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 NOV./DEC. 2026

FRI	SAT	SUN	MON	TUES	WED	THURS
27	28	29	30	1	2	3

Season's Greetings



Cross Rib Pot Roast
kg. 19.80
lb. 8.98

CANADIAN BEEF



Little Potato Company Potatoes
Red, Yellow or Trio
Canada or U.S. Grown, 1.5 lb. Bag
Each 2.98



Navel Oranges
California Grown
kg. 3.26
lb. 1.48



Betty Crocker Potatoes
Select Varieties, 141-215 g.
2 FOR $4



Western Family Condensed Soup
or Broth, Select Varieties, 284 ml.
4 FOR $5

Festive Super Saver

NOVEMBER 22ND TO DECEMBER 26TH 2026



Kellogg's **Town House Crackers**
Select Varieties
247-391 g.
2 FOR $7



Bick's **Pickles**
Select Varieties
500-750 ml.
3.99



Woolwich **Goat Cheese**
Select Varieties
113 g.
2 FOR $7



Faith Farms **Cheese**
Select Varieties
320-340 g.
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



Pork Sirloin Roast
kg. 7.67
lb. 3.48

CANADIAN PORK
PORC CANADIEN

Striploin Steak
Value Pack, kg. 39.64
lb. 17.98



CANADIAN BEEF

Pork Sirloin
Chops
Value Pack, kg. 8.77
lb. 3.98



St. Louis
Spare Ribs
kg. 10.98
lb. 4.98



Cross Rib
Steak
Value Pack, kg. 22.00
lb. 9.98



Split
Chicken Wings
kg. 13.18
lb. 5.98



LILYDALE

sunrise farms



Boneless Skinless Chicken Breasts
Value Pack, kg. 15.39
lb. 6.98

SIRLOIN ROAST

Ingredients:

- 2 lb. boneless pork sirloin roast (tied)
- 1 tbsp. avocado oil or cooking oil
- 2 tbsp. butter, softened
- 2 cloves garlic, minced
- 1 tbsp. fresh rosemary, chopped
- 1 tsp. salt
- ½ tsp. black pepper
- 1 cup chicken broth
- 1 tbsp. cornstarch (optional)
- A bit of water (optional)

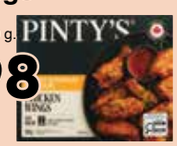
Directions:

1. Preheat oven: 325°F.
2. Make herb butter: Mix softened butter, garlic, rosemary, salt and pepper in a small bowl.
3. Brown pork: Heat oil in an oven-safe skillet. Sear roast on both sides until golden brown (3–5 minutes per side).
4. Add butter: Turn off heat and spread garlic herb butter over the top and sides of the roast.
5. Add broth: Pour chicken broth into the bottom of the skillet.
6. Roast: Bake for approximately 50–60 minutes, until the internal temperature reaches 145°F.
7. Rest: Remove pork, cover loosely with foil and let rest for 5–10 minutes.
8. Optional gravy: Mix cornstarch with a little water. Stir into the pan juices over medium-high heat until thickened.
9. Serve: Remove strings, slice pork and serve with pan juices or gravy.

https://getinspiredeveryday.com/food/pork-sirloin-roast/

SMOKED & PACKAGED MEATS

Pinty's
Chicken Wings
or Chunks, Frozen
Select Varieties 700-730 g.
Each 16.98



Pinty's
Chicken Breasts
Thighs or Drumsticks
Frozen, 600-950 g.
Each 13.98



Pinty's Gluten Free
Breaded Chicken
Frozen, Select Varieties
675-690 g.
Each 13.98



Pinty's Gluten Free
Chicken Fillets
Frozen
750 g.
Each 15.98



Olymel
International Entrées
Frozen, Select Varieties
400 g.
Each 9.98



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



Treybe
Pepperoni Snackers
Select Varieties
125 g.
2 FOR $9



Harvest
Sliced Bologna
Select Varieties
375 g.
Each 6.98



DELI

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

Olymel
Deli Bologna
or Mock Chicken Loaf
Per 100 g. 98¢



Treybe
Deli Spanish Chorizo
Landjaeger or Farmer Sausage
Per 100 g. 3.98



Treybe
Deli Sausage
Select Varieties
Per 100 g. 1.98



SEAFOOD

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



Steelhead Trout 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 Basa Fillets
Frozen
680 g.
Each **6.98**



HighLiner Fish Sticks
or English Style Fillets, Frozen
500-700 g.
Each **8.98**



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

HOT DEALS FROM THE FREEZER

Western Family Fries
Skin On or Crinkle Cut, Frozen
750 g.
2 FOR $7



Western Family Hashbrown Potatoes
Small Diced, Frozen
800 g.
2 FOR $7



Cavendish Farms Hash Brown Patties
Frozen
600 g.
2 FOR $6



Western Family Perogies
Frozen, Select Varieties
907 g.
3 FOR 7.98

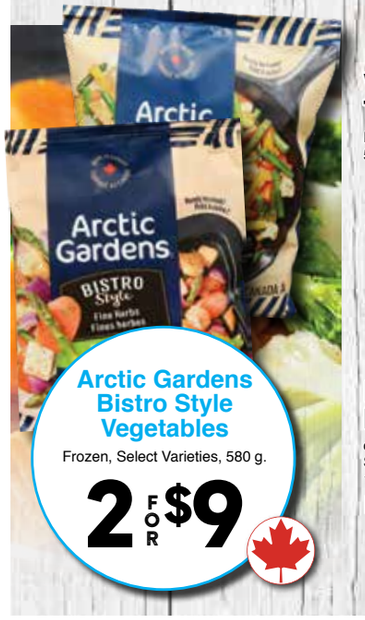


Bassili's Best Meat Lasagna
Frozen
1.5 kg.
12.98



Dr. Oetker Suprema Pizza
Frozen, Select Varieties
487-520 g.
8.98





Arctic Gardens Bistro Style Vegetables
Frozen, Select Varieties, 580 g.
2 FOR $9

Western Family Tart Shells
Frozen
570 g.
5.98



Western Family Deep Dish Pie Shells
Frozen
380 g.
2 FOR $7



Nestlé Ice Cream
or Frozen Novelties
Select Varieties
1.5 litre or 4-10 Pack
7.98



Chapman's Yukon Frozen Novelties
Select Varieties
5-8 Pack
5.98





Chapman's Super Premium Plus Ice Cream
Select Varieties, 500 ml.
2 FOR $7
HOT! DEAL

Farm Market Fresh Blueberries
Frozen, 2 kg.
11.98
HOT! DEAL

DAIRY DELIGHTS



Lactantia Butter
Salted or Garlic
125 g.
3 FOR 7.98

Kraft Singles
or Cheez Whiz, Select Varieties
825-900 g.
9.98

Kraft Velveeta Cheese Loaf
900 g.
13.98

IÖGO Multipack Yogurt
Select Varieties
16 x 100 g.
6.98

Dairyland Organic Cream
473 ml.
*Plus Deposit
2.98

Dairyland Chocolate Milk
4 litre
*Plus Deposit
8.48

Armstrong Sliced Cheese
Select Varieties
220-240 g.
4.98

Kraft Cool Whip Whipped Topping
225 g. Aerosol
2 FOR $8

International Delight Touch of Flavour
or Baileys, Select Varieties
400-425 ml., *Plus Deposit
2 FOR $6

Happy Planet Orange Juice
Chilled
1.75 litre, *Plus Deposit
6.98

Western Family Grated Parmesan Cheese
or Italian, 250 g. 6.98

Imperial Margarine
800 g. 5.98

Kraft Shredded Parmesan
or Blend, 200 g. 8.98

Liberté Greek Yogurt
Select Varieties
750 g. 6.98

Liberté Méditerranée Yogurt
Select Varieties
500 g. 2 FOR $9

Yoplait Source Yogurt
Select Varieties
630 g. 2 FOR $9

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

Dairyland Creamo
or Fat Free, 473 ml.
*Plus Deposit 2.48

Tropicana Juice
or Lipton Pure Leaf, Chilled
Select Varieties, 1.36-1.75 litre
*Plus Deposit 5.48

Happy Planet Juice
Mango & Peach or Purple Reign
Chilled, 1.75 litre, *Plus Deposit 5.48

RISE & SHINE



Kraft Peanut Butter
Select Varieties
750 g.-1 kg.
7.98

Elias Honey Bear
375 g.
5.98

Coyote Pancake Mix
Select Varieties
900 g.
2 FOR $8

Maxwell House Coffee
Original Roast
864 g.
18.98

Tim Hortons Coffee
Select Varieties
30 K-Cups
23.98

McCafé Coffee
Premium Roast
300 g.
12.98

Nescafé Instant Coffee
Select Varieties
100-170 g. or 18 Pack
9.98

Smucker's Wild Blueberry Spread
No Sugar Added, 310 ml. 5.98

Nestlé Coffee Mate
Select Varieties, 425-450 g. 5.98

Maxwell House or Nabob Coffee
Select Varieties
12-16 K-Cups or T-Discs 11.98

Western Family Tea
Select Varieties
20 Bags 2 FOR $6

Tazo Concentrated Latte
Select Varieties, 946 ml. 6.48

Carnation Hot Chocolate
Select Varieties
400-450 g. 7.98

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

Harvest Crunch Granola
Select Varieties
400-510 g. 5.48

Only Goodness Flaxseed
Hemp or Chia, Select Varieties
300-500 g. 6.48

Post Family Size Cereal
Honeycomb or Sugar Crisp
525-550 g. 4.78

BAKING

Western Family Pie Filling
or Pure Pumpkin, Select Varieties
540-796 ml.
4.98

Rogers Flour
Select Varieties
10 kg.
13.98

Western Family Dates
Cranberries or Currants
Select Varieties, 500-640 g. 4.98

ReaLemon Lemon Juice
or ReaLime
125 ml. 1.28

Western Family Baking Crumbs
or Pie Crust, Select Varieties
170-400 g. 2 FOR $5

Carnation Evaporated Milk
354 ml. 2 FOR $5

GROCERY ESSENTIALS



Kraft Dinner Specialty Pasta
Select Varieties, 156-175 g.
2 FOR $4

Catelli Whole Grains Pasta
Select Varieties
375 g.
2 FOR $7



Scarpone's Fire Roasted Tomatoes
398 ml.
2.78



Primo Tomatoes
Diced or Herbs & Spices
796 ml.
3 FOR 6.99



Habitant Ready To Serve Soup
Select Varieties
796 ml.
2 FOR $8



Campbell's Broth
Select Varieties
900 ml.
2 FOR $6



Primo Pizza Sauce
Select Varieties
213 ml.
3 FOR 3.99



La Grille Seasoning
Select Varieties
120-192 g.
6.48



Petrelli Olive Oil
Extra Virgin
500 ml.
7.98



Hellmann's Mayonnaise
or Burger Sauce, Select Varieties
325-445 ml.
2 FOR $9



Heinz Ketchup
Select Varieties
375 ml.
2.98



Clover Leaf Sockeye Salmon
142 g.
6.98



Western Family Baby Beets
Whole
398 ml.
1.98



Nong Shim Noodle Bowls
Select Varieties
86 g.
1.78



Minute Rice Cups
Select Varieties
250 g.
2.78



Western Family Kidney Beans
Dark Red
398 ml.
2 FOR $4

Western Family Beans
Chick Peas or Lentils
Select Varieties, 540 ml.
3 FOR 6.99

Western Family Baked Beans
Select Varieties
398 ml.
2 FOR $4

La Grille Seasoned Salt
248 g.
4.28

SunRice Arborio Rice
750 g.
8.98

Only Goodness Coconut Oil
Virgin, 860 ml.
10.98

Western Family White Vinegar
2.5 litre
3.48

Western Family Mustard
or Relish, Select Varieties
325-400 ml.
2 FOR $5

Cholula Hot Sauce
Select Varieties
150 ml.
5.98

Primo Pasta Sauce
or Tomato, Select Varieties
680 ml.
2 FOR $5

The Keg Gravy Mix
or Swiss Chalet
Select Varieties, 1 Pack
3 FOR 4.98

Swift Premium Ham
680 g.
11.98

Taipan Sesame Seed Oil
180 ml.
3.78

Pace Chunky Salsa
Mild or Medium
428 ml.
4.48

HOLIDAY ENTERTAINING

Philadelphia Dips
Onion or Dill Pickle
340 g.
5.48



Bick's Pickles
Select Varieties
1 litre
5.98



Pop Daddy Pretzel Sticks
Select Varieties
212 g.
2 FOR $7



E.D. Smith Mint Jelly
250 ml.
3.98

MacLaren's Imperial Cheese
Old Cheddar
230 g.
7.48

Western Family Manzanilla Olives
Whole or Sliced
375 ml.
2.78



Christie Ritz Crackers
or Toppables
350-454 g.
5.48



Budweiser Zero Alcohol Free Beer
12 x 355 ml.
*Plus Deposit
15.98



Guinness Non-Alcoholic Draught
4 x 440 ml.
*Plus Deposit
10.98



Naturally Good

Squeeze Freeze-Dried Fruit
Select Varieties
20-40 g.
6.98



Gentle Earth Degreasing Cleaner
Mandarin Orange
236-700 ml.
9.98

Gentle Earth Room Spray
Select Varieties
250 ml.
7.98

Gentle Earth Castile Soap
Select Varieties
473 ml.
9.98

SNACK ATTACK!



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

Del Monte Fruit Cups
Select Varieties
16 Pack
18.98



Quaker Yogurt Granola Bars
Vanilla or Strawberry
5 Pack
2 FOR $7



Dare Breton Crackers
or Vinta, Select Varieties
135-225 g.
3.78



Christie Cookies
or Dad's, Select Varieties
285-500 g.
6.98



Western Family Soda Crackers
Salted or Unsalted
453 g. **2 FOR $7**

Clif Builders Protein Bars
Peanut Butter
68 g. **2 FOR $5**

Kraft Caramels
Original
269 g. **2 FOR $9**

Cadbury Chocolate Bars
Select Varieties
1 Pack **3 FOR 4.98**

Western Family Kettle Cooked Potato Chips
Select Varieties, 200 g. **2 FOR $5**

Hawkins Cheezies
285 g. **4.28**

Corn Nuts Corn Snacks
Select Varieties
48 g. **98¢**

Mars King Size Candy Bars
Snickers or Twix
85-93 g.
2 FOR $5



Skittles or Starburst
Select Varieties
130-170 g.
2 FOR $7



Orville Redenbacher Popcorn
Buttery or Extra Butter
3 Pack
2 FOR $8



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



Old Dutch Restaurante Tortilla Chips
or Arriba, Select Varieties
235-295 g.
4.28



DRINK IT UP

Mott's Clamato Juice
Original, 945 ml.
*Plus Deposit
2.78



Western Family Sparkling Water
Select Varieties, 12 x 355 ml.
*Plus Deposit
6.48



Sparkling Ice Beverages
Select Varieties, 503 ml.
*Plus Deposit
2 FOR $3



Minute Maid or Five Alive
or Fuze, Select Varieties
8-10 x 200 ml., *Plus Deposit
4.98



Gatorade Drink Crystals
Select Varieties
560 g.
7.48



Gatorade Sports Beverages
Select Varieties, 6 x 591 ml.
*Plus Deposit
8.48



Dole Pineapple Juice
or Light, 1.36 litre
*Plus Deposit
5.48



C4 Energy Drinks
Select Varieties, 473 ml.
*Plus Deposit
2 FOR $7



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



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



Pepsi or 7Up Beverages
Select Varieties, 12 x 355 ml.
*Plus Deposit
8.98





Farming Karma Fruit Soda
or Hydr8, Select Varieties
4 x 285 ml., *Plus Deposit
4.98

Nanton Spring Water
12 x 500 ml.
*Plus Deposit **2.98**

SunRype Apple Juice
1 litre
*Plus Deposit **2.78**

HOUSEHOLD MUST HAVES

Brita Replacement Filter
1 Pack
10.98

Purex Bathroom Tissue
or Ultra, Triple 12 Roll
12.98



Sponge Towel Ultra Pro
Double 6 Roll
16.98



Ziploc Freezer Bags
or Storage, Select Varieties
10-28 Pack
5.98



Western Family Aluminum Foil
12" x 50'
3.28



Glad Garbage Bags
Select Varieties
26-52 Pack
8.98



Sunlight Laundry Detergent
Select Varieties
58 Use
11.98



Bounce Fabric Softener
Select Varieties
80 Sheets
5.48



Dawn Ultra Dish Liquid
Original
1.12 litre
6.98



Finish Dishwasher Detergent
Classic
2 kg.
8.98



Finish Dishwasher Detergent
Lemon Scent
1.6 litre
6.98



Scotch Brite Scrub Sponges
Heavy Duty or Zero Scratch
3 Pack
3.98



Shout Trigger Stain Remover
650 ml.
2 FOR $9



Scrubbing Bubbles Toilet Brush Starter Kit
or Refill, 1-12 Pack
5.98



Scrubbing Bubbles Drop Ins
5 Pack
6.98



Windex Glass Cleaner
Select Varieties
765-950 ml.
5.98



Arm & Hammer Carpet & Room Deodorizer
Pet or Meadow Fresh, 700 g.
2 FOR $7



Glade Candle
Very Merry Vanilla
1 Pack
10.98



PERSONAL CARE

Colgate Pro-Relief Toothpaste
Gentle Whitening or Repair & Prevent
75 ml.
5.98



Colgate Extra Clean Toothbrush
Select Varieties
1 Pack
2 FOR $4





Herbal Essences Hair & Body Wash
or Conditioner, Select Varieties
346 ml.
2 FOR $8

Irish Spring Bar Soap
Original
6 Pack
9.98



Huggies Fragrance Free Wipes
or Sensitive
56-64 Pack
4.98



PET'S CORNER



Pedigree Vitality+ Dog Food
Original or Beef & Vegetable, 8 kg.
26.98

Purina Beggin' Dog Treats
Select Varieties
170 g.
2 FOR $9



Fancy Feast Cat Food
Select Varieties
85 g.
4 FOR $5



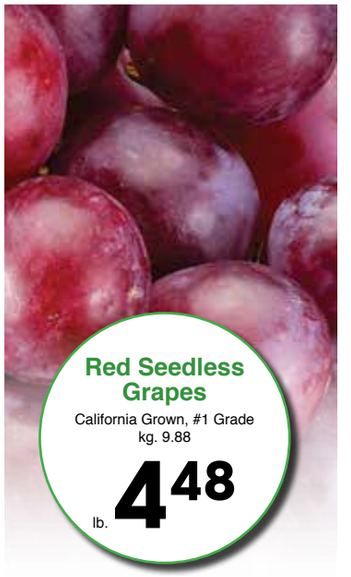
MARKET FRESH PRODUCE



Gala Apples
Canadian Grown, Canada Fancy
3 lb. Bag
Each 3.98
CANADIAN GROWN

Fresh
Avocados
Mexican Grown
4 FOR $5

Bartlett
Pears
U.S. Grown, Fancy Grade
kg. 5.47
lb. 2.48



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



Honeydew Melon
Mexican Grown, #1 Grade
kg. 3.70
lb. 1.68

Baby Long
English Cucumbers
Canadian Grown
1 lb. Bag
Each 3.48

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



Green Cabbage
Canadian Grown, Canada #1 Grade
kg. 1.94
lb. 88¢
CANADIAN GROWN

ORGANICS

Organic
Baby Rainbow Carrots
Product of U.S.A.
12 oz.
Each 3.48

Portabella
Mushrooms
Whole, Canadian Grown
170 g.
Each 6.98

Taylor Farms
Chopped Salad Kits
Select Varieties
Product of U.S.A.
11-12.6 oz.
Each 5.48

Earthbound Farm
Organic Salad
Select Varieties
Product of U.S.A., 5 oz.
Each 4.98

BAKERY BARGAINS

Portuguese
Buns
6 Pack
Each 2.98
Fresh Baked

Alpine Grain
Bread
Each 2.98
Fresh Baked

Crusty
Rolls
White or Whole Wheat
6 Pack
Each 2.48
Fresh Baked

Byblos Bakery
Naan Bread
Original or Garlic
400 g.
Each 2.98

Sausage
Rolls
4 FOR $5

Dempster's
Whole Grains Bread
or Signature, Select Varieties
600 g.
Each 3.98

Natural Bakery
Canadian Rye Bread
500 g.
Each 2.98

Cake
Donuts
Chocolate or Vanilla
6 Pack
Each 4.98

Two-Bite Cupcakes 5.98
Vanilla or Chocolate
12 Pack

Apple Turnovers 3.98
Raspberry or Cherry
4 Pack

Dempster's Bagels 2 FOR $8
Select Varieties
5-6 Pack

Dempster's Tortillas 4.98
Select Varieties
6-10 Pack

Dempster's Whole Grains Bread 2 FOR $8
or Multigrain, Select Varieties
600 g

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

A Program of Associated Grocers