

CO-OP MEAT MANAGERS SALE



Fresh Chicken Breast
COUNTRY MORNING GOLD
Boneless Skinless Warehouse Pack

13²¹/_{/kg} **5⁹⁹**/_{/lb}



Pork Back Ribs
MAPLE LEAF
Fresh Cryovac Wrapped, 2 Per Package

8⁸⁰/_{/kg} **3⁹⁹**/_{/lb}



Bell Peppers
Stuffed with Lean Ground Beef
Made In-store

8⁸⁰/_{/kg} **3⁹⁹**/_{/lb}



Turkeys
COUNTRY MORNING GOLD
CANADA GRADE A
Over 9 kg, Frozen

3²⁸/_{/kg} **1⁴⁹**/_{/lb}



Moist-N-Tender Mature Hens
ROSEMOUNT
Seasoned, Frozen

3⁰⁶/_{/kg} **1³⁹**/_{/lb}



Pork Button Bones
Thawed For Your Convenience
Warehouse Pack

4³⁹/_{/kg} **1⁹⁹**/_{/lb}



Party Pride Ham
COUNTRY MORNING
2 kg Package

5⁴⁹/_{/kg} **2⁴⁹**/_{/lb}

9⁹⁹ each



Raw Shrimp
OCEAN JEWEL
51/60 Count, 340 g. Frozen

3⁴⁹ each



Eye of Round Oven Roast
CUT FROM CANADA AA BEEF,
14 DAYS AGED, Warehouse Pack

3⁴⁹/_{/kg} **7⁶⁹**/_{/lb}




SALE DATES: MARCH 6 - 12, 2010
(DATES MAY VARY BY CO-OP)

We Professionally Cut & Prepare Fresh Meat
just for you!



Fresh Pork Tenderloin
MAPLE LEAF
Cryovac Wrapped, 2 Per Package

6⁵⁹/_{/kg} **2⁹⁹**/_{/lb}



T-Bone Grilling Steak
CUT FROM CANADA AA BEEF, 14 DAYS AGED
Warehouse Pack

12¹⁰/_{/kg} **5⁴⁹**/_{/lb}



Fresh Boneless Pork Loin Halves
MAPLE LEAF
Random Cryovac

4³⁹/_{/kg} **1⁹⁹**/_{/lb}



PORK LOIN SIRLOIN HALF
LONGUE DE PORC DÉOSSÉE

MEAT MANAGERS SALE MEAT MANAGERS SALE MEAT MANAGERS SALE MEAT MANAGERS SALE



Inside Round Oven Roast
CUT FROM CANADA AA BEEF, 14 DAYS AGED
Warehouse Pack

8³⁶/_{/kg} **3⁷⁹**/_{/lb}



Top Sirloin Oven Roast
CUT FROM CANADA AA BEEF, 14 DAYS AGED
Warehouse Pack

8³⁶/_{/kg} **3⁷⁹**/_{/lb}



Chicken Breasts
Boneless, Skinless
Seasoned, Fillet Removed
Frozen, Sold in 4 kg Carton
\$26.28 each

6⁵⁷/_{/kg} **2⁹⁸**/_{/lb}

More Savings From Your Meat Manager

Deluxe Ham Portions

HARVEST
Random
Cryovac
Wrapped

5⁹³ /kg
2⁶⁹ /lb

Boneless Pork Leg Roasts

Inside, Tip or Outside
CUT FROM GOVERNMENT INSPECTED PORK
Regular Pack

7⁶⁹ /kg
3⁴⁹ /lb

Boneless Pork Loin Center Chops

CUT FROM GOVERNMENT INSPECTED PORK
Warehouse Pack

8⁸⁰ /kg
3⁹⁹ /lb

BUY ONE

GET ONE

FREE!

**FULLY COOKED STRIPS
GRILLHOUSE**
Chicken, Beef or Turkey
300-375 g Package



Sliced Bologna
OLYMPIC
Regular or Beef
300 g Package
2/5⁹⁸



Classic Wieners
COUNTRY MORNING GOLD
Regular or Beef
675 g Package
4⁴⁹ each



Heritage Side Bacon
MITCHELL'S
Thick Sliced
1 kg Package
9⁹⁹ each

Chicken Thighs or Drumsticks MAPLE LEAF Family Pack

5⁴⁹ /kg
2⁴⁹ /lb



Corn Dogs COUNTRY MORNING GOLD 20 Pack, 1.5 kg Frozen

9⁹⁹ each



Shaved Cooked Meats
COUNTRY MORNING GOLD
Honey Ham, Black
Forest or Turkey - Deli Style
300 g Package
5⁹⁹ each



Sliced Side Bacon
OLYMPIC
Selected Varieties
300 g
2/7⁹⁸

seafood

Wild Pacific
Salmon Fillets
COUNTRY MORNING GOLD
680 g, Frozen
7⁹⁹ each



Haddock
Fillets
HIGHLANDER
70E 400 g, Frozen
5⁹⁹ each



Shrimp &
Scallop Mix
AQUA STAR
240 g, Frozen
4⁹⁹ each



Steelhead Trout Fillets
Fresh
1⁹⁹ /100 g
8⁹⁹ each



Basa Fillets
PACIFIC FRESH FISH
151 g, Frozen
2/8⁰⁰



Wieners
COUNTRY MORNING
Regular or BBQ
Bulk, Skin-On
**3²⁸ /kg
1⁴⁹ /lb**



Sliced Side Bacon
SCHNEIDERS
Selected Varieties
300 g
4⁹⁹ each



Smokies
SCHNEIDERS
Juicy Jambon or GrillFem
Selected Varieties & Sizes
3⁹⁹ each



Deluxe Hams
SCHNEIDERS
Boned
Selected Varieties
Random Cryovac
**10⁹⁸ /kg
4⁹⁸ /lb**



Simply Savour Fully
Cooked Roasts
MAPLE LEAF
Selected Varieties
300-680 g
7⁹⁹ each



Smokies
COUNTRY MORNING
Smoked Pork Sausage
Selected Varieties
1 kg Fillow Pack
6⁹⁹ each



Sausage Links
or Rounds
MAPLE LEAF
Selected Varieties
Fully Cooked, 300 g
3⁹⁹ each



Wieners
SCHNEIDERS
Selected Varieties
450 g Package
3⁴⁹ each



Bologna
SCHNEIDERS
Sliced, Selected Varieties
300 g
3⁹⁹ each



Deluxe Smokies
MITCHELL'S
Selected Varieties
400 g
2/9⁹⁸



Sliced Cooked Meats
COUNTRY MORNING
Selected Varieties
Excluding Ham, 125 g
1⁴⁹ each



Fully Cooked
Meatballs
COOKED PERFECT
Italian or Swedish
907 g, Frozen
2/12⁰⁰



European Wieners
or Mennonite
Sausage
FREYBE
500 g Package
5⁹⁹ each



Sausage Chubs
HARVEST
Selected Varieties
375 g
4⁴⁹ each



Smoked Farmer's
Sausage
HARVEST
Regular or Cheese
375 g Package
4⁴⁹ each



Sausage
JOHNSONVILLE
Selected Varieties
375-500 g
3⁹⁹ each



Bacon Wrapped Chicken
Breasts OR Sweet Chili
Pork Tenderloin
MARC ANGELO
500 g or 1 kg
9⁹⁹ each



Pork Chops
MAPLE LEAF
Thick Cut, 425 g OR
Pork Tenderloin, 420 g
7⁹⁹ each



Daystarters Sausage
LILYDALE
375 g
2⁹⁹ each



Thin Sliced Cooked Meats
BUDIG
Selected Varieties
55 g
99¢ each