


**Save**  **miracle**  
COUNTRY CUT FRESH CHICKEN PARTS

Fresh **Country Cut Chicken** **2.18** per kg **.99** per lb  
Contains - 2 legs and 2 breasts with whole backs, 2 wings 2 necks, 1 giblet

**Save 90 lb** 

Heat & Serve **Smoked Pork Shoulder** **2.18** per kg **.99** per lb  
Bone in. Picnic Style

**Save 10 pkg**  **Maple Leaf Popular Lunch Meats** 175 g **.99**

**Save 30 pkg**  **Maple Leaf Sausage Rounds** 500 g **1.99**

**Foodmart®**

**99¢**

**LE!**

**Save 1.30 lb** 

**Boneless Pork Loin Roasts** **4.39** per kg **1.99** per lb  
End Cut

**Save 90 pkg**  **Maple Leaf Wieners** Regular or All Beef 450 g **1.99**

**Save 50 lb**  **Maple Leaf Sweet Pickled Cottage Rolls** 2-4 lb. avg. **4.39** per kg **1.99** per lb

**Save 80 lb** 

Cut from Canada Grade A Beef **Lean Boneless Stew Beef** **4.39** per kg **1.99** per lb

**Save 1.20 pkg**  **Maple Leaf Sliced Bologna** 500 g **1.99**


**Save 40 pkg**  **Maple Leaf Cooked Ham** 175 g **1.99**

**Maple Leaf Sliced Side Bacon** 500 g **2.49**

**Maple Leaf Sausages** All Beef or Skinless 500 g **2.99**

**Highliner Cod in Batter** 350 g **1.99**

**FRESH PRODUCE**

**Save 60**  **Product of U.S.A. Fresh Broccoli** each **.99**

**Save 70**  **Product of U.S.A. Canada No. 1 Grade Celery Hearts** each **.99**

**Product of Chile Canada Fancy Grade Granny Smith Apples** **1.74** per lb **.79**

**Product of Chile Canada Fancy Grade Packam Pears** **1.96** per lb **.89**

**Product of U.S.A. Canada No. 1 Grade Cauliflower Jumbo Size** each **2.49**

**Product of U.S.A. Canada No. 1 Grade Green Seedless Grapes** **3.95** per lb **1.79**

**Product of Ontario Canada No. 1 Grade Greenhouse Seedless Cucumbers Large Size** **1.59**

**Fresh From The Tropics Large Size Bananas** **1.30** per lb **.59**

**DEL & B.B.Q.**

**Cooked White & Dark Clearview Farms Turkey Roast** Deli Sliced **4.99** per lb **Save 2.00 lb.**

**Cooked Clearview Farms Turkey Roast** Deli Sliced **1.32** per 100 g **5.99** per lb **Save 2.00 lb.**

**Clearview Farms Turkey Cold Cuts** **2.99** per lb

**Clearview Farms Turkey Bologna** Deli Sliced **.44** per 100 g **1.99** per lb

**LET'S TALK TURKEY HIGH PROTEIN LOW FAT**

**Ready to Serve Monarch Frosting** 470 g tin **1.49**

**Schneiders Lard or Shorting** 1 lb pkg **.89**

**Pam Fry** 13 oz tin **2.99**

**Miracle Malt Liquid Lemon Dishwasher** 1 liter **1.99**

**Fun Deluxe, Cheese & Peperoni or Peperoni Dishrooms** **2.39**

**Justo Pizza 4's** 4 g pkg. **2.39**

**Nabisco 100% Bran Cereal** 450 g box **1.39**

**All Purpose Monarch Flour** 2.5 kg • 1 kg free **2.89**

**Royale Facial Tissue** pkg. of 100 **.89**

**Assorted Varieties Betty Crocker Muffin Mix** 370-540 g box **1.79**

**Kellogg's NEW C-3PO's Cereal** 350 g box **2.29**

**Maple Leaf Sliced Select Lunch Meats** 175 g **1.49**

**Maple Leaf Deli Style Lunch Meats** 125 g **1.49**

**Maple Leaf Black Pudding** **4.39** per kg **1.99** per lb

**Maple Leaf Baby Bag Wax Bologna** **3.73** per kg **1.69** per lb

**Maple Leaf Ham Steaks** 175 g **1.69**

**Miracle Food Mart's Own Fresh Pure Pork Sausages** **4.39** per kg **1.99** per lb

**Highliner Family Size Fish & Chips** 32 oz. **2.99**

**Highliner Sliced Select Lunch Meats** 175 g **1.49**

**Highliner Seafresh Fish Sticks** 350 g **1.59**

**Bluewater Boston Bluefish In Light Batter** 350 g **1.79**

**Bluewater Haddock Fish Fries** 275 g **1.79**

**Unbranded Sliced Cooked Ham** 375 g **2.29**

**Unbranded Bologna or Mock Chicken Lunch Meats** 375 g **1.29**

**Virginia Capes Squid** 315 g **3.99**

**FRESH FISH MARKET**

**Fresh Cod Fillets** **7.47** per kg **3.39** per lb

**Fresh Perch Fillets** **7.47** per kg **3.39** per lb

**Fresh Haddock Fillets** **9.68** per kg **4.39** per lb

ALL PRICES EFFECTIVE IN ALL DEPARTMENTS WED. MAR. 21/84 UNTIL SAT. MAR. 24/84 ONLY. CHECK YOUR LOCAL PHONE DIRECTORY FOR THE LOCATION OF THE NEAREST MIRACLE FOOD MART. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

We Cheerfully Accept Competitors Newspaper Coupons

**miracle foodmart**