

Sale!!! **miracle** Foodmart

Miracle's Select Quality Meat

Cut from Canada Grade A Beef

save \$1.20 per lb.

Sirloin Steaks

701 per kg / **318** per lb.

Charcoal Briquets **2.99**

Cut from Canada Grade A Beef Porterhouse, Wing or

save \$1.20 per lb.

T-Bone Steaks
No Tail

767 per kg / **348** per lb.

Leaver Mushrooms **.79**

Ground from 100% Beef

Medium Ground Beef

348 per kg / **158** per lb.

Cut from Canada Grade A Beef

Boneless Brisket Points **503** **228**

Fresh Beef Liver **194** **.88**

Cut from Canada Grade A Beef

Boneless Rib Eye Steaks **1208** **548**

Sweet Pickled Maple Leaf Cottage Rolls **437** **198**

Cut from Canada Grade A Beef

New York Strip Loin Steaks **1429** **648**

Miracle's Own 100% Pure Canadian Beef

Beef Patties
Quarter Pound Size (Appx. 10 lb. ctns. at \$1.58 lb.)

370 per kg / **168** per lb.

Maple Leaf Pure Pork Sausages 375 g pkg. **1.88**

Top Quality Sliced Maple Leaf Lunch Meats Selected Varieties 175 g **1.08**

Miracle Food Mart Bologna Sliced 175 g pkg. **.98**

Miracle Food Mart Sliced Side Bacon 500 g pkg. Regular or Maple Flavour **2.78**

Shopy's Corned Beef Brisket **547** **248**

Shopy's Glazed or Regular Sliced Cooked Ham 175 g pkg. **1.48**

Ground from 100% Beef

save

Regular Ground Beef

282 per kg / **128** per lb.

Heinz Tomato Ketchup **1.99**

Take home and slice

Cut from Canada Grade A Beef, Boneless

save

Whole Round Steak Roasts
Outside bottom round, eye removed (inside top cut \$4.83 kg/\$2.19 lb.)

439 per kg / **199** per lb.

Hamburger Buns **.89**

Cut from Canada Grade A Beef

Boneless Round Steaks
Full Slice

547 per kg / **248** per lb.

3 Varieties Shopy's Old Vienna Salami 500 g pkg. **2.98**

Mary Miles Bacon 500 g pkg. **2.48**

Highliner Cod in Batter 350 g pkg. **1.88**

Bluewater Boston Blue Fish & Chips 8 oz. pkg. **.98**

Miracle Food Mart or Pride of Canada Wieners 454 g pkg. **1.68**

Country Market Fresh Produce

Product of U.S.A. Canada No. 1 Grade

Seedless Grapes
Large Size

218 per kg / **.99** per lb.

Product of Ontario Canada No. 1 Grade

Green Sweet Peppers
Large Size

130 per kg / **.59** per lb.

Product of Ontario Canada No. 1 Grade

Greenhouse Seedless Cucumbers each **.69**

Product of U.S.A. **Sweet Nectarines** **218** **.99**

Product of U.S.A. **Whole Watermelon** each **2.99**

Product of South Africa **Outspan Oranges size 112** **12/2.69**

Product of U.S.A. Canada Fancy Grade **Red Delicious Apples 3 lb. bag** **1.99**

Product of Ontario Canada No. 1 Grade **Potatoes 10 lb. bag** **1.79**

Fresh from the Tropics **Large Size Bananas** **.86** **.39**

Product of Ontario **Green Onions or Bunch Radishes** **3/.99**

Product of U.S.A. Canada No. 1 Grade

Sweet Cantaloupes
Large Size

each **.79**

The Deli & B.B.Q.

Swift's Black Forest Ham
Deli Sliced

.88 per 100 g / **399** per lb.

Swift's Premium Lunch Meats **.50** per 100 g

Bologna, Mac & Cheese, Chicken Loaf **229**

Swift's Premium Polish Sausage **.55** per 100 g / **249**

Swift's Old World Salami **.59** per 100 g / **269**

Dutch, Vienna, Ukrainian, Hungarian

Swift's Premium Cooked Ham **.72** per 100 g / **329**

Product of Ontario Ontario No. 1 Grade

Celery Stalks

each **.59**

Product of Ontario Canada No. 1 Grade

Green Cabbage

each **.59**

Product of Ontario Canada No. 1 Grade **Carrots or Yellow Onions 2 lb. bag** **.79**

Product of Mexico **Fresh Mangoes** each **.99**

Product of Ontario **Assorted Hanging Baskets 6 inch pot** each **3.99**

Product of Ontario **African Violets 4 inch pot** each **1.69**

Product of Ontario **Rex Begonia 4 inch pot** each **1.39**

J.S. Brand from Concentrate **Lemonade or Fruit Punch 64 oz. ac.** **1.49**

Product of Ontario Canada No. 1 Grade **Head Lettuce** each **.49**

Product of Ontario

Green or Wax Beans

130 per kg / **.59** per lb.

The Bakery

Oakrun Farms **Plain English Muffins** 2/100 pkg. of 8

Granny's Buttermilk **1.44** pkg. of 10

Steinberg **Angel Food Cake** **1.33** 175 g pkg.

Dough Delight **Whole Wheat or White Pita Bread** pkg. of 6 **.69**

Dampier's **Stone Ground Bread** **.79** 475 g loaf

Miracle Food Mart **Cinnamon, Plain or Sugar Cake Donuts** **.99** pkg. of 12

Miracle Food Mart **Raisin Bread** **.99** 450 g loaf

Miracle Food Mart **Hamburger or Hot Dog Buns** pkg. of 8 **.59**