


DEALS

Follow the Blue Jays on network radio
Play HIT & WIN
 This Week's Hit & Win Items
 Win up to \$200
 In Miracle Food Mart Gift Certificates
 See Details in Store

Miracle Food Mart
 Pieces & Stems Mushrooms
 10 lb. or tin
 Miracle Food Mart
 Coffee Whisker
 500 g jar




Cut from Canada
 Grade A Beef Chuck
Blade Steaks
 Marinate Before Barbecuing

3.28 per kg
1.49 per lb.



Cut from Canada
 Grade A Beef Chuck
Cross Rib Roast
 4-6 lb. size
 Oven or Pot Roast

4.39 per kg
1.99 per lb.



Sliced Side Mary Miles Bacon
 500 g

2.59

- Cut from Canada Grade A Beef **Boneless Brisket Points** **5.49** per kg **2.49** per lb.
- Cut from Canada Grade A Beef **Brising Ribs** Marinate and BBQ **4.39** per kg **1.99** per lb.
- Mary Miles **Visking Bologna** **2.62** per kg **1.19** per lb.
- Mary Miles Smoked **Pork Picnic Shoulders** 4-5 lb. avg **3.50** per kg **1.59** per lb.
- Canadian Queen **Sliced Lunchmeats** 175 g (Bologna, Mock Chicken or Mac & Cheese) **.79**
- Canadian Queen **Sliced Lunchmeats** 375 g (5 varieties) **1.69**
- Canadian Queen **Sliced Cooked Ham** 375 g **2.99**
- Canadian Queen **Sliced Salami** 375 g **2.19**
- Canadian Queen **Sliced Cooked Ham** 175 g **1.39**
- Snow Crab Clusters** Excellent for late night snack! **6.59** per kg **2.99** per lb.
- Highliner Cod Fillets** 16 oz **2.39**
- Highliner Family Size Fish Cakes** 24 oz **1.89**
- Schneiders Beef Steakettes** 500 g **2.49**
- Schneiders Golden Basket Breast Fillets** 340 g **4.49**
- Blowwater Family Size Boston Blue Fish Slices, Fish Krisps and Fish Fries** 500 g **3.39**
- Blowwater Boston Bluefish Krisps** 275 g **1.49**
- Blowwater Boston Bluefish Fries** 275 g **1.49**




Frozen Chicken Drumsticks
 Sold in 10 lb. case @ \$9.90
 While Quantities Last

2.18 per kg
.99 per lb.




Ground from 100% Beef
Medium Ground Beef

3.73 per kg
1.69 per lb.



Mary Miles Wieners
 375 g

1.29



Canadian Queen Sausage

3.95 per kg
1.79 per lb.



Cut from the leg
Provimi Veal Scallopini
 Delit Blue Fancy

15.41 per kg
6.99 per lb.

Canadian Queen Sausage

3.95 per kg
1.79 per lb.

FRESH PRODUCE



Almeria Grapes

2.18 per kg
.99 per lb.



Product of Mexico
Fresh Honeydew Melon
 Large Size

1.99



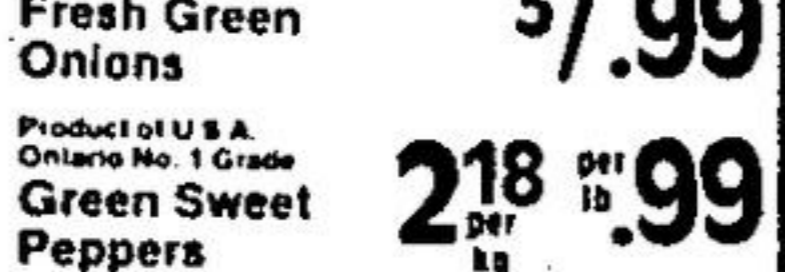
Product of Ontario Canada No. 1 Grade
Greenhouse Seedless Cucumbers
 Large Size

.99



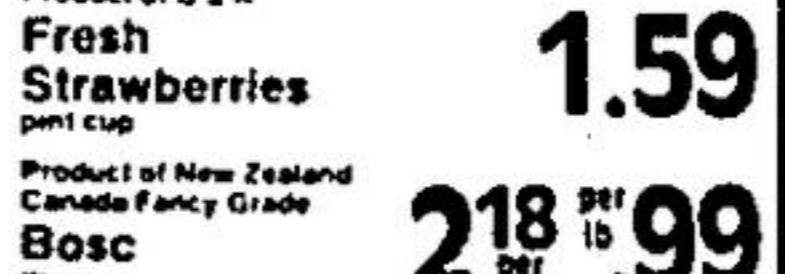
Product of U.S.A.
Fresh Green Beans

2.18 per kg
.99 per lb.



Product of U.S.A.
Fresh Green Onions

3/99



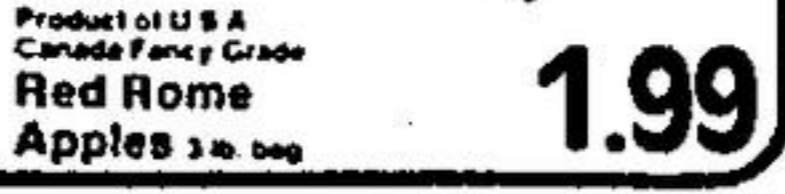
Product of U.S.A.
Green Sweet Peppers

2.18 per kg
.99 per lb.



Product of U.S.A.
Fresh Florida Lime

5/1.00



Product of New Zealand
Fresh Strawberries
 pint cup

1.59



Product of U.S.A.
Celery Hearts

.99 each



Product of U.S.A.
Bosc Pears

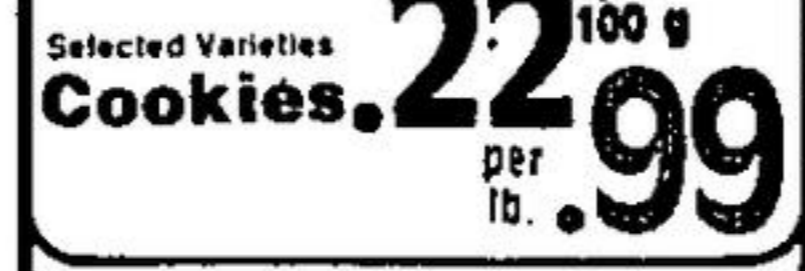
2.18 per kg
.99 per lb.

BULK



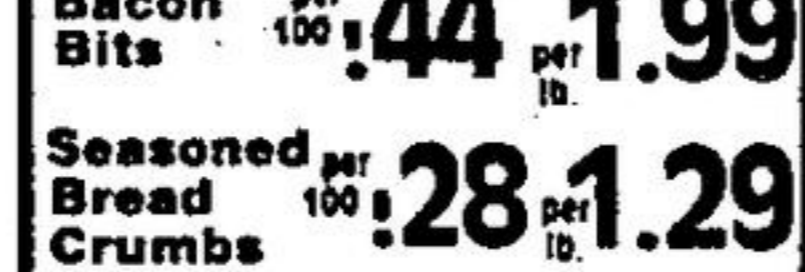
Available in Selected Stores Only
Selected Varieties Cookies

2.22 per 100 g
.99 per lb.



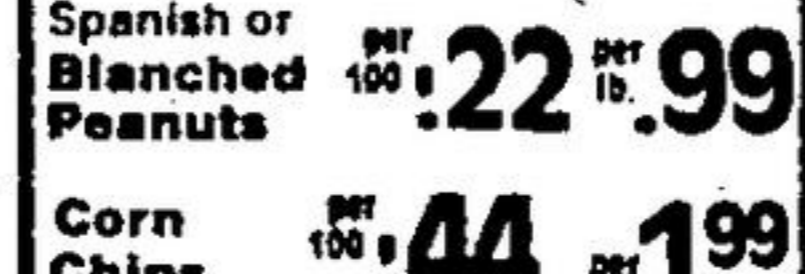
Bacon Bits

.44 per 100 g
1.99 per lb.



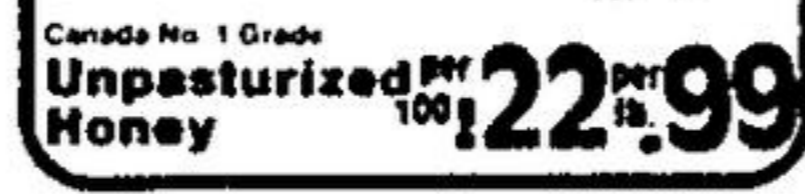
Seasoned Bread Crumbs

.28 per 100 g
1.29 per lb.



Spanish or Blanched Peanuts

.22 per 100 g
.99 per lb.



Corn Chips

.44 per 100 g
1.99 per lb.



Canada No. 1 Grade
Unpasteurized Honey

2.22 per 100 g
.99 per lb.

BAKERY



Dempster's Stone Ground Bread
 675 g

.79



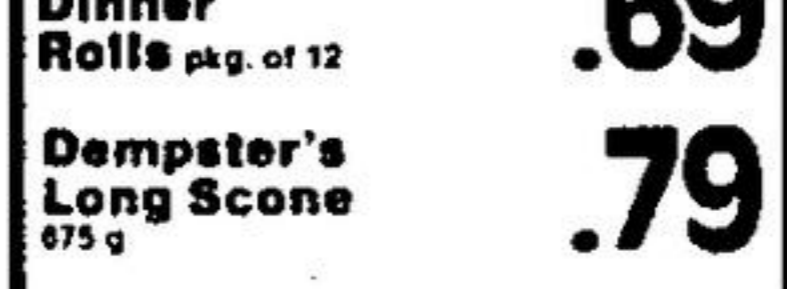
Miracle Food Mart Date & Nut Loaf
 507 g

1.39



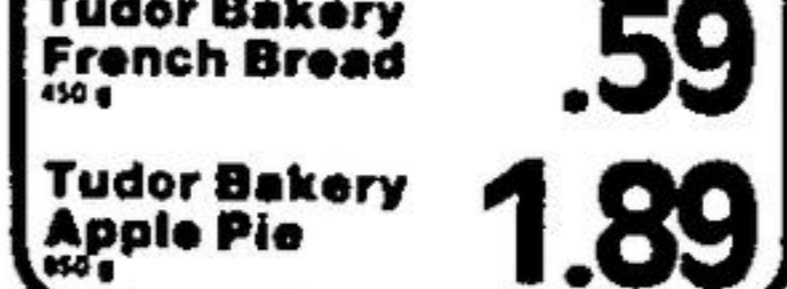
Dough Delite White or Whole Wheat Pita Bread
 340 g

.59



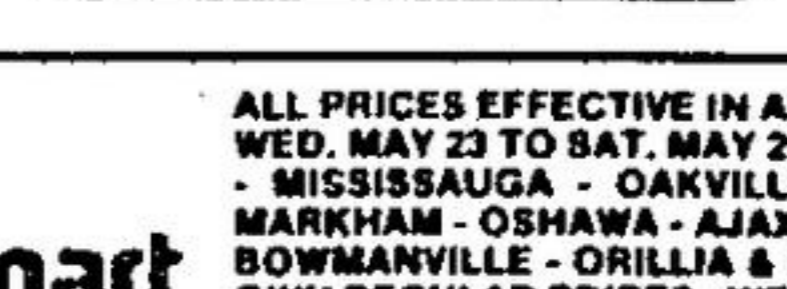
Miracle Food Mart Dinner Rolls pkg. of 12

.69



Dempster's Long Scone
 675 g

.79



Tudor Bakery French Bread
 450 g

.59



Tudor Bakery Apple Pie
 500 g

1.89

DELI



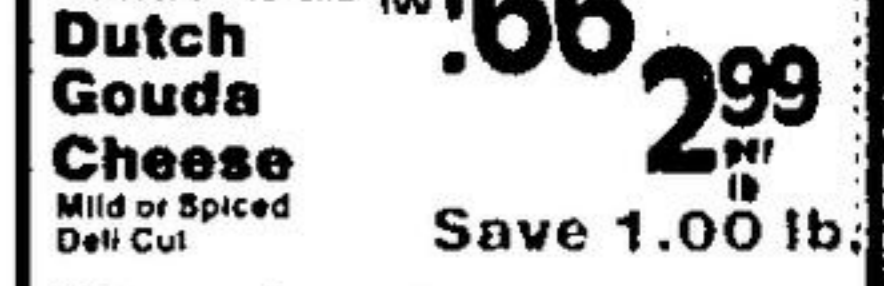
Tallefer Black Forest Ham
 Deli Sliced

.88 per 100 g
3.99 per lb.



Fresh Deluxe Pizza
 Cheese, Peppers, Pepperoni, Mushrooms
 12 inch 650 g

3.49 each
 Save .50 ea.



Product of Holland
Dutch Gouda Cheese
 Mild or Spiced
 Deli Cut

.66 per 100 g
2.99 per lb.
 Save 1.00 lb.



Clearview Farms Turkey Cold Cuts
 Deli Sliced

.66 per 100 g
2.99 per lb.
 Save 1.00 lb.



Clearview Farms Cooked Turkey Breast Roast
 Deli Sliced

1.54 per 100 g
6.99 per lb.
 Save 1.00 lb.