

cut from Canada grade 'A' beef was 3.08 inside round steaks or roasts cut from Canada grade 'A' beef was 3.18 boneless sirioin

tip steaks Ponderosa Steak House was 3.78 burgers frozen pkg 3.48

cut from Canada grade 'A' boef W88 2.08 <sub>15.</sub> 1.98 boneless stew beef

frozen New Zealand bone in Was 1.68 <sub>b.</sub> 1.28 shoulder lamb roasts was .85 previously frozen

<sub>b.</sub> .69 turkey wings was .48 previously frozen sliced

<sub>16</sub>.43 pork liver was 1.78 Loblaws frozen, tray pack 1 lb. 1.58 pkg. breakfast

sausage was 1.89 12 oz. 1.69 **Swifts** sizzlean was 1.58

Loblaws cooked smoked

pork picnic shoulders was 1.58 Lobiaws 1 lb. 1.38 pkg. sliced

side bacon was 1.08 Z & W Foods by the piece **...98** large bologna

Loblaws sliced macaroni & cheese was 1.78 1 lb. 1.48 or mock chicken loaf

was 1.75 trozen Highliner brand 1 lb. 1.59 pkg. cod fillets

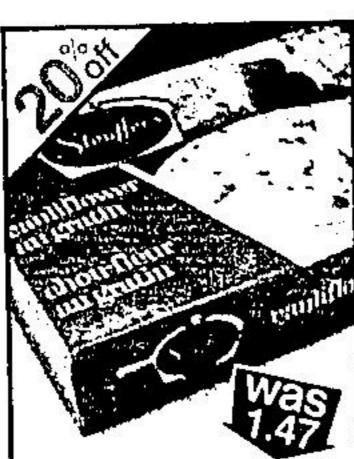
was 1.79 frozen Highliner brand battercrisp 14 oz. pkg. fish fries

was .87 pieces and stems Leaver mushrooms oz. lin Heinz fancy tomato

juice

**L6** 

was .98 48 fl. .88



Stouffers frozen cauliflower au gratin

10 oz. box

.30



Stouffers frozen green beans and mushroom

casserole

box

.29 save



frozen lasagna

21 oz. box

.52 save



**Stouffers** frozen peet siew



.37 save



frozen single serving lasagna

10 1/2 OZ. box

white

tuna

tissue

Star Kist Albacore flaked was 1.47 Swans Down 1 ply, all colours Was 1.39 bathroom



frozen macaroni & beef dinner

11 1/2 QZ. box

.29

Reynolds Wrap heavy duty was 3.15 aluminum <sub>18" x 50"</sub> foil roll box was 1.59

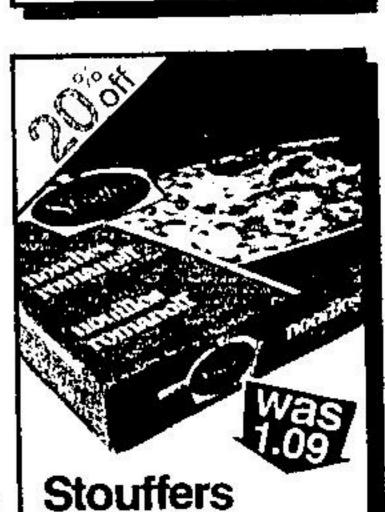
Dixte printed 9" paper plates



frozen macaroni & cheese

12 OZ. box

was 1.44 Kellogg's Special K box lemonado, orango-ade, grapo-ade or fruit punch Was was .28 ea. Quirst 6 284 mL drinks



frozen noodles

romanoff 12 OZ. box

water, dark chocolate, milk chocolate, fruit or orange Jacob Club bars 95 g pkg.

beet chunks and most by-products Alpo 23 3/4 for dogs oz. tin

was .79 .67 was .75