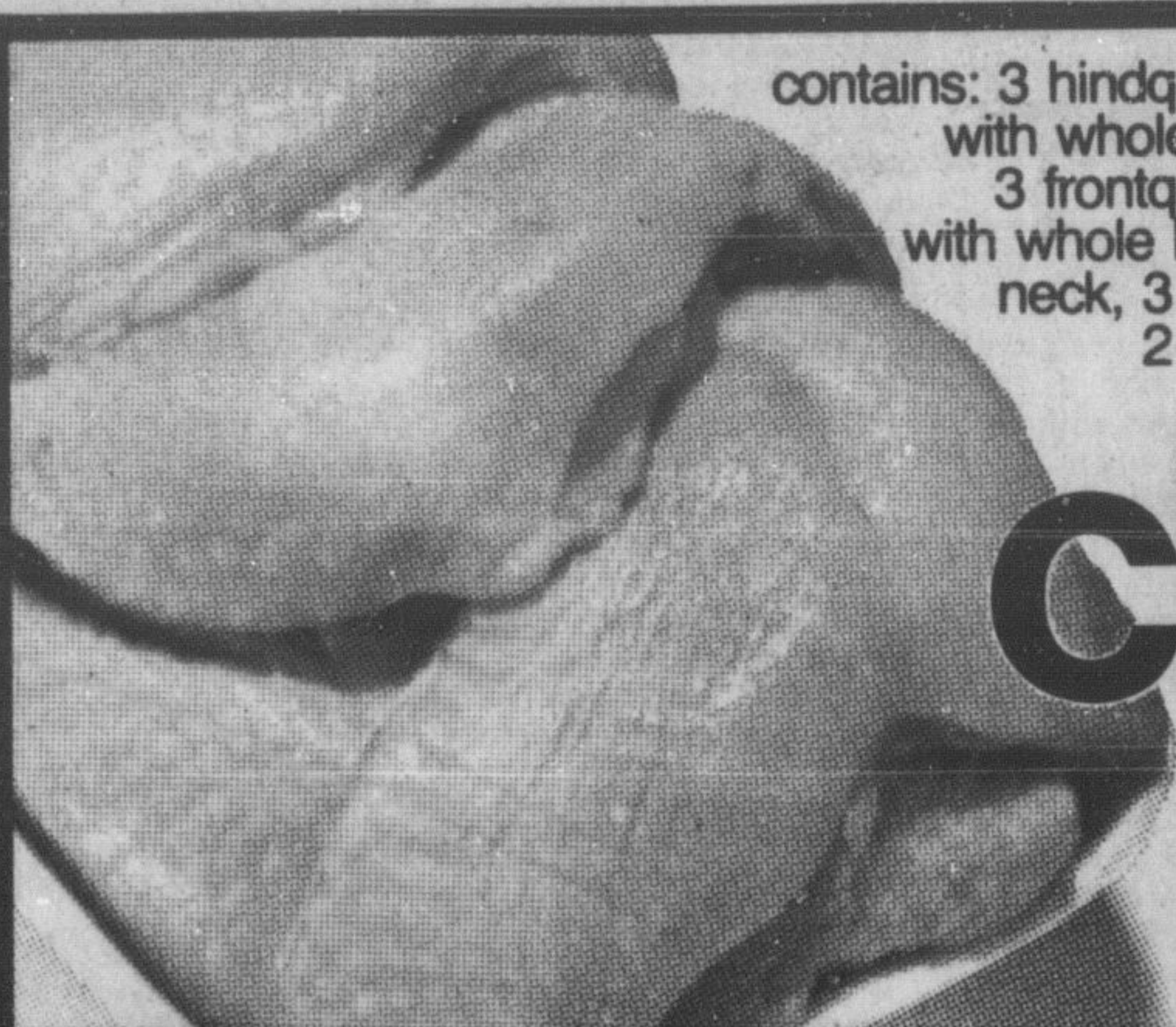


# Loblaws

more meat values	
back attached fresh chicken legs	3.48 /kg
fresh shoulder butt	1.58 lb.
fresh shoulder pork chops	3.48 /kg
previously frozen pork hocks	1.58 lb.
previously frozen sliced calves liver	1.28 /kg
farm style sausage	.58 lb.
fresh chicken drumsticks	5.03 /kg
fresh chicken thighs	2.28 lb.
sliced 175 g pkg. Loblaws cooked ham	1.88
Z & W Foods polish sausage	3.92 /kg
ziggys sliced 375 g pkg. summer sausage	1.78 lb.
375 g pkg. sliced ziggys salami	3.70 /kg
Loblaws pepperoni, salami or summer sausage 250 g pkg.	1.68 lb.
cooked meat sticks	1.58
HighLiner Brand 454 g pkg. frozen cod fillets	4.37 /kg
frozen Bluewater Brand cooked fish cakes	1.98 lb.
Loblaws cooked 175 g pkg. smoked ham steaks	2.48
227 g pkg. .75	2.28
1.88	1.78
2.18	2.18
2.39	2.39
1.38	1.38
4.89	4.89
.64	.64
2.59	2.59
1.85	1.85
1.19	1.19
.69	.69
.85	.85
1.39	1.39
1.89	1.89
1.39	1.39
1.25	1.25
1.51	1.51
.89	.89
2.44	2.44
1.29	1.29
2.29	2.29
10.99	10.99

more grocery values	
cereal 475 g box Kellogg's Special K	2.39
deluxe II or butter recipe all flavours, 520 g box Duncan Hines cake mixes powder, 6 L box Tide laundry detergent	1.38
Luxury, all flavours, 13 oz. tin Kai Kan cat food	4.89
Pert for normal to dry hair 300 ml. bottle conditioning shampoo	.64
Stouffer's, frozen, 10 oz. box broccoli or cauliflower au gratin	2.59
Weston, 6's box jam filled buns	1.85
plain 6's poly bag Weston english muffins	1.19
apple, grape, orange or fruit punch, 48 fl. oz. tin Sunpac drinks	.69
Brights, 48 fl. oz. tin vegetable cocktail juice	.85
6.5 oz. tin Puritan flaked chicken	1.39
6.5 oz. tin Puritan flaked ham	1.89
Robin Hood, 540 g box flaky pie crust mix	1.39
E.D. Smith 19 fl. oz. tin apple/cherry pie filling	1.25
250 g box Dad's original oatmeal cookies	1.51
McLarens, stuffed, (loose pack), 625 mL jar manzanilla olives	.89
E.D. Smith, seedless, 250 mL jar pure raspberry jam	2.44
smoothly or crunchy, 500 g plastic jar York peanut butter	1.29
Purina, 8 kg bag butcher's blend dog food	2.29
	10.99



contains: 3 hindquarters with whole back, 3 frontquarters with whole back & neck, 3 wings, 2 giblets

**fresh chicken parts**  
by the package country cut  
/kg **1.94**  
lb. **.88**



freshly ground **medium ground beef**  
/kg **3.26**  
lb. **1.48**  
Limit 5 lbs. per family



900 g bucket - frozen cut up regular or touch of honey

**Schneiders fried chicken**  
Limit 2 buckets per family  
you pay only **3.68**  
**2.00 off**

previously frozen pork side meaty **spare ribs**  
/kg **3.48**  
lb. **1.58**

Valuplus brand - end slices **side bacon**  
500 g pkg. **1.88**

assorted flavours 1 L carton **Neilson ice cream**  
**1.49**

previously frozen sliced **beef liver**  
/kg **1.65**  
lb. **.75**

Loblaws **wieners**  
454 g pkg. **1.78**

jb frozen concentrated **apple cider**  
12.5 fl. oz. tin **.79**

frozen 3 little pigs brand **pure pork sausage**  
500 g pkg. **1.88**

Loblaws sliced **cold cuts**  
175 g pkg. **.88**

Weston **stoned wheat thins**  
300 g box **1.09**

Loblaws cooked smoked **boneless dinner ham**  
/kg **6.13**  
lb. **2.78**

frozen, whole, head on, dressed **coho salmon**  
under 1 1/2 lb. size /kg **5.49**  
lb. **2.49**

Frico wheelbarrow **baby gouda cheese**  
10 oz. pkg. **1.99**



ziggys deli sliced **corned beef or pastrami**  
available in most Loblaws stores  
**11.00 /kg / 4.99 lb.**

ziggys **kolbassa coil**  
available in most Loblaws stores  
**6.59 /kg / 2.99 lb.**