

DEALS



Miracle's Select Quality Meats

save

278 per kg
126 per lb.
Regular Ground Beef

save \$1.10 lb.

659 per kg
299 per lb.
Cut from Canada Grade A Beef Sirloin Steaks

Lean, Meaty
Fresh Side Spare Ribs
439 per kg
199 per lb.

Shop's Deli Fresh Wieners 1.78
Pride of Canada Bacon 2.79
Mary Miles Deli Sticks 1.69
Pride of Canada Sliced Bologna 1.19
Old Vienna Salsami 2.70
Shop's Sliced Cooked Ham 1.46

save \$1.00 lb.

703 per kg
319 per lb.
Cut from Canada Grade A Beef Porterhouse, Wing or T-Bone Steaks

save .90 lb.

549 per kg
249 per lb.
Cut from Canada Grade A Beef Bottom Round Steak Roasts

Famous for Quality
Schneiders Skillet Strips
 500 g pkg.
2.19

Shop's All Beef Bologna .99
Sliced Meats .79
Lean Ground Beef 505 229
Sierra Pepperoni 659 299
Sierra Salsametti or Soppressata 880 399

Cut from Canada Grade A Beef
Top Round Steak Roasts
 Boneless Inside
593 per kg
269 per lb.

Maple Leaf Ham Steaks 2.19
Maple Leaf English Back Bacon 2.69
Shop's Deli Bake Meat Pies 1.09
Shop's Beef Sausages 2.99
Shop's Deli Lean Hams 880 399
Maple Leaf Bavarian Sausage 2.48

Country Market Fresh Produce

Product of Ontario
 Canada No. 1 Grade
Ontario Potatoes
 10 lb. bag
.89
 Save .40

Product of Ontario
 Canada Fancy Grade
McIntosh Apples
 3 lb. bag
.99
 Save .40

218 .99
218 .99
12/2.69
8/1.99
174 .79
1.99

Product of U.S.A.
 Canada No. 1 Grade
Field Cucumbers
3/99
 Save .51


Product of Italy
 Canada No. 1 Grade
Muscat Grapes
218 per kg
.99 per lb.
 Save .30 lb.

Product of U.S.A. or Ontario
 Washed & Trimmed
Spinach
 10 oz. bag
.69
 Save .30

.99
2/1.00
1.49
1.86 .39
2.79
4.99
7.99
1.99

Product of Ontario
 Canada No. 1 Grade
Celery Hearts
.69
 Save .20

The Deli & B.B.Q.


 Piping Hot - Ready to Eat
B.B.Q. Whole Chickens
 1 1/2 lb. avg. cooked weight
.55 per 100 g
249 per lb.

Canadian Queen Deli Sliced Lunch Meats .37 per 100 g
1.69 per lb.
Mary Miles Bologna .35 per 100 g
1.59 per lb.
Shop's Creamy Cole Slaw .28 per 100 g
1.29 per lb.
Random Weight Canadian Cheese .66 per 100 g
2.99 per lb.

The Bakery

Dempster's 100% Whole Wheat Bread .69
Steinberg Lemon Pie 1.69
Toastmaster Crumpets .79
Miracle Food Mart Hot Dog or Hamburger Buns .66

Miracle Food Mart Butter Tarts 1.29
Vachon Chocolate 1.19
Miracle Food Mart Lemon or Jelly Yeast Donuts .99
Bake-A-Rite Apple and Raspberry Turnovers 1.19