

Loblaws **lean** ground beef

freshly ground

3.51
1.59

Ziggys Sandwich Honey Ham
1.99 lb.

Our Ziggys cooked Honey Sandwich Ham is made from fresh, selected, Canadian hams. Our exclusive curing process with honey and sugar produces a deliciously unique flavour. The Ziggys cooked Honey Sandwich Ham is perfect for salad, hors d'oeuvres, sandwiches or as a glazed dinner roast. Sold only in one kg packages (2.2 lbs.) for 4.39/kg or 1.99 lb. Available at all stores including No Frills.

cut from Canada grade 'A' beef, bone-in

blade steak

3.06
1.39

boneless cut from Canada cross rib grade 'A' beef chuck
beef roasts
kg **4.39** lb **1.99**

frozen processed grade A all sizes
young geese
kg **3.51** lb **1.59**

country style extra meaty pork loin rib portion (piece or sliced)
spare ribs
kg **3.73** lb **1.69**

partly smoked butt or shank portion
cooked smoked hams
kg **2.62** lb **1.19**

Z & W Foods hot or sweet fresh
italian sausage
kg **5.05** lb **2.29**

Loblaws cooked picnic
smoked pork shoulder
kg **3.28** lb **1.49**

frozen Highliner Brand
sole in batter
175 g pkg **2.59**
sliced **ziggys cooked ham** **1.59**

no name™
Gourmet Pure Jam
strawberry, raspberry, apricot or orange natural
2.99
375 mL jar



Lean Cuisine **\$1.00 off**
frozen entrees
oriental beef, hot of fish, forcemeat, chicken and vegetable, vegetable, or glazed chicken and rice
241 g box **2.19**

vegetables
McCain fancy frozen, florentine, pansienne or normande
1 kg poly bag 1/2 off **1.79**

frozen dinners
Savann, beef, fried chicken, Salisbury steak or turkey
11 oz. box **1.39**

P.L.U. 896
with this coupon pay 1/2 Loblaws regular price on the purchase of Loblaws Canada grade A dozen carton
large eggs **1/2 price**
Limit one carton per coupon. Limit two coupons per family. Coupon expires Sat. Dec. 10, 1983. Coupon valid only at Loblaws.



Butterball turkey

frozen Swifts deep basted Canada grade 'A' all sizes

frozen, cherry or strawberry, 20 oz. box
Sara Lee cheese cake **2.99**
frozen whipped topping, 1 L tub **Cool Whip** **1.85**

2.84
1.29

Nature's Choice or beef entree 1 kg pkg
Purr low ash cat food **2.35**

heavy duty 18 x 25 roll box
Reynolds foil wrap **2.19**

29 cm x 30 m roll box
Saran Wrap **1.99**

lb. frozen, concentrated 12 1/2 fl. oz. in
sweet apple cider **.79**

frozen, cheese or sour cream flavour, 4.5 19 oz. box
Penobscot potatoes **1.35**

frozen microwave or cheese dog, 4 x 400 g box
Aloha pizza **2.69**

frozen, all butter 4.5 170 g box
Sara Lee croissants **1.79**

3 Little Pigs sausage

500 g pkg. frozen pure pork or farm style
1/2 price
pay only **1.49**

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1/2 price eggs

Loblaws large size Canada grade 'A' dozen carton

Westons, 8's poly bag english muffins

store cut Canadian mozzarella cheese
save over 1/2 price from our ziggys deli
4.39 /kg **1.99** lb.

.79

100% Durum Semolina
De Cecco Pasta or Spaghetti
imported from Italy fusilli, spaghetti, spaghetti, penne or linguini
500 g pkg. **.69**



Peek Freans
digestive **1.59**
fruit creme or family assorted **1.74**

Deluxe Mixed Nuts without peanuts
contains salted cashews, almonds, Brazil nuts, almonds & pecans
kg **6.59** lb. **2.99**

tomato paste
Hunts
5.5 fl. oz. tin
1/2 price
pay only **.36**

600 g bag
biscuits
1/2 price

with every \$10. Loblaws order **free** **Christmas**