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Miracle's Select Quality Meats

Save 1.00 per lb.



218 per lb. **99**

Ground from 100% Beef
Regular Ground Beef 10 lb. limit

Save .80 per lb.



284 per kg **129** per lb.

Fresh Chicken Legs No back attached

Cut from Canada Grade A Beef

Boneless Round Steak Roasts
Outside bottom - Eye removed
3-4 lb. Avg.

637 per kg **289** per lb.

Swift Premium Wieners 375 g pkg **.99**

Swifts Premium Cooked Ham 175 g pkg **1.39**

Swifts Sugar Plum Cooked Ham 125 g pkg **1.19**

Swift's Sliced Bologna 375 g pkg **1.79**

'New' B.B.Q. Duke of Rib Prepared boneless pork **858** per kg **389** per lb.

Swifts Sliced Salami 375 g pkg **2.29**

Save .50 per lb.



262 per kg **119** per lb.

Fresh Ontario Quality Pork
Leg of Pork Roasts
Butt portion 5-7 lb. Avg.

Save 1.30 per pkg.



28 per kg **2.89** per lb.

Fish in Batter or Highliner Fish Sticks
700 g pkg.

Milk Fed Veal

Veal Scallopini
Cut from the Leg

1100 per kg **499** per lb.

Swifts Sugar Plum Dinner Ham 2-3 lb avg size **657** per kg **298** per lb.

Swifts Sugar Plum Ham Slices 175 g pkg **1.99**

Lazy Maple Sausage 500 g pkg **1.98**

Bluewater Potato Crisp Fish Portions 12 of pkg **2.39**

Bluewater Crunchy Fish Portions with shrimp 12 of pkg **2.49**

Shopsy's Old Vienna Salami 500 g pkg **3.49**

Sliced Side Lazy Maple Bacon
500 g pkg.

1.99

Shopsy's Smoked Sausage Rings 500 g pkg **593** per kg **269** per lb.

Selected Varieties
Burns Sliced Lunch Meats 175 g pkg **1.09**

Schniders Beef Steakettes 500 g pkg **2.98**

Piller's Knackwurst Sausage 439 per kg **199** per lb.

Piller's Bavarian Sausage 527 per kg **239** per lb.

Country Market Fresh Produce

The Deli & B.B.Q.

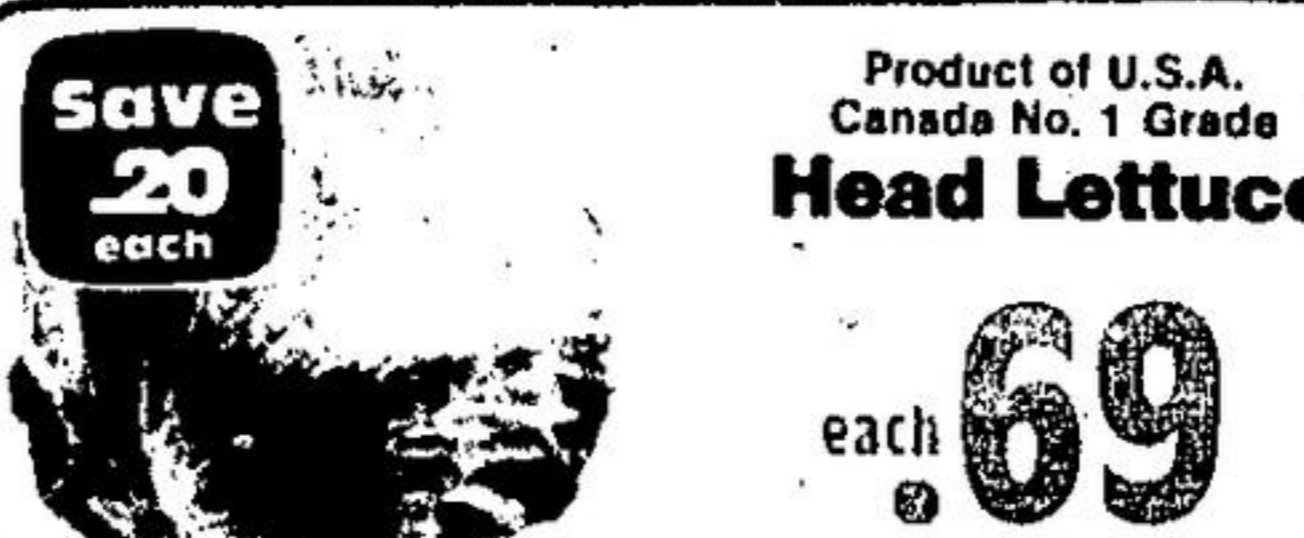
Save .60 per lb.



174 per kg **.79** per lb.

Product of U.S.A.
Fresh Green Beans

Save 20 each



.69 each

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

Save 1.00 per lb.



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

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

Save



439 per kg **199** per lb.

Product of Ontario
Fresh Mushrooms

1/3 Off



.99 per 100 g **449** per lb.

Top Quality
Maple Leaf Pastrami
Eye of the Round - Deli Sliced

Top Quality Maple Leaf Waxed Bologna Deli Sliced **.35** per 100 g **159** per lb. **1/3 Off**

Top Quality Maple Leaf Polish Sausage Deli Served **.39** per 100 g **179** per lb. **1/2 Price**

Top Quality Maple Leaf European Cold Cuts **81** per 100 g **369** per lb. **1/4 Off**

Salami, Jagheurst, Rohbotta, Summer, Deli Sliced

Product of Canada Medium Cheddar Cheese Deli Served **.66** per 100 g **299** per lb. **1/4 Off**

Save



.99 each

Product of Mexico
Fresh Mangoes
Large Size

Product of U.S.A. Canada No. 1 Grade
Fresh Peaches **218** per kg **.99** per lb.

Product of U.S.A. Canada No. 1 Grade
California New White Potatoes 10 lb. bag **2.99**

Product of Ontario
Greenhouse Seedless Cucumbers Large Size **.99**

Product of U.S.A. Ontario No. 1 Grade
Green Sweet Peppers **218** per kg **.99** per lb.

Product of U.S.A. Canada No. 1 Grade
Tomatoes Large Size **218** per kg **.99** per lb.

Product of U.S.A. California
Valencia Oranges Size 113 **12/1.99**

Product of U.S.A. Fresh Apricots
Large Size **351** per kg **159** per lb.

Product of Ontario
Fresh Cole Slaw 8 oz bag **.59**

Product of U.S.A.
Whole Watermelon **3.99**

Product of U.S.A.
Fresh Lemons **3/.99**

Product of U.S.A.
Fresh Bunch Carrots **.79**

Product of U.S.A. Washed & Trussed
Sweet Corn **5/1.99**

J.B. Brand from concentrate
Lemonade or Fruit Punch 500 ml **1.49**

Product of U.S.A.
Spinach 10 oz bag **.99**

Bulk Savings

Available on selected items only.

Bulk Ju Jubes per 100 g .22 per kg .99	Bulk Bacon Bits per 100 g .55 per lb. 249
Bulk Cheese Puffs per 100 g .57 per kg 259	Assorted Varieties Bulk Peanut Butter per 100 g .22 per lb. .99
Bulk Sultana Raisins per 100 g .22 per kg .99	Canada No. 1 Grade Unpasteurized Bulk Honey per 100 g .22 per lb. .99