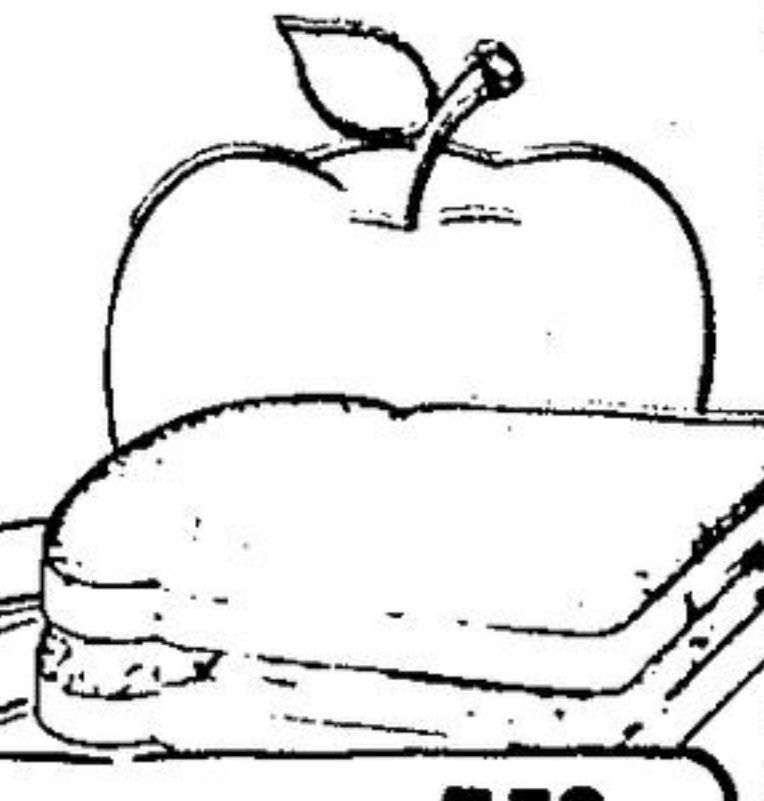


Savings



Ground From 100% Beef
Medium Ground Beef **328** per kg. **149** per lb.

Fresh **Chicken Drumsticks or Thighs** **439** per kg. **199** per lb.

Switt's Lazy Maple **Side Bacon** **2.79** 300 g

Cut From Canada Grade A Beef **439** per kg.
Sliced Braising Ribs **199** per lb.

Shopsy's **Corned Beef Brisket** **549** per kg. **249** per lb. 1-2 lb. avg.

Shopsy's Deli Fresh **Salads** **1.59** 3 Varieties 500 g

Shopsy's **Canadian Breakfast Ham** **1.69** 175 g

Shopsy's **Cooked Ham or Glazed Ham** **1.79** 175 g

Shopsy's **Old Vienna Salami** **2.99** 500 g

Shopsy's **All Beef Sliced Bologna** **.99** 175 g

Shopsy's Deli Fresh **Corned Beef Or Pastrami** **2.29** 4 packs 200 g

Shopsy's **Breakfast Sausage** **2.29** 500 g

Schneider's **Bucket of Chicken** **5.49** 900 g

Highliner **Boston Bluefish Fillets** **2.19** 454 g

Highliner **Peeled and Deveined Shrimp** **9.99** 340 g

Highliner **Sole In Batter** **2.59** 350 g

Bluewater **Boston Bluefish And Chips** **2.39** Family Size 750 g

Schneider's **Beef Steakettes** **2.49** 500 g

Cut From Canada Grade A Beef Chuck
Boneless Cross Rib Steaks Or Roasts **439** per kg. **199** per lb.

Semi-Boneless **Pork Loin Chops** **593** per kg. **269** per lb.

Shopsy's Deli Fresh **Regular or All Beef Wieners** **1.69** 450 g

Shopsy's **Beef Sausages** **2.49** 500 g

DELI/B.B.O.

Pkg. of 25 Lunch Bags FREE with purchase of 1 lb. or more of items listed below. While Quantities Last!



La Varenne **Black Forest Ham** **1104.99** per 100 g. Deli Sliced

Pillers European Cold Cuts **.88** per 100 g. Selected Varieties **3.99** per lb.

Famous For Quality **Schneders Lunch Meats** **.66** per 100 g. Selected Varieties Deli Sliced **2.99** per lb.

Shopsy's **Bologna** **.44** per 100 g. Deli Sliced **1.99** per lb.

Top Quality **Maple Leaf Cheddar Cheese** **.88** per 100 g. Mild, Medium, Old Deli Cut **3.99** per lb.

FRESH PRODUCE

Product of U.S.A. Canada Fancy Grade **Paula Red Apples** **1.69** 1 lb. bag

Product of Ontario Canada No. 1 Grade **Bartlett Pears** **2.99** 4 litre basket

Product of Ontario Canada No. 1 Grade **Red Tokay Grapes** **218.99** per lb. @

Product of Ontario Washed & Trimmed **Spinach** **.99** 10 oz. bag

Product of Ontario Canada No. 1 Grade **Cherry Tomatoes** **.99** Pint Box

Product of Ontario **Green Onions or Bunch Radishes** **3.99**

Product of U.S.A. **Thompson Seedless Raisins** **.99** 14 1/2 oz.

J.B. Brand From Concentrate Clear or Pink **Lemonade** **.99** 1.5 litre

Product of U.S.A. Canada No. 1 Grade **Prune Plums** **174** per kg. **.79**

Product of Ontario Canada No. 1 Grade **Field Cucumbers** **3/.99**

Product of Ontario Canada No. 1 Grade **Mini Carrots** **174** per kg. **.79**

Provimi **Veal Shoulder Chops** **593** per kg. **269** per lb.

BULK AVAILABLE AT SELECTED STORES ONLY

Broken Chocolate Bars **.44** per 100 g. **1.99** per lb.

Ju Jubes **.22** per 100 g. **.99** per lb.

Iced Tea Mix **.22** per 100 g. **.99** per lb.

Thompson Black Raisins **.42** per 100 g. **1.89** per lb.

Unpitted Medium Prunes **.22** per 100 g. **.99** per lb.

Canada No. 1 Grade **Unpasteurized White Honey** **.22** per 100 g. **.99** per lb.

BAKERY

TUDOR AT SELECTED STORES ONLY

Miracle Food Mart Plain, Cinnamon or Sugar **Cake Donuts** **.99** Pk. of 12

Miracle Food Mart **Bran Muffins** Pk. of 6 **.99**

Dempster's **Canadiana Country Bran Bread** **.89** 675 g loaf

Miracle Food Mart **Deli Buns** Pk. of 8 **.99**

Miracle Food Mart **Raspberry Jam Buns** Pk. of 12 **1.19**

Tudor Bakery Freshly Baked **French Bread** **.59** 450 g loaf

Tudor Bakery **Apple Pie** **1.99** 650 g

miracle foodmart miracle foodmart

ALL PRICES EFFECTIVE IN ALL DEPARTMENTS WED. SEPT. 5TH UNTIL SAT. SEPT. 8TH ONLY. SAVINGS INDICATED ARE OFF OUR OWN REGULAR PRICES. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.