

**Capn' Crunch** . . . 350 gr **2<sup>99</sup>**  
 Quaker, Breakfast Cereal

**Corn Bran** . . . . . 540 gr **2<sup>49</sup>**  
 Quaker, Breakfast Cereal

**Life** . . . . . 750 gr **2<sup>99</sup>**  
 Quaker, Breakfast Cereal

**Fish Sticks** . . . . . 700 gr **2<sup>99</sup>**  
 Michelinas,  
 Assorted Varieties

**Frozen Dinners** 227-277 gr **1<sup>99</sup>**

**Miracle Whip** . . . . . 1 litre **2<sup>99</sup>**  
 Palmolive, Ultra Liquid,  
 Assorted Varieties

**Dish Detergent** 635/950 ml **1<sup>99</sup>**

**Alpha Bits** . . . . . 450 gr **2<sup>49</sup>**  
 Post, Breakfast Cereal

**Honey Combs** . . . . . 400 gr **2<sup>49</sup>**  
 Post, Breakfast Cereal

**Sugar Crisp** . . . . . 48's **1<sup>49</sup>**  
 Post, Breakfast Cereal

Cut from A Special Select Grade of Ontario Pork

# Centre Cut Pork Chops

Lb. **\$2<sup>99</sup>**

**Quality PRODUCE**  
 Product of Ontario

# MacIntosh Apples

3 lb. Bag **99¢** ea.

Cut from A Special Select Grade of Ontario Pork

**Centre Cut Boneless Pork Loin Chops** . . . . . **3<sup>99</sup>** lb.

Cut from A Special Select Grade of Ontario Pork

**Boneless Pork Loin Roasts** . . . . . **3<sup>99</sup>** lb.

Cut from Can. Triple A Beef

**Prime Rib Steaks** . . . . . **4<sup>99</sup>** lb.

Cut from Can. Triple A Beef

**Beef Braising Ribs** . . . . . **2<sup>49</sup>** lb.

Made from Special Select Grade of Pork, Reg or Hot

**Italian Sausage** . . . . . **2<sup>49</sup>** lb.

Ground Fresh from 100% Pure Canadian Beef, 93% FAT FREE

**Lean Ground Beef** . . . . . **1<sup>99</sup>** lb.

Pure Pork

**Breakfast Sausage** . . . . . **1<sup>99</sup>** lb.

Fresh Canada Grade A

**Boneless Chicken Breast** . . . . . **3<sup>99</sup>** lb.

Cut Fresh from Special Select Lean Grade of Ontario Pork

**Pork Picnic Shoulder** . . . . . **1<sup>49</sup>** lb.

Cut Fresh from Special Select Lean Grade of Ontario Pork

**BONELESS STUFFED Butt Roast** . . . . . **2<sup>49</sup>** lb.

Fresh Local Ontario

**Mushrooms** . . . . . **1<sup>99</sup>** lb.

Product of Ontario-Large & Tender

**Celery Stalk** . . . . . **79¢** ea.

Product of Ontario, Cello

**Carrots or Cooking Onions** 2 lb. Bag **2<sup>99</sup>¢**

Product of USA

**Granny Smith Apples** . . . . . **89¢** lb.

Product of P.E.I.

**P.E.I. Potatoes** . . . . . **1<sup>69</sup>** ea.  
 . . . . . 10 lb. Bag

Product of U.S.A. Can. #1, Fresh

**Green Onions** . . . . . **2<sup>79</sup>¢**

Product of Ontario, Large

**Seedless Cucumbers** . . . . . **99¢** ea.

Product of U.S.A. Can. #1, Cello

**Spinach** . . . . . **99¢** ea.  
 . . . . . 10 oz. pkg

**Quality DELI BAKERY**  
 J.M. Schneiders, Deli Sliced

# Olde Fashioned Ham

4<sup>49</sup> lb.  
 \$4.99/100 gr.

**Grilled Bread Salad**

- Stir together oil, garlic, salt and pepper; brush onto both sides of bread slices. Place on greased grill over medium heat; close lid and cook, turning once, for about 6 minutes or until crisp and golden. Cut into bite-size cubes.
- VINAIGRETTE: In small bowl, whisk together vinegar, oregano, sugar, mustard, salt, pepper and garlic; gradually whisk in oil.
- In salad bowl, combine lettuce, tomato and carrot. Sprinkle with vinaigrette and bread cubes; toss to combine. Makes 4 servings.

Baked fresh from our ovens

**Onion Buns** . . . . . **6/1<sup>99</sup>**

Weston, Assorted Varieties

**Country Harvest Breads** . . . . . **1<sup>39</sup>** ea.

Dempsters, 100%W/W, Enriched White

**Bread** . . . . . **99¢** ea.  
 . . . . . 675 gr

**Butter Top Bread** . . . . . **1<sup>39</sup>** ea.

J.M. Schneiders, Reg. All Beef, Lifestyle

**Blue Ribbon Bologna** . . . . . **3<sup>69</sup>** lb.  
 . . . . . \$81/100 gr.

J.M. Schneiders, Jumbo, Lifestyle, Bagged

**Summer Sausage** . . . . . **5<sup>99</sup>** lb.  
 . . . . . \$1.32/100 gr.

J.M. Schneiders, Mild, Med, Old, Marble

**Cheddar or Mozzarella Cheese** \$1.01/100 gr. **4<sup>59</sup>** lb.

Baked fresh from our ovens

**Apple Pie 8"** . . . . . **2<sup>99</sup>** ea.

**Quality DELI BAKERY**  
 J.M. Schneiders, Deli Sliced

# Olde Fashioned Ham

4<sup>49</sup> lb.  
 \$4.99/100 gr.

**Quality Green's Shop By Phone & Delivery Service!**  
**5% SENIORS DISCOUNT! EVERY DAY!**  
 (Excludes Tobacco, Specials & In-store Features)

**WELCOME TO QUALITY**

Quality Greens reserves the right to limit quantities.

**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.