

Deals



Miracle's Select Quality Meats

Save

Fresh Roasting Chickens
Eviscerated Utility Grade
5-7 lb. avg. size

218 per kg
.99 per lb.

Save 1.40 per lb.

Cut from Canada Grade A Beef Rib Steaks
Cap On

659 per kg
299 per lb.

Cut from the shoulder

Veal Chops
Milk fed - White veal

615 per kg
279 per lb.

- Burns Sliced **Pride of Canada Side Bacon** 200 g pkg. **2.79**
- Fresh Boneless Chicken Breasts** 791 per kg **359** per lb.
- Burns **Pride of Canada Cooked Ham** 175 g pkg. **1.69**
- Burns **Pride of Canada Bologna** 375 g pkg. **1.69**
- Fancy Varieties **Burns Cooked Meats** 175 g pkg. **1.29**
- Burns **Pride of Canada Dinner Hams** 593 per kg **269** per lb.
- Finer's **Black Forest Hams** 2.2 lb. avg. size **858** per kg **389** per lb.
- Maple Leaf Beef Burgers** 750 g pkg. **3.99**
- Unbranded **Bologna or Chicken Loaf** 375 g pkg. **1.69**
- Unbranded **Cooked Ham** 375 g pkg. **3.19**
- Burns & Boneless **Pride of Canada Smoked Picnics** 439 per kg **199** per lb.
- Meat Chef **Chicken Breast Strips** 240 g pkg. **3.89**
- Meat Chef **Chicken Breast Patties** 340 g pkg. **3.19**
- Highliner **Boston Blue Fish In Batter** 350 g pkg. **1.89**
- Boston Blue Fish **Strips or Bluewater Boston Blue Fish Fries** 800 g pkg. **1.49**
- Cod Portions or **Bluewater Cod Fish & Chips** 160 g pkg. **1.39**
- Top Quality Sausages **Maple Leaf Pure Pork Sausage** 500 g pkg. **1.99**

Save 1.30 per pkg.

Shopsy's Deli Fresh Wieners
Regular or All Beef
454 g pkg.

1.49

Save .30 per lb.

Miracle Food Marts Own Pure Beef Patties
Appx. 1/4 lb. size
No Filler Added

373 per kg
169 per lb.

Cut from the leg

Veal Scallopini
Milk fed - White veal

1100 per kg
499 per lb.

Maple Leaf Cottage Rolls
3-4 lb. avg. size

328 per kg
149 per lb.

Country Market Fresh Produce

The Deli & B.B.Q.

Save .60

Product of U.S.A.
Fresh Strawberries
Pint Cup

.99

Save .40 per lb.

Product of Chile
Canada No. 1 Grade
Red Grapes

218 per kg
.99 per lb.

Save .50

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

.99

Save 1.00 per lb.

Product of U.S.A.
Canada No. 1 Grade
Tomatoes
Large Size

218 per kg
.99 per lb.

Country Kitchen
Maple Leaf Black Forest Ham
Deli Sliced

.95 per 100 g
429 per lb.

1/3 OFF

- Top Quality **Maple Leaf Polish Sausage** 100 g **.39** per 100 g
- Deli Served 1/4 Price **179** per lb.
- Top Quality **Maple Leaf Lunch Meats** 100 g **.50** per 100 g
- Deli Served 1/4 OFF **229** per lb.
- Top Quality **Maple Leaf Bologna** 100 g **.39** per 100 g
- Waxed or Regular Deli Sliced 1/4 OFF **179** per lb.
- Top Quality **Maple Leaf European Cold Cuts** 100 g **.81** per 100 g
- Selected Varieties 1/4 OFF **369** per lb.

Save .50 each

Product of Ontario
Canada No. 1 Grade
Greenhouse Seedless Cucumbers
Large Size

.99

- Product of U.S.A. California Seedless **Oranges** Size 113 **12/1.79**
- Product of Mexico **Fresh Watermelon** **130** each **.59**
- Product of U.S.A. Canada No. 1 Grade **Cauliflower** Large Size **1.99** each
- Product of Mexico **Fresh Mangos** **.99** each
- Product of U.S.A. **Fresh Limes** **4/1.00**
- Product of U.S.A. Canada No. 1 Grade **Sweet Corn** **5/1.99**
- Product of Chile **Canada Fancy Grade Packam Pears** **218** per kg **.99** per lb.
- Product of U.S.A. **Fresh Endive or Escarole** **.79** each
- Product of U.S.A. Canada No. 1 Grade **Green Cabbage** **.99** each
- Product of U.S.A. **Fresh Bunch Carrots** **.79** each
- Potting Soil** 20 liter bag **.99**
- Flowering Hanging Baskets** 10 each pot **12.99**
- Geraniums** 4 inch pot **1.49**
- Assorted Tropical Plants** 3 inch pot **.69**

The Bakery

Save

Product of Ontario
Fresh Mushrooms

439 per kg
199 per lb.

Save 34

Dempster's Country Bran or
Stone Ground Bread
675 g pkg.

.69

- Gruddy's Buttertarts** pkg. of 10 **1.39**
- Hostess Cottage Slice** 578 g pkg. **.99**
- Lemon or Raspberry Tudor Bakery Danish Pastry** pkg. of 4 **1.29**
- Bake Rite Blueberry Muffins** pkg. of 6 **.99**
- Miracle Food Mart Lemon Royale or Choco Creme Donuts** pkg. of 6 **1.09**
- Tudor Bakery Apple Strudel** 360 g pkg. **1.29**

Tudor Bakery at selected stores only.

miracle foodmart

Please help the Red Shield Appeal
Give us this day



ALL PRICES EFFECTIVE 8 a.m. WED. MAY 11 TO MIDNIGHT TUES. MAY 17 '83 EXCEPT BAKERY, DELI, MEAT AND PRODUCE ITEMS UNTIL SAT. MAY 14 '83 IN METRO TORONTO • MISSISSAUGA • OAKVILLE • THORNHILL • BRAMPTON • MALTON • MARKHAM • OSHAWA • AJAX • WHITBY • GEORGETOWN • BOWMANVILLE • ORILLIA • BARRIE. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.