

Get Your Free Coupon at Miracle

with every \$20 purchase
No accumulation of cash tapes

See details in store

Miracle's Select Quality Meats

Save



Eviscerated, Utility Grade **Fresh Chickens**
2-3 lb. size

174 per kg
per lb. .79

Save 10¢ lb.



Ground from 100% Beef **Regular Ground Beef**
Limit 10 lbs. per family purchase.

216 per kg
per lb. .98

Part Back Attached **Fresh Chicken Breasts**

284 per kg
per lb. 1.29

Whole or Shank, Part Skinned Smoked Cooked Hams	328	149
Fresh Chicken Wings	284	129
Eviscerated, Utility Grade Fresh Chickens 3 1/2-4 1/2 lb. size	196	.89
Frozen, Eviscerated Grade A Roasting Chickens 6-7 lb. size	262	119
Town Club Sliced Side Bacon 500 g pkg.		2.39
Sliced Pride of Canada Cooked Ham 175 g pkg.		1.69
Pride of Canada Wieners 454 g pkg.		1.79
Sliced Pride of Canada Bacon 500 g pkg.		2.79
Swifts Sugar Plum Quarter Hams	770	349
Swifts Sugar Plum Half Hams	747	339
Swifts Sugar Plum Dinner Hams	791	359
Schneiders Ham Steaks 175 g pkg.		2.19
Red Hot, All Beef or Dutch Treat Schneiders Wieners 454 g pkg.		1.99
Swifts Lazy Maple Sausages 500 g pkg.		2.59
Swifts Brown N Serve Sausages 250 g pkg.		2.09
Cut from Canada Grade A Beef Lean Boneless Stewing Beef	395	179
Cut from Canada Grade A Beef Boneless Brisket Point Roasts	439	199

Frozen Eviscerated, Grade B or Utility Grade **Young Turkeys**
All available sizes.

240 per kg
per lb. 1.09

Eviscerated **Grade A Young Turkeys**
All available sizes

262 per kg
per lb. 1.19

Save .60 lb.



Part Back Attached **Fresh Chicken Legs**

218 per kg
per lb. .99

Save .49 lb.



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

110 per kg
2 lb. 1.00

Country Market Fresh Produce

Product of Japan **Japanese Mandarin Oranges**
Appx. 9 lb. box

6.99

Save 1.00

Product of U.S.A. **Florida Juice Oranges**
5 lb. bag

1.99

Save .50

Product of U.S.A. Florida Tangelos	12/1.69
Product of Ontario Canada No. 1 Grade Carrots or Yellow Onions 2 lb. bag	2/1.00
Product of U.S.A. Ontario No. 1 Grade Green Sweet Peppers	218 per lb. .99
Product of U.S.A. Green Onions or Radishes 8 oz. bag	2/.88
Product of Ontario Canada Fancy Grade Red Delicious Apples 5 lb. bag	1.89
Product of U.S.A. Florida White or Red Grapefruit	8/1.99
Product of P.E.I. Canada No. 1 Grade P.E.I. Potatoes 50 lb. bag	3.99
Product of U.S.A. Canada No. 1 Grade Red Grapes	218 per lb. .99

Product of U.S.A. Canada No. 1 Grade **Celery Stalks**

.69 each

Save .20

The Deli & B.B.Q. Quick Meal and Party Favourites

Piping Hot **B.B.Q. Whole Chicken**
1 1/2 lb. avg. cooked weight

.44 per 100 g
1.99 per lb.

Regular or Heavy Spiced Chicago '58' Corned Beef or Pastrami Deli Sliced	.88 per 100 g 3.99 per lb.
Top Quality Maple Leaf Polish Sausage Deli Served	.44 per 100 g 1.99 per lb.
Tour Eiffel Pate Orange, Pepper, Cognac or Country - Deli Served	.57 per 100 g 2.59 per lb.
Product of Canada Schneiders Cheddar Cheese Marbled, Mild, Medium Old or X-Old - Deli Served	.88 per 100 g 3.99 per lb.

Product of U.S.A. Washed and Trimmed **Spinach**
10 oz. bag

.69

Save .30

Product of France Canada Fancy Grade **Grenny Smith Apples**

1.30 per kg
per lb. .59

Save .20 lb.

Product of U.S.A. Canada No. 1 Grade Head Lettuce	.79
Product of Ontario Canada No. 1 Grade Green Cabbage Jumbo Size	2/1.00
Fresh from the Tropics Large Size Bananas	108 per lb. .49
Poinsettias 10 inch pot each	14.99
Poinsettias Hanging Basket 10 inch pot each	11.99
Pot Mums 8 inch pot each	4.99
Imported Mixed Nuts in Shell	439 per lb. 1.99

Product of Italy **Roasting Chestnuts**
(Medium Size)

218 per kg
per lb. .99

The Bakery

Miracle Food Mart Glazed Donuts pkg. of 9	.99	Miracle Food Mart Hamburger or Hot Dog Buns pkg. of 8	2/1.00
Dough Delite Pita Bread 340 g pkg	.69	Toastmaster Crumpets pkg. of 6	.79
Oampator's Danish Raisin Bread 450 g loaf	1.39	Grenny's Bran Muffins pkg. of 12	1.69
Steinberg Cherry Deluxe Pound Cake 285 g pkg.	1.99	Hostess Chocolate Bar Cake 240 g pkg.	1.39