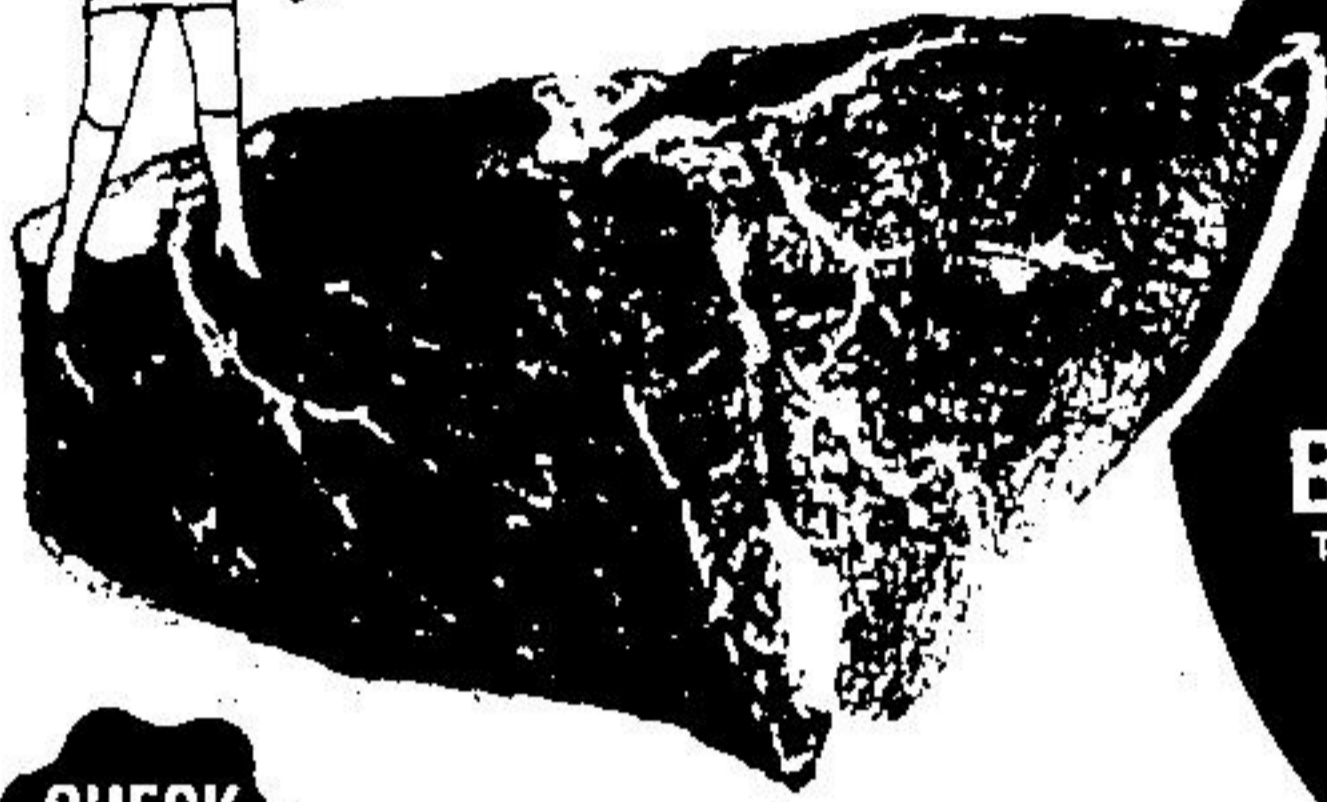


# Meats That Please From Safeway



**NOTES FROM NANCY NUTRITION:**

Foods that abound in high quality protein... Beef, veal, lamb, pork, poultry, fish, eggs and cheese always make delicious main dishes. They're meat dishes often combine these protein rich foods with vegetables or the bread cereal groups of the basic food groups. For example, beef stew with vegetables or dumplings, chicken with rice, fish with stuffing, steamed with macaroni. Dry beans and peas are also highly protein... with a little meat added they produce a high quality protein meal.



**RUMP ROAST**  
BONELESS  
Top or Bottom Round  
**lb. 1.48**  
Cut From Canada Grade A Beef

**ROUND STEAK**  
Boneless Full Cut  
Cut From Can Grade A Meat  
**lb. 1.58**

**STEWING BEEF**  
BONELESS Cubed  
**lb. 1.09**

**BEEF LIVER**  
Sliced Fresh NOT Frozen  
**lb. 59¢**

**LAMB LEGS**  
Whole, Frozen New Zealand  
**lb. 1.19**

**CHECK THE TRIM**

Every roast, every steak, is cut from top government inspected grades of beef, for your eating pleasure. These are the reasons we know every cut will be right and why we can back every sale with our complete satisfaction. If ever a purchase of Safeway Meat fails to please for any reason whatsoever, just tell us. We will make an adjustment that is satisfactory to you or refund the purchase price in full.

- |  |  |   |   |  |
|--|--|---|---|--|
| <b>Shoulder Roast</b><br>Frozen Whole New Zealand Lamb<br>lb. <b>78¢</b> | <b>Corned Beef</b><br>Safeway C.O.V. Sweet Pickled Brisket<br>lb. <b>1.49</b>    | <b>Cooked Ham</b><br>Robert Mondal Sliced Ser. V.P. Pkg.<br>Ea. <b>1.09</b> | <b>Bavarian Smokies</b><br>Robert Mondal Brand Ser. Pkg.<br>Ea. <b>89¢</b>  | <b>Pork Sausage</b><br>Robert Mondal Pure 1 lb. Pkg.<br>Ea. <b>1.29</b>  |
| <b>Shoulder Chops</b><br>Frozen New Zealand Lamb<br>lb. <b>88¢</b>       | <b>Side Bacon</b><br>Safeway Sliced V.P. Reg. or Thick Sliced<br>lb. <b>1.68</b> | <b>Smoked Wieners</b><br>Robert Mondal Brand 1 lb. Pkg.<br>Ea. <b>89¢</b>   | <b>Kolbassa Smokies</b><br>Robert Mondal Brand Ser. Pkg.<br>Ea. <b>1.09</b> | <b>Cooked Meats</b><br>Robert Mondal Old Country Brisket Ser. Pkg.<br>Came Sliced, Jugged, Braised, Stewed<br>Ea. <b>83¢</b> |

**APPLE JUICE**  
Town House Canada Choice Grade  
19 fl. oz. Tin  
**4 FOR 1.00**

**Safeway Produce Picked Fresh 'Specially For You**

For a great dessert idea slice bananas in half and serve with Lucerne Ice Cream.

**BANANAS**  
From the Tropics  
**lb. 14¢** Full Of Flavour

An easily digested food. A good source of Vitamin A and an excellent source of Vitamin C. Can be utilized in breads, cakes and cookies.

**Broccoli**  
Large Size 14, Bunch  
**Ea. 49¢**

**Oranges**  
Navel, From California  
Full of Natural Goodness  
Doz. **89¢**

**Pears**  
Fairfax South Africa or Green Canada's Own Grade  
Ea. **39¢**

**Flower Bulbs**  
Tulip, Daffodil, Narcissus, etc. Pkg. Ea. **69¢**

**Dried Flowers**  
Ea. **1.69**

**Especially For You Mom**

**Zebra Plants**  
4" Pot Ea. **2.49**

Produce Effective May 5th-8th, 1976

**SLICED BREAD**  
Overnight White 24 oz. Loaf  
**Ea. 29¢**

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|---|--|
| <b>Cling Peaches</b><br>Gardendale Sliced Yellow 28 fl. oz. Tin<br>Ea. <b>59¢</b> | <b>Tomato Paste</b><br>Town House 8 1/2 fl. oz. Tin<br><b>4 FOR 1.00</b>                 |
| <b>Kidney Beans</b><br>Taste Tots Light Red 16 oz. Tin<br><b>3 FOR 1.00</b>       | <b>Asparagus Cuttings</b><br>Taste Tots Canada Choice 12 fl. oz. Tin<br><b>2 FOR 85¢</b> |
| <b>Liquid Honey</b><br>Beehive White Can No. 1 Grade 16 oz. Jar<br>Ea. <b>95¢</b> | <b>Instant Coffee</b><br>Nescafe 10 oz. Jar<br>Ea. <b>2.99</b>                           |
| <b>Egg Noodles</b><br>Primo Brand or Medium 12 oz. Pkg.<br>Ea. <b>39¢</b>         |  |

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| <b>Jelly Powders</b><br>Empress Assorted Flavours 3oz. Pkg.<br><b>4 FOR 1.00</b> | <b>Flavour Crystals</b><br>Empress Grape Pkg. of 4 3/4 oz. Pouches<br>Ea. <b>59¢</b>   |
| <b>Coffee Creamer</b><br>Lucerne Coffee Tone 16 oz. Jar<br>Ea. <b>99¢</b>        | <b>Peak Frean Biscuits</b><br>Asst. Peak Frean Varieties 16 oz. Pkg.<br>Ea. <b>99¢</b> |
| <b>Spaghetti Sauce</b><br>Primo Plain 16 1/2 oz. Tin<br><b>3 FOR 1.00</b>        | <b>Breakfast Cereal</b><br>Post Sugar Corn 13 oz. Pkg.<br>Ea. <b>91¢</b>               |
| <b>Italian Rolls</b><br>Demeters Pkg. of 8 Rolls<br>Ea. <b>59¢</b>               |  |

**BEANS WITH PORK**  
Taste Tots 14 fl. oz. Tin  
**3 FOR 1.00**

**ONLY AT SAFEWAY**  
Fine Quality Lucerne Fluid Milk Products are processed and distributed from our Lucerne Milk Plant located in Oakville. All Lucerne Dairy Products are processed under the strictest quality control methods using the top to date sterilization equipment and handling methods. Like All Safeway Brands, Lucerne Dairy Products are fully guaranteed and are of the finest quality available. Check your nearby Safeway for a complete line of Lucerne Dairy Products.

**HALF AND HALF**  
One Pint Lucerne Pasteurized  
Finest Safeway Quality  
**Ea. 55¢**

**Safeway's (Fine) Frozen Foods**

**Beef Pies** Ea. **29¢**  
or Meat Pie (Frozen Chicken Turkey)

**Bread Dough** Ea. **1.19**  
or All Purpose White or Whole Wheat Loaves

**Pie Shells** Ea. **69¢**  
Lamborghini Frozen Dough 10 1/2 oz. Pkg.

<b>Green Peas</b> Green Giant Can Family Giant Lambert Brand <b>2 FOR 79¢</b>	<b>Cheese Slices</b> Lucerne Processed 10 1/2 oz. Pkg. Ea. <b>2.49</b>	<b>Fabric Softener</b> Downy 28 oz. Bottle Ea. <b>1.39</b>	<b>Everynight Shampoo</b> Neutral Shampoo, Bottom of Shampoo 11.3oz. Pkg. Ea. <b>1.39</b>
<b>Cooking Oil</b> Borden 12 1/2 Pint Veg. Oil 12 1/2 fl. oz. Tin Ea. <b>3.49</b>	<b>Sandwich Bags</b> Safeway Plastic Pkg. of 100 Bags Ea. <b>85¢</b>	<b>Cat Food</b> Purina Stamp 11 1/2 Pkg. Ea. <b>99¢</b>	<b>Deodorant Aerosol</b> Roxol 200 Series Scented or Unscented 5 1/2 oz. Tin Ea. <b>1.79</b>
<b>Onion Rolls</b> Demeters Brand Pkg. of 8 Ea. <b>59¢</b>	<b>Whip Topping</b> Purina 12 1/2 oz. Served Top Ea. <b>89¢</b>	<b>Instant Breakfast</b> Carnation Best Flavored Pkg. of 6 Ea. <b>1.09</b>	<b>Liquid Detergent</b> Furniture 28 oz. Bottle Ea. <b>1.19</b>

Prices Effective May 8th-11th, 1976. Sales in Retail Quantities Only.

**FROZEN PIZZA**  
Bel Air Deluxe or Pepperoni  
21 oz. or 23 oz. Pkg.  
**Ea. 1.89**

OPEN 9 A.M. TO 10 P.M. MONDAY THRU SATURDAY  
HIGHWAY 10 AND KING ST  
**MISSISSAUGA**  
OPEN 9 A.M. TO 10 P.M. MONDAY THRU SATURDAY EXCEPT THURS AND FRI OPEN 10 A.M. TO 10 P.M.  
SHOPPERS WORLD HIGHWAY 10 AND STEELS AVE  
**BRAMPTON**

**SAFEWAY**  
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