

with every \$10 purchase

at Miracle

Redeemable at Consumer's Distributing®. Details in store. (no accumulation of tapes)

Miracle's Select Quality Meats



Save .70 lb.

Cut from Canada Grade A Beef Chuck

Blade Roasts
Blade Bone Removed

328 per kg
149 per lb.



Save .40 lb.

Cut from Canada Grade A Beef Chuck

Boneless Blade Roasts

439 per kg
199 per lb.



Save .80 lb.

Cut from Canada Grade A Beef Chuck

Cross Rib Roast
Oven or Pot Roast

439 per kg
199 per lb.

Cut from Canada Grade A Beef

Lean Boneless Stew Beef

439 per kg
199 per lb.

Cut from the leg, inside

Top Round Pork Roasts **615** **279**
Boneless

Cut from the leg, outside

Bottom Round Pork Roasts **593** **269**
Boneless

Cut from the leg

Veal Scallopini **880** **399**

From the Shoulder

Fresh Veal Chops **373** **169**

Fresh Turkey Wings **328** **149**

Cut from the Leg

Fresh Pork Schnitzel

637 per kg
289 per lb.

Gainers

Swift's Premium Wieners **1.59**

Swift's Premium or

Lazy Maple Bacon 500 g pkg. **2.79**

Sugar Plum

Sliced Cooked Ham 125 g pkg. **1.49**


Sugar Plum Dinner Hams **791** **359**

Gainers Quarter or

Sugar Plum Half Hams **725** **329**

Lazy Maple Sausages 500 g pkg. **2.49**

Fresh Turkey Legs **395** **179**



Save .30 lb.

Grade A Eviscerated

Fresh Jumbo Roasting Chickens
5-7 lb. avg. size

262 per lb.
119 per lb.



Save .25 lb.

Fresh from the Tropics

Large Size Bananas

.42 per kg
.19 per lb.

Take home and slice

Whole Boneless Leg of Pork

571 per kg
259 per lb.

Fresh Turkey Breasts **439** **199**
Wing removed

Ideal for Soup

Chicken Backs & Necks **.86** **.39**

Highliner

Haddock Fish Sticks 14 oz. pkg. **2.69**

Highliner

Haddock in Batter 250 g pkg. **2.19**

Highliner

Haddock Fillets 15 oz. pkg. **2.69**

Country Market Fresh Produce

Product of U.S.A.

Florida Juice Oranges
5 lb. bag

199

Save \$1.00

Product of Italy

Canada No. 1 Grade

Muscat (Italia) Grapes

218 per kg
.99 per lb.

Save .30 lb.

Product of Ontario

Canada No. 1 Grade

Carrots or Yellow Onions 2 lb. bag **2/1.00**

Product of U.S.A.

Canada No. 1 Grade

Tomatoes Large Size **218** **.99**

Product of U.S.A.

Canada No. 1 Grade

Field Cucumbers **2/1.00**

Product of Ontario

Canada Fancy Grade

Bosc Pears **174** **.79**

Product of U.S.A.

Canada No. 1 Grade

Head Lettuce each **.79**

Product of Italy

Roasting Chestnuts Jumbo Size **439** **199**

Product of U.S.A.

Canada No. 1 Grade

Green Onions or Radishes 8 oz. bag **2/.88**

Product of U.S.A.

Florida Tangelos

12/1.59

Save .40

The Deli & B.B.Q.



Roasted Gourmet Turkey Breast
Deli Sliced

110 per 100 g
499 per lb.

Save 195 lb.

Clearview Farms per 100 g **.88**

White & Dark Turkey Roast **399** per lb.

Clearview Farms per 100 g **.66**

Turkey Cold Cuts **299** per lb.

Salami, Beerwurst, Pimento, Pimento & Olive

Clearview Farms per 100 g **.44**

Turkey Bologna **199** per lb.

Clearview Farms per 100 g **.44**

Turkey Polish Sausage **199** per lb.

Product of France

Canada Fancy Grade

Granny Smith Apples

174 per kg
.79 per kg

Save .20 lb.

Product of U.S.A.

Washed & Trimmed

Spinach
10 oz. bag

.79

Save .20

Product of Ontario

Canada No. 1 Grade

Potatoes 10 lb. bag **1.29**

Product of U.S.A.

Ontario No. 1 Grade

Green Sweet Peppers **218** **.99**

Product of U.S.A.

Canada No. 1 Grade

Red Grapes **218** **.99**

Reiger Begonias 4 inch pot **1.59**

Product of U.S.A.

Schultz Plantfood 1 1/2 ll. oz. **1.99**

Product of Australia

Miracle Food Mart

Sultana Raisins 750 g **2.99**

Product of U.S.A.

Jumbo Harley Walnuts New Crop **351** **1.59**

Product of Ontario

Canada No. 1 Grade

Celery Hearts

.79

Save .20

The Bakery

Miracle Food Mart

Cracked Wheat or

60% Whole Wheat Bread **.69**
675 g loaf

Flamingo Butter Tarts **1.79**
pkg. of 12

Wonder

English Muffins **.69**
pkg. of 6

Miracle Food Mart

Bread Crumbs **.59**
250 g pkg.

Miracle Food Mart

Plain, Cinnamon or Sugar

Cake Donuts **1.09**
pkg. of 12

Homepride

Vanilla or Choco Creme Flips **1.49**
pkg. of 6

Dough Delle

White or Brown Pita Bread **.69**
pkg. of 5

Domper's

Scone Long Bread **.79**
675 g loaf