

- Coffee** 300gr **2²⁹**
- Delmonte, Assorted Varieties
- Fruit Cups** 4 x 142 gr **2²⁹**
- Mazola
- Corn Oil** 2 litre **3⁹⁹**
- Orange Juice** 1.89 litre **2²⁹**
- Five Alive, Regular or Citrus
- Margarine** 1.89 litre **2²⁹**
- Sara Lee, Apple, Fruit
- Baked Pie** 624gr **2⁴⁹**

Quality PRODUCE

Product of Ontario, NEW WHITE

Potatoes 99¢

lb.

- Product of Ontario
- Fresh Zucchini** lb. **69¢**
- Product of Ontario
- Fresh Green Beans** lb. **1⁵⁹**
- Product of Ontario
- Local Mushrooms** lb. **1⁹⁹**
- Product of Ontario
- Fresh Bunch Carrots** ea. **89¢**
- Product of Ontario
- Green Onions** lb. **2⁸⁸**
- Product of Ontario
- Fresh Large Cauliflower** ea. **1²⁹**
- Product of Ontario
- Large Seedless Cucumbers** ea. **89¢**
- Product of Ontario
- Fresh Bunch Spinach** ea. **79¢**
- Product of USA
- Mandarine Oranges** lb. **1⁴⁹**
- From the Tropics
- Avacados** ea. **99¢**

- Sealtest, Assorted Flavours
- Parlour Milk Shakes** 400 ml **99¢**
- McCain, Assorted Flavours
- Fruit Juices** 3 x 250 ml **99¢**
- Kellogg's
- Rice Krispie Bars** 176 gr **2⁴⁹**
- Glad
- Garbage Bags** 10's **1⁹⁹**

Fresh Canada Triple A Beef

Boneless Aged 21 Days Sirloin Steaks \$4.49

/lb.

- Fresh Canada Grade A Chicken
- Chicken Drums or Thighs** lb. **99¢**
- Cut From Canada AAA Beef AGED 21 DAYS
- Striploin Steaks** lb. **7⁴⁹**
- Made Fresh from a Special Select Grade of Pork REG. OR SPICY HOT
- Italian Sausage** lb. **2²⁹**
- Pure Pork
- Breakfast Sausage** lb. **1⁹⁹**
- From Mapleidge MADE WITH WHITE MEAT
- Chicken Burger** lb. **3⁹⁹**
- Made Fresh from a Special Select Grade of Pork REG. OR SPICY HOT, GREAT FOR THE BBQ
- Pork Patties** lb. **2⁴⁹**
- Boneless
- Ham Steaks** lb. **3⁹⁹**
- Cut from a Special Select Grade of Pork
- Picnic Shoulder Roast** lb. **1⁵⁹**
- Cut from a Special Select Grade of Pork
- Pork Butt Chops** lb. **2⁴⁹**
- Made from Canada Triple A Beef TOP SIRLOIN USED
- Beef Shiskabobs** lb. **4⁹⁹**

Quality DELI BAKERY

J.M. Schneiders Olde Fashioned Ham 4.99

\$1.10 / 100 gr. lb.

- Imported
- Asiago Cheese** ... \$2.20/100 gr. **9⁹⁹** lb.
- Mastro
- Casalingo Salami** ... \$1.54/100 gr. **6⁹⁹** lb.
- J.M. Schneiders
- Lifestyle Turkey Breasts** \$1.54/100 gr. **6⁹⁹** lb.
- Dempster
- Gourmet Hot Dog & Hamburger Buns** **1⁵⁹** ea.
- Westons, Assorted Varieties
- Country Harvest Breads** .. **1³⁹** ea.
- From our Bakery, Topped with Mozzarella Cheese
- Fresh Garlic Bread** **2⁶⁹** ea.
- Made Fresh from Rosa's Kitchen
- All Natural Fruit Salad** .99/100 gr. **4⁴⁹** lb.
- Fresh from the Deli
- Greek Feta Cheese** \$1.76 /100 gr. **7⁹⁹** lb.

- 2 tsp olive oil
- 3 cloves garlic, minced
- 1 onion, chopped
- Pinch hot pepper flakes
- 2 cups cubed zucchini
- 1 cup diced sweet red pepper
- Fresh basil leaves

- 1/3 cup shredded mozzarella cheese
- 1 tsp chopped fresh basil (or 1 tsp. dried)
- 1/2 tsp salt
- 1/4 tsp pepper
- 2 whole boneless chicken breasts
- Fresh basil leaves

Harvest Chicken

In a large ovenproof skillet, heat half of the oil over medium heat; cook garlic, onion and hot pepper flakes for 3 minutes or until onion is softened. Add zucchini and red pepper, cook, stirring, for 3 minutes. Remove from heat; stir in cheese, chopped basil, salt and pepper. Let cool slightly. Using fingers, gently loosen skin from thick end of chicken breasts to form pocket, leaving skin attached at edges. Stuff half of the vegetable mixture into each pocket, patting gently to flatten slightly. Secure skin at edges with toothpicks. In same skillet, heat remaining oil over medium heat; cook chicken, skin side down for about 3 minutes or until golden brown. Turn skin side up, bake in 375°F oven for about 30 minutes or until chicken is no longer pink inside. Halve breasts vertically. Garnish with basil leaves. Makes 4 servings.

HOURS:
 MON. - WED. 8:00 A.M. to 8:00 P.M.
 THURS. - FRI. 8:00 A.M. to 9:00 P.M.
 Sat. 8:00 A.M. to 6:00 P.M.
 SUN. 10:00 A.M. to 5:00 P.M.

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