



ARMSTRONG **FoodService**

Full Food Service Distributor



IDEAL **FoodService**



"Nova Scotia Owned and Operated Full Food Service Distributor"

COLABOR



ITWAL



Armstrong Food Service
1478 Park Street, P.O. Box 220, Kingston, Nova Scotia B0P 1R0
Local (902) 765-3311 Fax: (902) 765-3856 Toll Free 1-800-661-6331
www.oharmstrong.ca

Ideal Food Service
Toll Free 1-800-935-0257

Pricing valid June 28 - July 30, 2010



ARMSTRONG

FoodService

MAIN COURSE

RED BRANDED STEAKS

			Case	KG	LB	Portion
100812	Strip Loin Steak	30 x 170g	\$83.02			\$2.77
102932	Round Steak	35 x 140g	\$44.83			\$1.28
102949	Strip Loin VP	20 x 225g	\$104.46			\$5.22

ROASTS

103627	Round Top Inside Roast	5kg Avg		\$6.38	\$2.90	
123790	Well Done Roast Beef	2kg Avg		\$6.78	\$3.08	
112386	Pork Shoulder Roast	4kg Avg		\$2.90	\$1.32	

EXTRA-EXTRA

102377	Beef Brisket Plate	8kg Avg		\$3.37	\$1.52	
102515	Whole Fresh Ribeye	4kg Avg		\$6.47	\$2.93	
112208	Boneless Pork Butt Steak	30 x 150g	\$23.47			\$0.78
108301	Short Spare Ribs	2.27 kg	\$16.40			
110425	Sliced Beef Liver S&D	40 x 125g	\$17.22			\$0.43
111245	Pork Schnitzel	5kg Avg		\$8.34	\$3.78	
112810	Center Cut Pork Chop	30 x 170g	\$30.94			\$1.03
112178	Pork Chop Centre Cut	50 x 110g	\$33.36			\$0.67

DELI DELIGHTS

113330	Pure Pork Maple Dinner Sausage	5kg	\$15.95			
113169	Toupie Ham	5kg Avg		\$4.28	\$1.94	
122840	Smoked SS Leg Ham	8kg Avg		\$3.60	\$1.63	
123704	Shaved Pepperoni	2kg Avg		\$5.64	\$2.56	

HOT HOT SUMMER FEATURES

100824	Rib Eye Seasoned Steak	60 x 85g	\$60.54			\$1.01
109189	Medium Ground Beef	500g pkg	\$2.69			
105365	Bacon Wrap Tenderloin Steak	5x10x100g	\$86.30			\$1.73

Pricing Valid June 28 to July 30, 2010
We reserve the right to correct any pricing errors.
All prices are subject to stock availability.



202560	Tartar Sauce Portions	200 x 18ml	\$20.72
47208	Darifarm Submarine Cheese Slices	2 x 2kg	\$43.01
184591	Darifarm Plus Ribbon Cheese Slices	2 x 2kg	\$42.53
11930	Miracle Whip	2 x 3.78L	\$30.00
11932	Salad Bowl	2 x 3.78L	\$24.23
14984	Peanut Butter Portions	200 x 18g	\$25.89



161285	Keylime Cheesecake	2 x 91oz	\$77.83
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100690	Philadelphia Cheesesteak	40 x 4oz	\$49.31
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202272	Forty Creek Whiskey BBQ Sauce	2x4L	\$41.39
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30026	Mega Pak Ketchup Portions	396 x 26ml	\$41.70
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181352	Delicia NH Soft Marg No Trans Fat	10kg	\$31.01
181522	Capri NH Margarine	12 x 2lb	\$31.41



174254	Onion Rings 1/2" Steak Cut	1 x 4kg	\$21.50
175155	Battered Mix Vegetables	24x10oz	\$43.26



195071	Oasis Healthbreak Smoothies - Kiwi	12 x 300 ml	\$17.82
195075	Oasis Healthbreak Smoothies - Exquisite Berry	12 x 300 ml	\$17.82
195073	Oasis Healthbreak Smoothies - Tropical	12 x 300 ml	\$17.82
196991	Fairlee Apple/Grape Juice	24 x 300 ml	\$17.75



200555	Caesar Pasta Salad	5kg	\$26.38
200288	Vinegar Coleslaw	5kg	\$20.86
200652	Greek Pasta Salad	5kg	\$31.60
200600	Potato/Egg Salad	5kg	\$19.64



123122	Spicy Sliced Donair Meat	2x2.3 kg Avg	\$10.12
7618	Donair Sauce	2 x 4L	\$27.66
130136	Greek Pita Bread	24 x 4's	\$28.46



6124	Creamy Island Coleslaw	5kg	\$18.76
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204598	Spaghettine 10" Pasta	9.07kg	\$30.31
204592	Oven-Ready Lasagna 20" Pasta	4.54kg	\$20.50



156366	Cookie Dough - Chocolate Chunk	80 x 2oz	\$30.47
156368	Cookie Dough - White Choc Mac Nut	80 x 2oz	\$30.47
156374	Cookie Dough - Cranberry White Chocolate	80 x 2oz	\$30.41



50540	Pre-cooked Sausage Rounds 50x100g	5kg	\$40.19
40590	Fully Cooked Rib of Pork 79x63g	5kg	\$51.71



195425	Snapple Real Brewed Lemon Iced Tea	12 x 473ml	\$13.99
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430865	Battered Onion Rings	4kg	\$22.04
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