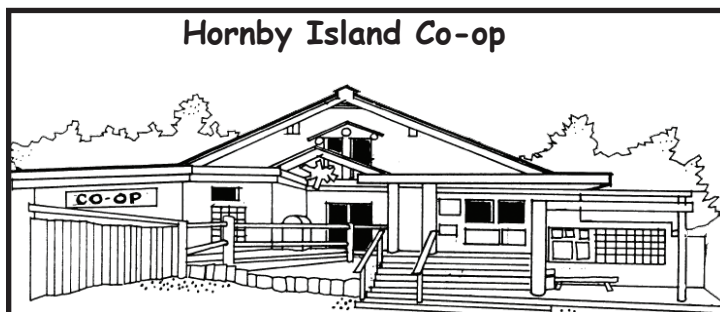


Chinese New Year Celebration Sale

ON SALE JANUARY 23 ONLY



MEAT

**Lillydale
Chicken Stir-Fry**

**Save
\$4/kg**

Sale Price \$15.19/kg

Reg Price 19.19/kg

PRODUCE

Organic Broccoli

**Save
\$1/kg**

Sale Price \$3.89/kg

Reg price \$4.89/kg

PRODUCE

**Money's
Brown Mushrooms**

**Save
\$2/kg**

Sale Price \$6.99/kg

Reg price \$8.99/kg

PRODUCE

Fresh Ginger

**Save
\$1/kg**

Sale Price \$4.49/kg

Reg Price \$5.49/kg

GROCERY

**Lundberg White
Basmati Rice**

**Save
\$1**

907 grams

Sale Price \$4.19ea.

Reg Price \$5.19ea.

FREEZER

**Gold Phoenix
Spring Rolls**

**Save
\$3**

550 grams

Sale Price \$9.49ea.

Reg Price \$12.49ea.

Chinese Chicken Recipe

Ingredients:

2 Tbls Cornstarch

1/4 tsp Ginger, Ground

14 1/2 oz Vegetable Broth

1 Tbls Soy Sauce

3 Tbls Vegetable Oil

1 lb Chicken, Skinless & Boneless, Cut Into Strips

5 Cups Mixed Vegetables: Broccoli, Mushrooms,
Carrots, Celery, Green Onions, etc., Cut Up

1 Clove Garlic, Minced



Directions: Stir the cornstarch, ginger, broth and soy sauce together until smooth. Set aside.

Heat 2/3 of the oil in a wok or skillet and stir fry half of the chicken over high heat until browned. Remove and set aside.

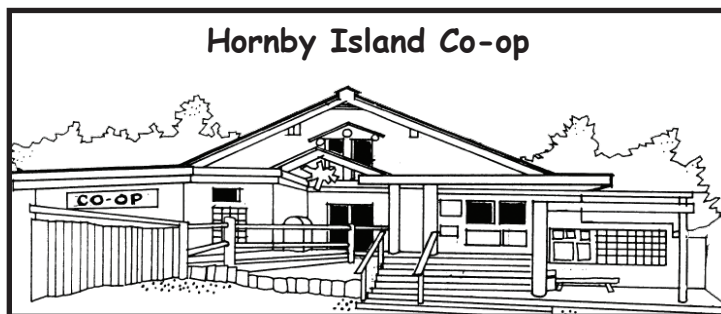
Repeat with the remaining chicken. Add the remaining oil to the wok and stir fry the vegetables, along with the garlic, until tender-crisp. Reduce heat to medium. Add the chicken and the broth mixture to the wok. Cook, stirring constantly, until the mixture comes to a boil and thickens.

Serve over rice. Yields 4 Servings

Prices valid while supplies last. Regular prices may vary. Quantities may be limited. We reserve the right to correct printing errors.

Chinese New Year Celebration Sale

ON SALE JANUARY 23 ONLY



GENERAL MERCHANDISE

30% off ALL DAY!

- Chinese Lanterns
 - Silk Purses
 - Note Books
 - Chopsticks
- &
More!!

**These items will be displayed
downstairs in our
General Merchandise Dept.**

Ben's Cafe

Ben will be serving up a fabulous feast of Chinese food on January 23rd.

Ben's Hours are: 9am - 2pm and he's now open for breakfast!

Hornby Island Co-op - Hornby Island, BC, Canada V0R 1Z0
Tel: (250) 335-1121 • Fax: (250) 335-1882 • Gas Bar: (250) 335-2686
Website: www.hornbyislandcoop.ca • Email: hicoop@telus.net