.98
Fresh Baked



Chunky
Cheddar Buns
6 Pack
Each 4.98
Fresh Baked



Portofino
Sourdough Loaf
585 g.
Each 6.98



Two-Bite
Pecan Tarts
Lemon or Raisin
12 Pack
Each 6.98



Villaggio
Italian Style Bread
Artesano or Toscana Buns
Select Varieties
510-540 g. or 6-8 Pack
Each 3.48



Sliver Hills
Bread
Select Varieties
430-680 g.
2 FOR $9



Venice Bakery
Bread
White or 100% Whole Wheat
570 g.
2 FOR $5



Oroweat
Keto Tortillas
Original
6 Pack
Each 4.98



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