

Quality GREENS

Time Cook

It has been a long standing tradition at Quality Greens to provide the finest cut of red brand Beef Ontario has to offer. Now, we are proud to announce that all our beef comes from the local Mennonite communities. The Mennonite Beef Farmers produce, in our opinion, the finest product found in Ontario. It is leaner & yet the most flavorful, moist & tender cut of beef we have ever experienced.

Quality Greens bringing you *Nature's best!*
From our family to yours.



Prices in effect from
Tues. Nov. 11 Until Mon. Nov. 17, 1997

228 Main St. Milton
(905) 876-4496

Kraft
Macaroni & Cheese
Dinner 225 gr **Limit 6**

39¢

Fresh Can Gr A
Boneless
Chicken Breasts /lb.

\$3.69

Cut from Can Triple A Beef
Boneless
Blade \$2.49
Roasts

Product of USA
Head
Lettuce 99¢ ea.

Product of P.E.I.
P.E.I. Potatoes
10lb Bag **99¢**

Our Very Own
Salted
Butter 2.79

MORE GREAT GROCERY FEATURES

- | | | |
|--|---|---|
| Sherriff, Assorted Varieties
Added Touch 99¢ | Bovril, Packets
Beef or Chicken 16's 1.29 | Minute Maid, Reg or Home Squeezed
Fresh Orange Juice . 1.89 liter 1.99 |
| Kellogg's, Breakfast Cereal
All Bran 525 gr 2.49 | Del Monte, Assorted Varieties
Fruit Cups 4x142 gr 1.99 | Five Alive, Citrus or Tropical
Fresh Fruit Juice . 1.89 liter 1.99 |
| General Mills, Breakfast Cereal
Golden Grahams . 385 gr 2.49 | Del Monte, Assorted Flavours
Gels 3x3.5 gr 99¢ | Eggo, Reg, Cinnamon, Blueberry
Economy Pack
Waffles 1.87 gr 6.99 |
| General Mills, Assorted Varieties
Hamburger Helper . 200-238 gr 1.69 | Del Monte, Assorted Flavours, Reg or Light
Pure Jams 500 ml 2.99 | McCain, Assorted Flavours |
| General Mills, Assorted Varieties
Tuna Helper 198-233 gr 1.69 | Kraft
Flintstones
Macaroni & Cheese Dinner . 156 gr 99¢ | |
| General Mills, Breakfast Cereal
Reese Peanut
Butter Puffs 400 gr 2.49 | General Mills, Breakfast Cereal
Nestle Milk 400 ml 2.49 | |