

LOBLAWS BEEF

 <p>boneless chuck stewing beef 119 lb.</p>	 <p>BEEF boneless chuck roasts BLADE CUT 117 lb.</p>	 <p>BEEF boneless short rib roasts 117 lb.</p>
 <p>BEEF boneless shoulder roasts 117 lb.</p>	 <p>BEEF chuck steaks ARM CUT 124 lb.</p>	 <p>BEEF chuck steaks BLADE CUT 99 lb.</p>

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

 <p>BEEF prime rib club steaks 168 lb.</p>	 <p>BEEF braising ribs BONE-IN 99 lb.</p>
 <p>BEEF prime rib roasts 6TH. & 7TH. RIBS 138 lb.</p>	 <p>boneless braising beef 119 lb.</p>

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

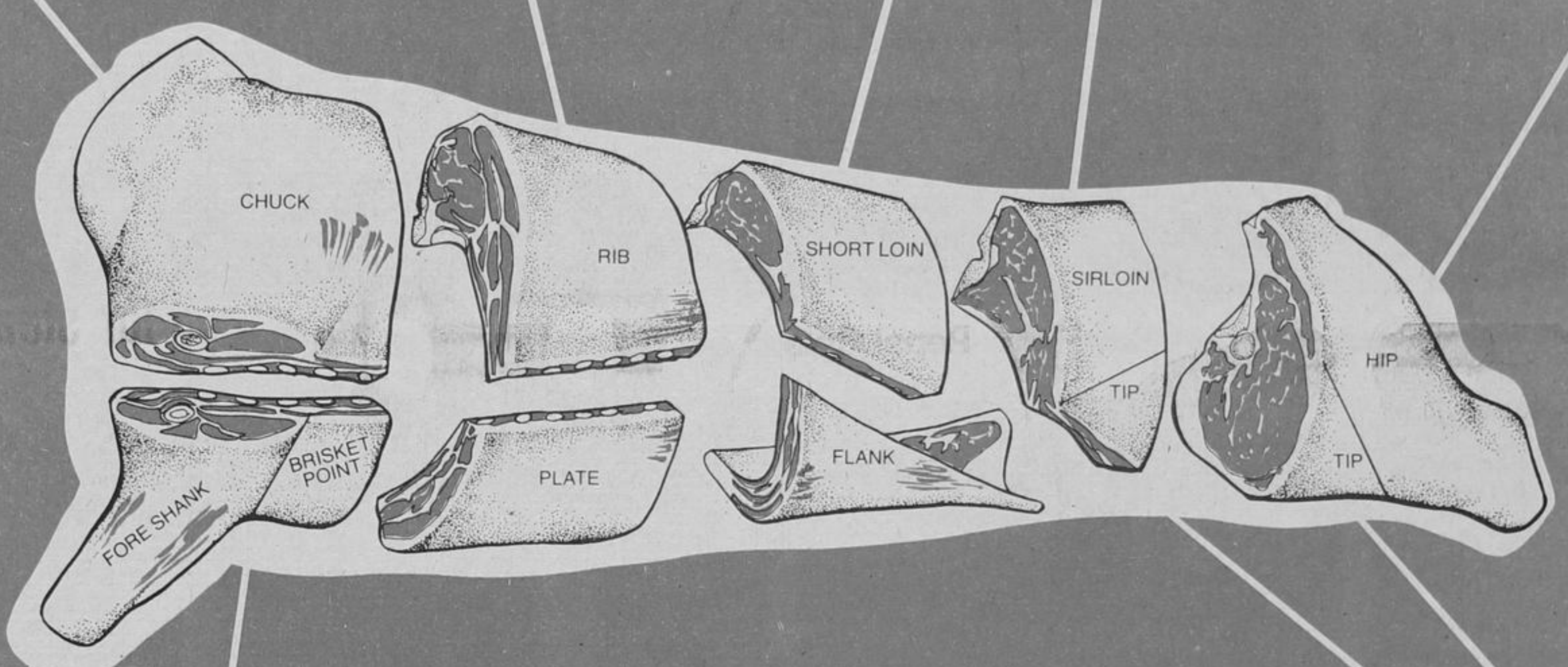
 <p>BEEF porterhouse steaks TAIL OFF 179 lb.</p>	 <p>BEEF sirloin steaks 173 lb.</p>
 <p>BEEF boneless New York strip loin steaks 298 lb.</p>	 <p>BEEF wing steaks 179 lb.</p>

LOIN STEAKS - broil, pan fry, pan broil

 <p>BEEF boneless oven roasts BOTTOM ROUND 172 lb.</p>	 <p>BEEF round end rump roasts BONE IN 167 lb.</p>
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 <p>LOBLAWS BEEF AND PORK breakfast sausage TRAY PAC 123 1 lb. pkg.</p>	 <p>SHOPSYS pure beef sausage 108 1 lb. pkg.</p>
 <p>SCHNEIDERS beef patties 198 2 lb. pkg.</p>	 <p>COMBINATION PKGS. OF hamburger and ground pork 103 lb.</p>

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



 <p>knuckle bones for soup 31 lb.</p>	 <p>BEEF centre cut shank BONE IN 93 lb.</p>	 <p>SWIFT'S PREMIUM OVEN ROASTING corned beef brisket 177 lb.</p>	 <p>BEEF brisket plate BONE IN 55 lb.</p>
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PLATE, BRISKET POINT, FORE SHANK
CORNED BEEF - cook in liquid, oven roast OTHER CUTS - cook in liquid

 <p>27% FRESHLY GROUND hamburger 3 LB. PKG. or OVER 71 lb.</p>	 <p>100% FRESHLY GROUND ground beef 2 LB. PKG. or OVER 88 lb.</p>	 <p>15% FRESHLY GROUND LEAN ground beef 139 lb.</p>
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broil, pan fry, pan broil, roast

 <p>BEEF cube steaks FAMILY PAC 198 lb.</p>

BEEF: THE CANADIAN FAVOURITE

Beef is truly Canada's all-around favourite meat choice. At your Loblaws store over 40 different beef cuts are available for your selection and enjoyment. While these cuts vary in taste characteristics, all beef cuts are delicious, tender and juicy when prepared properly. For greatest eating satisfaction, buy quality beef and familiarize yourself with the wide variety of beef cuts available.

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. Use dry cooking methods (oven roasting, broiling, pan frying, pan

broiling) to prepare tender cuts and moist cooking methods (pot roasting, braising, cooking in liquid) to prepare less-tender cuts. See our Beef Chart for specific cooking recommendations.

No matter which cut you select, beef is both a delicious and a nutritious addition to your menu. Beef is an excellent source of high quality protein and a good source of the vitamin niacin and the minerals, iron and phosphorus.

BUY QUALITY BEEF

Loblaws makes it easy to buy high quality beef. Loblaws offers only the finest, assuring you of excellent flavour, tenderness and juiciness.

<p>FRESH "COUNTRY CUT" (3 HINDQUARTERS WITH BACK) (3 FRONTQUARTERS WITH BACK) (3 WINGS, 2 GIBLETS) LB.</p> <p>fryer parts 76^c</p>	<p>SCHNEIDERS REGULAR or ALL BEEF 1 LB. PKG. EACH</p> <p>mini sizzlers sausage 127</p>
<p>SCHNEIDERS or COUNTRY MAPLE 1 LB. PKG.</p> <p>sliced side bacon 168</p>	<p>SCHNEIDERS 13 OZ. EACH</p> <p>beef meat pies 119</p>
<p>FROZEN RUPERT BRAND FLIP N' FRY 16 OZ. PKG.</p> <p>sole fillets 218</p>	<p>FROZEN CLOUSTON BRAND 10 OZ. PKG.</p> <p>rainbow trout 99^c</p>

<p>FROZEN PREDRESSED CANADA GRADE A 10 TO 16 LBS. LB.</p> <p>young turkeys 84^c</p>	<p>LUCAS ARTHURS BRAND SHANK QUARTER VAC PAC LB.</p> <p>cooked smoked hams 158</p>
<p>LOBLAWS COOKED SALAMI or SUMMER SAUSAGE LB.</p> <p>meat chunks 139</p>	<p>LOBLAWS MACARONI & CHEESE, LUNCHEON MEAT MOCK CHICKEN LOAF or BOLOGNA SLICED 6 OZ. PKG. EACH</p> <p>cooked meats 48^c</p>
<p>SHOPSYS 2 3 OZ. PKGS.</p> <p>smoked beef 118</p>	<p>SCHNEIDERS WITH DRESSING 6 OZ. PKG. EACH</p> <p>roast picnic 89^c</p>

PRICES EFFECTIVE NOV. 26 TO DEC. 2 EXCEPT PRODUCE & BAKERY PRICES EFFECTIVE NOV. 26 TO NOV. 29. RICHMOND HILL ONLY

Loblaws... MORE than the price