



The Saving Way

# Month End Savings

Specials Valid from Feb 27th - March 15th, 2020



**CREST BONELESS SALTED FISH 340G**  
**19.99** /EA  
SAVE \$3.66



**BUTTERFISH FILLET 1KG**  
**59.99**  
SAVE \$3.50



**OCEAN DELIGHT CHILEAN SALMON 8 OZ**  
**46.99**  
SAVE \$5.00



**FROZEN TUNA STEAKS**  
**19.99** /PER LB  
SAVE \$3.36



**OCEAN DELIGHT SMALL PEELED SHRIMP 1 LB (61-70 CT)**  
**52.99** /EA  
SAVE \$4.00



**GRACE MACKEREL 15 OZS**  
**11.99** /EA  
SAVE \$1.00



**EMBORG GARDEN MIX 450G**  
**16.99** /EA  
SAVE \$2.00



**NATURALLY ALMOND ALMOND MILK 32OZ**  
**19.99** /EA  
SAVE \$4.50



**LIPTON YELLOW LABEL TEABAGS 100CT**  
**36.99** /EA  
SAVE \$13.00



**SQEZY DISHWASHING LIQUID 1.4L**  
**24.99** /EA  
SAVE \$5.00



**DOWNY FABRIC SOFTENER 2.8L**  
**42.99** /EA  
SAVE \$8.90



**JAMES PLAGNIOL OLIVE OIL 500ML**  
**54.99** /EA  
SAVE \$9.00



**BLUE RIBBON ICE CREAM 3.78L**  
**69.99** /EA  
SAVE \$13.00



**SCOTT CALORIE ABSORB PAPER TOWELS 90CT**  
**13.99** /EA  
SAVE \$4.00



**CREST CAVITY/TARTAR PROTECTION TOOTHPASTE - 5.7 OZ**  
**9.99** /EA  
SAVE \$3.00



**ARIEL REGULAR POWDER DETERGENT 3KG**  
**59.99** /EA  
SAVE \$17.00



**ROLAND RAMEN NOODLE SOUP 3.05 OZS**  
**4 for 9.99**  
SAVE \$1.81



**EVE MACARONI ELBOWS/PENNE/TWIST 300G**  
**3 for 10.99**



**MATOUK'S BAKED BEANS 450G**  
**2 for 11.99** /EA  
SAVE \$1.51

## BUY MORE Save More



**MATOUK'S GUAVA JAM 307G**  
**2 for 14.99** /EA  
SAVE \$2.99



**BRUNSWICK TUNA FLAKES IN OIL/WATER 142G**  
**3 for 19.99**  
SAVE \$5.78



**BRUNSWICK SARDINES IN SOYABEAN OIL 106G**  
**3 for 20.99**  
SAVE \$5.98



**DASANI WATER 1L**  
**4 for 14.00**  
SAVE \$3.96

**YOUR TOTAL BILL ALWAYS COSTS LESS AT JTA**

• C3 CENTRE: 223-9989 • CARLTON CENTRE: 652-3611 • CROSS CROSSING: 657-9074  
• MARABELLA: 658-1425 • COUVA: 636-2446 [jtasupermarkets.com](http://jtasupermarkets.com)





**SUPERMARKETS**  
The Saving Way

**In Store Savings**

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**MACARONI & CHEDDAR CHEESE**  
*Recipe*



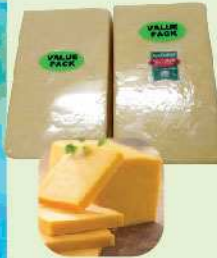
**INGREDIENTS:**

- 8 OUNCES ELBOW MACARONI
- ¼ CUP BUTTER
- ¼ CUP ALL-PURPOSE FLOUR
- ½ TSP SALT

- 2 CUPS MILK
- 2 CUPS GRATED NEW ZEALAND CHEDDAR CHEESE
- GROUND BLACK PEPPER TO TASTE

**METHOD:**

Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally until cooked through but firm to the bite, 8 minutes. Drain. Melt butter in a saucepan over medium heat; stir in flour, salt, and pepper until smooth, about 5 minutes. Slowly pour milk into butter-flour mixture while continuously stirring until mixture is smooth and bubbling, about 5 minutes. Add cheddar cheese to milk mixture and stir until cheese is melted, 2 to 4 minutes. Fold macaroni into cheese sauce until coated. Add spices as required to taste.



**NEW ZEALAND CHEDDAR CHEESE (REGULAR/VEGETARIAN) VALUE PACK PER LB**  
**19.99** /PER LB



**NABISCO OREOS 432G (OVERWRAP) ORIGINAL & COOKIES & CREAM**

**15.95**  
SAVE \$6.54



**MABEL'S GARLIC SAUCE WITH CHILLI 355ML**  
**12.99** /EA  
SAVE \$3.00



**EVE BLACK EYE PEAS 440G**  
**6.49** /EA  
SAVE \$0.50



**MABEL'S MAYONNAISE 950ML - SPOUCH**  
**18.99** /EA  
SAVE \$4.50

**BUY MORE Save More**



**HAPPI TUNA FLAKES 140G IN OIL/BRINE**  
**2 for 9.99** /EA  
SAVE \$3.19



**HAPPI TUNA CHUNKS 60Z IN OIL/BRINE**  
**2 for 15.99** /EA  
SAVE \$3.51



**MATOUK'S GREEN PIGEON PEAS 440G**  
**2 for 17.99**  
SAVE \$3.99



**HIBISCUS FLOUR 2KG**  
**2 for 19.99**  
SAVE \$3.79



**MABEL'S TOMATO KETCHUP SPOUCH 750ML**  
**3 for 19.99**  
SAVE \$2.78



**CARLTON'S CHOICE WHOLE FOODS LENTILS 400G**  
**2 for 11.99**  
SAVE \$3.99



**MARIGOLD MARGARINE 227G**  
**3 for 17.99** /EA  
SAVE \$5.98



**OASIS WATER 24 X 330ML - CASE**  
**5 for 100.00**



**LUX BATH SOAP 3 X 125G**  
**2 for 19.99**

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