

# meat sale

partly skinned whole or shank portion

our everyday low price

**cooked smoked hams** ~~1.38~~ lb. **.99**

sliced previously frozen

our everyday low price

**beef liver** ~~1.38~~ lb. **.99**

Loblaws - sliced

our everyday low price

**cooked ham** ~~1.48~~ 6 oz. pkg. **.99**

frozen-Highliner brand store packaged

our everyday low price

**Boston bluefish fillets** ~~1.59~~ lb. **.99**

whole frozen head on, dressed

our everyday low price

**whitefish** ~~1.39~~ lb. **.99**

 175 g pkg. Loblaws breakfast ham slices

our everyday low price ~~1.63~~ **1.38**

Monarch - 2.5 kg bag all purpose flour

our everyday low price ~~1.89~~ **1.39**

 1 lb. pkg. Valuplus brand wieners


our everyday low price ~~1.38~~ **.99**

frozen 26 oz. box Mrs. Smith's apple pie

our everyday low price ~~1.79~~ **1.69**

Maxwell House - 8 oz. jar decaffeinated instant coffee

our everyday low price ~~6.89~~ **6.59**

 375 g pkg. reg. or thick sliced Loblaws bologna

our everyday low price ~~1.32~~ **1.18**

enamel on steel, brown, gold red or almond 7 piece set cookware

our everyday low price ~~17.99~~ **13.99**

 8 oz. pkg. frozen Bluewater brand cooked fish cakes

our everyday low price ~~.85~~ **.65**

 250 g pkg. Ziggys 9 specified varieties cooked meat chubs

our everyday low price ~~1.64~~ **1.45**

sweetened - 7 oz. cello bag McNair flaked coconut

our everyday low price ~~1.09~~ **.89**

 175 g pkg. Maple Leaf English back bacon

our everyday low price ~~1.63~~ **1.39**

frozen - chicken chow mein or pepper oriental - 16 oz. box China Town entree dinners

our everyday low price ~~1.49~~ **1.39**