

# LOBLAWS BEEF



**CANADA GRADE A BEEF boneless chuck stewing beef** 134 lb.

**CANADA GRADE A BEEF boneless chuck roasts** 85<sup>c</sup> lb.

**CANADA GRADE A BEEF short rib roasts** 76<sup>c</sup> lb.

**CANADA GRADE A BEEF boneless shoulder roasts** 114 lb.

**CANADA GRADE A BEEF chuck steaks** 128 lb.

**CANADA GRADE A BEEF chuck steaks** 86<sup>c</sup> lb.

**CHUCK**

**ROASTS** - pot roast **STEAKS** - braise  
**STEW MEAT** - braise, cook in liquid



**CANADA GRADE A BEEF prime rib club steaks** 138 lb.

**CANADA GRADE A BEEF beef braising ribs** 88<sup>c</sup> lb.

**CANADA GRADE A BEEF prime rib roasts** 98<sup>c</sup> lb.

**CANADA GRADE A BEEF boneless braising beef** 118 lb.

**RIB**

**ROASTS** - oven roast **STEAKS** - broil, pan fry, pan broil **BRAISING BEEF** - braise



**CANADA GRADE A BEEF porterhouse steaks** 158 lb.

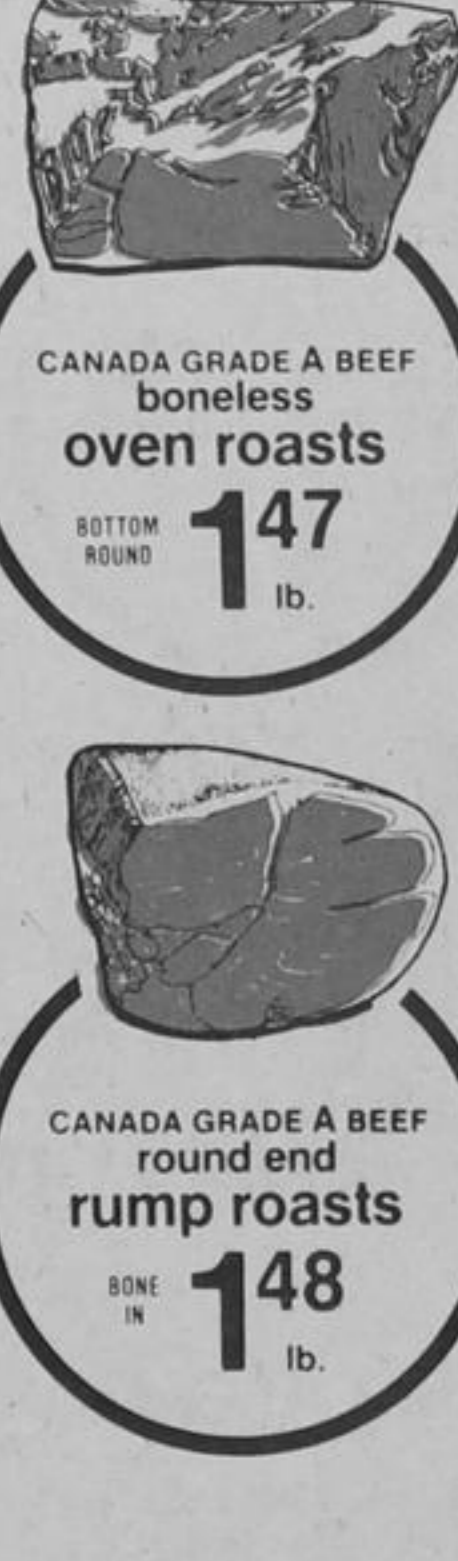
**CANADA GRADE A BEEF sirloin steaks** 154 lb.

**CANADA GRADE A BEEF boneless New York strip loin steaks** 298 lb.

**CANADA GRADE A BEEF wing steaks** 158 lb.

**LOIN**

**STEAKS** - broil, pan fry, pan broil



**CANADA GRADE A BEEF boneless oven roasts** 147 lb.

**CANADA GRADE A BEEF round end rump roasts** 148 lb.



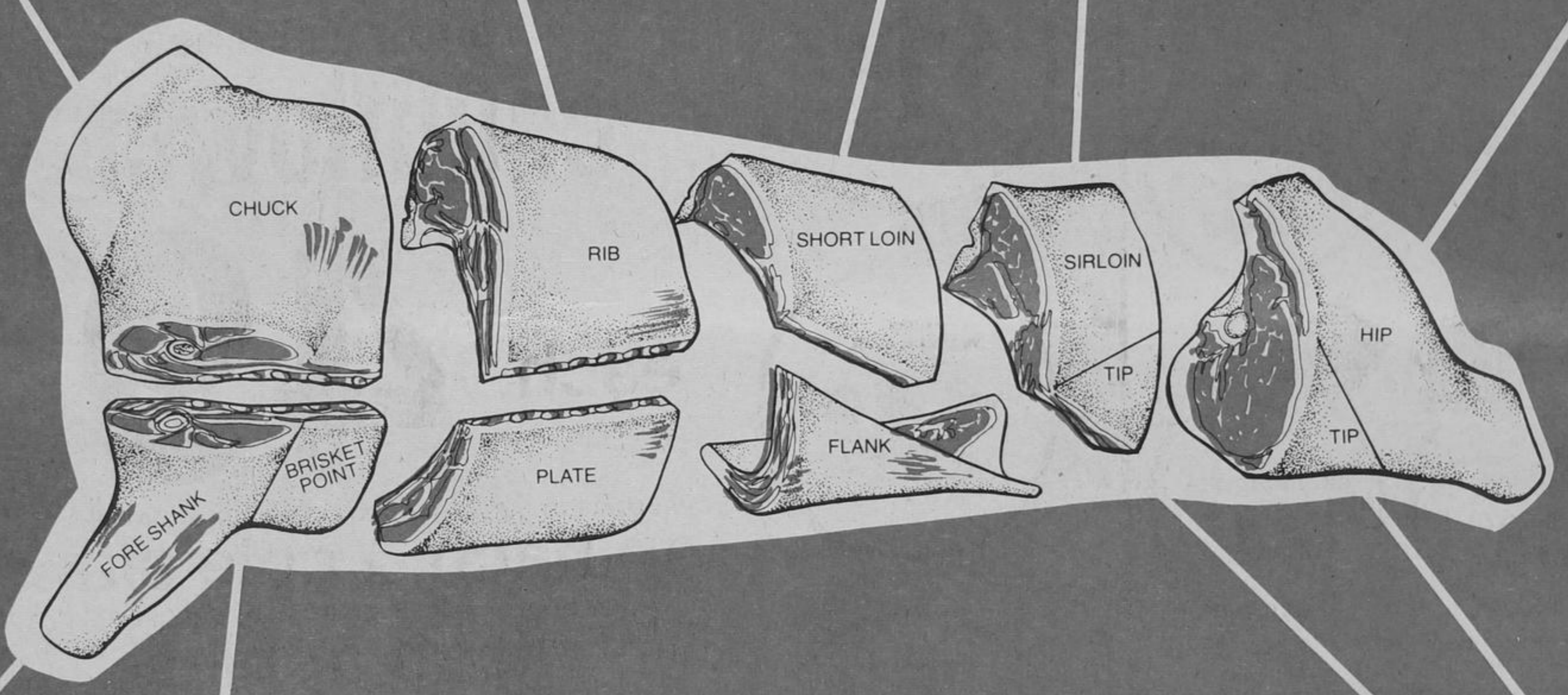
**LOBLAWS BEEF AND PORK breakfast sausage** 105 lb. pkg.

**SHOPSY'S PURE beef sausage** 98<sup>c</sup> lb. pkg.

**SCHNEIDERS beef patties** 158 2 lb. pkg.

**COMBINATION PACKAGES OF ground beef and pork** 85<sup>c</sup> lb.

**SAUSAGE** - braise, broil, pan fry **PATTIES** - pan fry, pan broil **COMBINATION** - pan fry, roast




**knuckle bones for soup** 29<sup>c</sup> lb.

**CANADA GRADE A BEEF centre cut shank** 88<sup>c</sup> lb.

**SWIFT'S PREMIUM OVEN ROASTING corned beef brisket** 177 lb.

**CANADA GRADE A BEEF brisket plate** 58<sup>c</sup> lb.

**PLATE, BRISKET POINT, FORE SHANK**

**CORNED BEEF** - cook in liquid, oven roast **OTHER CUTS** - cook in liquid



**FRESHLY GROUND hamburger** 56<sup>c</sup> lb. (27% fat)

**FRESHLY GROUND ground beef** 72<sup>c</sup> lb. (20% fat)

**FRESHLY GROUND LEAN ground beef** 124 lb. (15% fat)

broil, pan fry, pan broil, roast



**CANADA GRADE A BEEF cube steaks** 188 lb.

### BEEF: THE CANADIAN FAVOURITE

Whether it's for stretching the food budget, satisfying the family or delighting dinner guests, beef is Canada's all-around favourite meat choice.

Beef offers over 40 different cuts for your enjoyment. While these cuts vary in taste characteristics, all beef cuts are nutritious and are delicious, tender and juicy when prepared properly. For the greatest eating satisfaction, buy quality beef and familiarize yourself with the wide variety of beef cuts available.

**BUY QUALITY BEEF**

Loblaws makes it easy to buy high quality beef. Loblaws offers only Canada Grade A Beef, assuring you of excellent flavour, tenderness and juiciness.

**KNOW THE CUTS**

Select beef cuts according to your intended use. Since beef cuts vary considerably in their natural tenderness, be sure to match the cut to the proper cooking method. If you are unfamiliar

with the wide variety of cuts and the recommended way to prepare these cuts, see our Beef Chart.

The primal (wholesale) cuts of beef, as indicated on our Chart, include chuck, rib, loin, hip, flank, plate, brisket point and foreshank.

**The Chuck** is the foreshoulder, offering economical steaks and roasts with an excellent well-developed flavour. Generally the cuts from this section are less tender, but make excellent pot roasts, Swiss steak or stew. Plan on 2 1/2 servings per pound from chuck roasts and steak (bone-in).

**The Rib** section contains very tender and flavourful steaks and roasts. Use dry heat, such as oven-roasting or broiling, to prepare these cuts. Plan on 2-2 1/2 servings per pound from rib roasts or steaks (bone-in). Braising beef is one section of the rib that is less tender, so prepare this cut with moist heat.

**The Loin** contains both the short loin and the sirloin sections. It provides the choicest steaks of the carcass. These cuts are all tender and

should be prepared by dry heat: broiling, frying or pan-broiling. Allow 2-2 1/2 servings per pound from these steaks (bone-in).

The sirloin tip is cut partially from the loin and partially from the hip section. This is a less tender cut. Use moist heat such as pot-roasting or braising to prepare cuts from this section. Plan on 3 servings per pound from sirloin tip roasts or steaks.

**The Hip** is the hind leg of the animal. The hip cuts are generally not as tender as the rib or loin cuts. Generally use moist heat in preparing steaks from the hip section. Roasts may be oven roasted at 325° F or pot-roasted. Plan on 3 servings per pound from these cuts.

**The flank, plate, brisket point and foreshank** are sections of the carcass that contain less tender meat. Generally, these cuts are ground or used for stew meat.

Delicious and nutritious, beef is an excellent source of high quality protein essential to growth and good health. It is also a good source of the vitamins, niacin and a good source of the minerals, iron and phosphorus.

**FRESH "COUNTRY CUT" fryer parts** (3 HINDQUARTERS WITH BACK) (3 FRONT QUARTERS WITH BACK) (3 WINGS, 2 GIBLETS) 1 LB. 68<sup>c</sup>

**FROZEN PREDRESSED CANADA GRADE A young turkeys** UNDER 10 LBS. 72<sup>c</sup>

**FROZEN PREDRESSED CANADA GRADE A young turkeys** 10 TO 15 LBS. 67<sup>c</sup>

**OCEAN MAID BRAND FROZEN sole fillets** 20 OZ. POLY BAG 174

**CLOUSTON BRAND FROZEN rainbow trout** 10 OZ. PKG. 108

**MARY MILES BRAND sliced side bacon** 1 LB. PKG. 128

**SUPER VALUE BRAND sliced side bacon** 1 LB. PKG. 138

**LUCAS ARTHURS BRAND FAST FRY back bacon chunks** LB. 278

**LUCAS ARTHURS BRAND BY THE PIECE smoked side bacon** END CUTS LB. 95<sup>c</sup>

**SWEET PICKLED back bacon** BY THE PIECE END CUTS /LB. 168

**MARY MILES or LUCAS ARTHURS BRAND bologna** BY THE PIECE LB. 44<sup>c</sup>

**MARY MILES VARIETY PAC SLICED cooked meats** 1 LB. PKG. 99<sup>c</sup>

# Loblaws... MORE