

Up to 20% off

more meat values

- cut from Canada grade 'A' beef **was 3.08**
inside round **2.48**
steaks or roasts lb.
- cut from Canada grade 'A' beef **was 3.18**
boneless sirloin **2.58**
tip steaks lb.
- Ponderosa Steak House **was 3.78**
all beef **3.48**
burgers frozen pkg 2 lb.
- cut from Canada grade 'A' beef **was 2.08**
boneless **1.98**
stew beef lb.
- frozen New Zealand bone in **was 1.68**
shoulder **1.28**
lamb roasts lb.
- previously frozen **was .85**
turkey **.69**
wings lb.
- previously frozen **was .48**
sliced **.43**
pork liver lb.
- Loblaws frozen, tray pack **was 1.78**
breakfast **1.58**
sausage 1 lb. pkg.
- Swifts **was 1.89**
sizzlean **1.69**
12 oz. pkg.
- Loblaws cooked smoked **was 1.58**
pork picnic **1.38**
shoulders lb.
- Loblaws **was 1.58**
sliced **1.38**
side bacon 1 lb. pkg.
- Z & W Foods by the piece **was 1.08**
large **.98**
bologna lb.
- Loblaws sliced **was 1.78**
macaroni & cheese **1.48**
or mock 1 lb. pkg.
chicken loaf
- frozen Highliner brand **was 1.75**
cod **1.59**
fillets 1 lb. pkg.
- frozen Highliner brand **was 1.79**
battercrisp **1.49**
fish fries 14 oz. pkg.

more grocery values

- pieces and stems **was .87**
Leaver **.78**
mushrooms 10 fl. oz. tin
- Heinz fancy **was .98**
tomato **.88**
juice 48 fl. oz. tin
- L6

20% off



was 1.47

Stouffers frozen cauliflower au gratin

1.17

10 oz. box

save .30

20% off



was 1.43

Stouffers frozen green beans and mushroom casserole

1.14

9 1/2 oz. box

save .29

20% off



was 2.57

Stouffers frozen lasagna

21 oz. box

2.05

save .52

20% off



was 1.85

Stouffers frozen beef stew

10 oz. box

1.48

save .37

20% off



was 1.59

Stouffers frozen single serving lasagna

1.27

10 1/2 oz. box

save .32

20% off



was 1.42

Stouffers frozen macaroni & beef dinner

1.13

11 1/2 oz. box

save .29

20% off



was 1.08


Stouffers frozen macaroni & cheese

12 oz. box

.86

save .22

20% off



was 1.09

Stouffers frozen noodles romanoff

12 oz. box

.87

save .22

- Star Kist Albacore flaked **was 1.47**
white **1.39**
tuna 6 1/2 oz. tin
- Swans Down 1 ply, all colours **was 1.39**
bathroom **1.35**
tissue 4 roll pkg.

- Reynolds Wrap heavy duty **was 3.15**
aluminum **2.99**
foil 18" x 50' roll box
- Dixie printed 9" **was 1.59**
paper **1.45**
plates 24's pkg.

- Kellogg's **was 1.44**
Special K **1.41**
474 gr. box
- lemonade, orange-ade, grape-ade **was .28 ea.**
Quirst **1.39**
drinks 6 284 mL tins

- wafers, dark chocolate, milk chocolate, fruit or orange **was .79**
Jacob Club **.67**
bars (4's) 95 g pkg.
- beef chunks and meat by-products **was .75**
Alpo **.70**
for dogs 23 3/4 oz. tin