

**Keep n Delicious**  
**Frozen Cakes** . . . . . 510 gr **2 49**  
 Kellogg's, Assorted Flavours  
**Nutri Bars** . . . . . 295 gr **2 49**  
 Quaker, Assorted Flavours  
**Dipps** . . . . . 187-206 gr **1 99**

**Liquid Fabric Softener** 5 litre **3 99**  
 Ultra Fleecy, Original, Extra Fresh, Garden Scent  
**Fabric Softener Sheets** . 50's **2 99**  
 Kraft, Assorted Flavour, Reg or Light  
**Philadelphia Soft Cream Cheese** . . . . . 250 gr **1 99**

**Kraft, Assorted Varieties**  
**Pasta & Sauce** . . . 130-175 gr **99¢**  
 Kraft, Extra Creamy  
**Macaroni & Cheese Dinner** . 200 gr **99¢**  
 Cadbury, Reg, Semi Sweet, Marshmallows, Life  
**Hot Chocolate** . 500-50gr bonus size **2 99**

**General Mills, Breakfast Cereal**  
**Cinnamon Toast Crunch** . 400 gr **2 49**  
 General Mills, Breakfast Cereal  
**French Toast Crunch** . 425 gr **2 49**  
 General Mills, Breakfast Cereal  
**Trix** . . . . . 325 gr **2 49**

**Quality Greens Beef Has aged for 21 Days for that melt in your mouth experience**

Cut from Can Triple A Beef

# Chef Style Prime Rib Roast

**\$4 99** lb.

**Quality PRODUCE**  
 Product of USA, Fresh

# BROCCOLI

Product of USA

**Zucchini** . . . . . 79¢ lb.  
 Product of USA  
**Seedless Navel Oranges** . 1 99 bag of 10  
 Product of USA  
**Celery Stalks** . . . . . 99¢ ea.  
 Product of USA  
**Green Onions** . . . . . 3/99¢  
 Product of USA  
**Royal Gala Apples** . . . . . 99¢ lb.

**Boneless Cross Rib Steak** . . . . . 2 69 lb.  
 Cut From Can Triple A Beef  
**Pork Side Ribs** . . . . . 1 99 lb.  
 Cut From Special Select Grade of Ontario Pork  
**Boneless Cross Rib Roast** . . . . . 2 69 lb.  
 Cut From Can Triple A Beef  
**Stewing Beef** . . . . . 2 99 lb.  
 Cut From Can Triple A Beef Aged 21 Days  
**Beef Braising Ribs** . . . . . 1 99 lb.

**Fresh Whole Turkey** . . . . . 1 69 lb.  
 Fresh Can Gr A  
**Boneless Blade Steak** . . . . . 2 49 lb.  
 Cut From Can Triple A Beef  
**Boneless Chicken Thighs** . . . . . 2 99 lb.  
 Fresh Can Gr A  
**Semi-Boneless Chuck** . . . . . 1 99 lb.  
 Cut From Can Triple A Beef  
**Short Rib Roast** . . . . . 1 99 lb.

**Quality DELI BAKERY**

**Eye of The Round Pastrami**  
 \$1.10/100 gr. **4 99**

**Dry Salami** . . . . . 99¢/100 gr. **4 49** lb.  
 Mastro  
**Hot Mortadella** . . . . . 99¢/100 gr. **4 49** lb.  
 Deli Sliced  
**Montreal Smoked Meat** 88¢/100 gr. **3 99** lb.  
 Deli Packed, Pineapple or Orange  
**Cream Cheese** \$1.32/100 gr. **5 99** lb.

**Multigrain Bread** . . . . . 2 29 ea.  
 Baked Fresh in Our Own Ovens  
**Italian Seasoned Bread Crumbs** . 1 49 ea.  
 Prepared in Our Bakery Department  
**Texas Toast** . . . . . 99¢ ea.  
 Weston, White or Brown  
**White Bread** . . . . . 99¢ ea.  
 Dempsters, Delicious

**Chicken with Corn-and-Pepper Salsa**

**CORN-AND-PEPPER SALSA**  
 1 can (10 oz.) corn kernels, drained  
 1 jar (12 oz.) roasted red peppers, drained and coarsely chopped  
 1/4 cup oil-and-vinegar salad dressing  
 2 tsp finely chopped fresh coriander or parsley  
 1 tsp grated lime rind  
 3 tsp lime juice  
 1 tsp finely chopped jalapeno pepper

**CORN-AND-PEPPER SALSA**  
 1/2 cup oil-and-vinegar salad dressing  
 1 tsp grated lime rind  
 3 tsp lime juice  
 1 tsp chili powder  
 1/2 tsp salt  
 1/4 tsp pepper  
 1 clove garlic, minced  
 6 boneless, skinless chicken breasts (about 2 lb.)

**In glass bowl, combine salad dressing, lime rind and juice, chili powder, salt, pepper and garlic; add chicken, turning to coat. Cover and marinate in refrigerator for at least 2 hours or up to 3 hours, turning once.**  
**CORN-AND-PEPPER SALSA:** Meanwhile, in bowl, combine corn, red peppers, salad dressing, coriander, lime rind and juice, and jalapeno pepper, cover and refrigerate until chilled or for up to 3 hours.  
**Reserving marinade, place chicken on greased grill over medium-high heat, or on top rack of broiler; cook, turning twice and brushing with marinade, for 10 to 15 minutes or until no longer pink inside. serve with Corn-and-Pepper Salsa Makes 6 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.

**WELCOME TO QUALITY**

Quality Greens reserves the right to limit quantities.

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