

Honey Nut, Multi-grain
Cheerios 400-450 gr **2⁶⁹**
 General Mills Breakfast Cereal
Reese Peanut Butter Puffs 400 gr **2⁹⁹**

Mainstay Dog Food 8kg
 Eggo, Reg, Buttermilk, Cinnamon Toast **2⁹⁹**
Waffles 16's/625 gr
 Lancia, Med, Broad, Extra Broad **1²⁹**
Egg Noodles 375 gr

Carapelli
Extra Virgin Olive Oil 750 ml **7⁹⁹**
 O.V.O, Pink, Ruby Red
Grapefruit Juice 1.89 litre **2⁴⁹**
 Imperial
Soft Margarine **1²⁹**
 454 gr single or twin tubs
 General Mills, Assorted Varieties
Tuna Helper 198-233 gr **1⁹⁹**

Quality PRODUCE

Product of Ontario, Local Grown, Snow White

Mushrooms

1.99 lb.

Product of USA, Can #1, Andy-Boy #1
Fresh Rapini 1⁹⁹ bunch
 Product of USA, Can #1, Anjou or Bosc
Pears 99¢ lb.
 Product of USA, Can #1, Large **3/99¢**
Lemons 79¢ lb.
 Product of USA, Can #1
Roma Tomatoes 79¢ lb.

Product of USA, Can #1, Red or White
New Potatoes 79¢ lb.
 Product of USA, Can #1, Jumbo Indian River **3/1.49**
Red Grapefruit size 32's
 Product of USA, Can #1
Green Peppers 1⁴⁹ lb.
 Product of USA, Can #1, Fresh
Green Onions 2/99¢ ea.

Quality DELI BAKERY

Tre Stella
Havarti Cheese **4⁶⁹** lb.
 \$1.03/100 gr

Maple Lodge, Cooked, Cajun, Smoked
Chicken Breast \$1.10/100 gr. **4⁹⁹** lb.
 Bittner's, Assorted
Meat Loaves \$1.10/100 gr. **4⁹⁹** lb.
 Bittner's
Eye of the Round Pastrami \$1.10/100 gr. **4⁹⁹** lb.

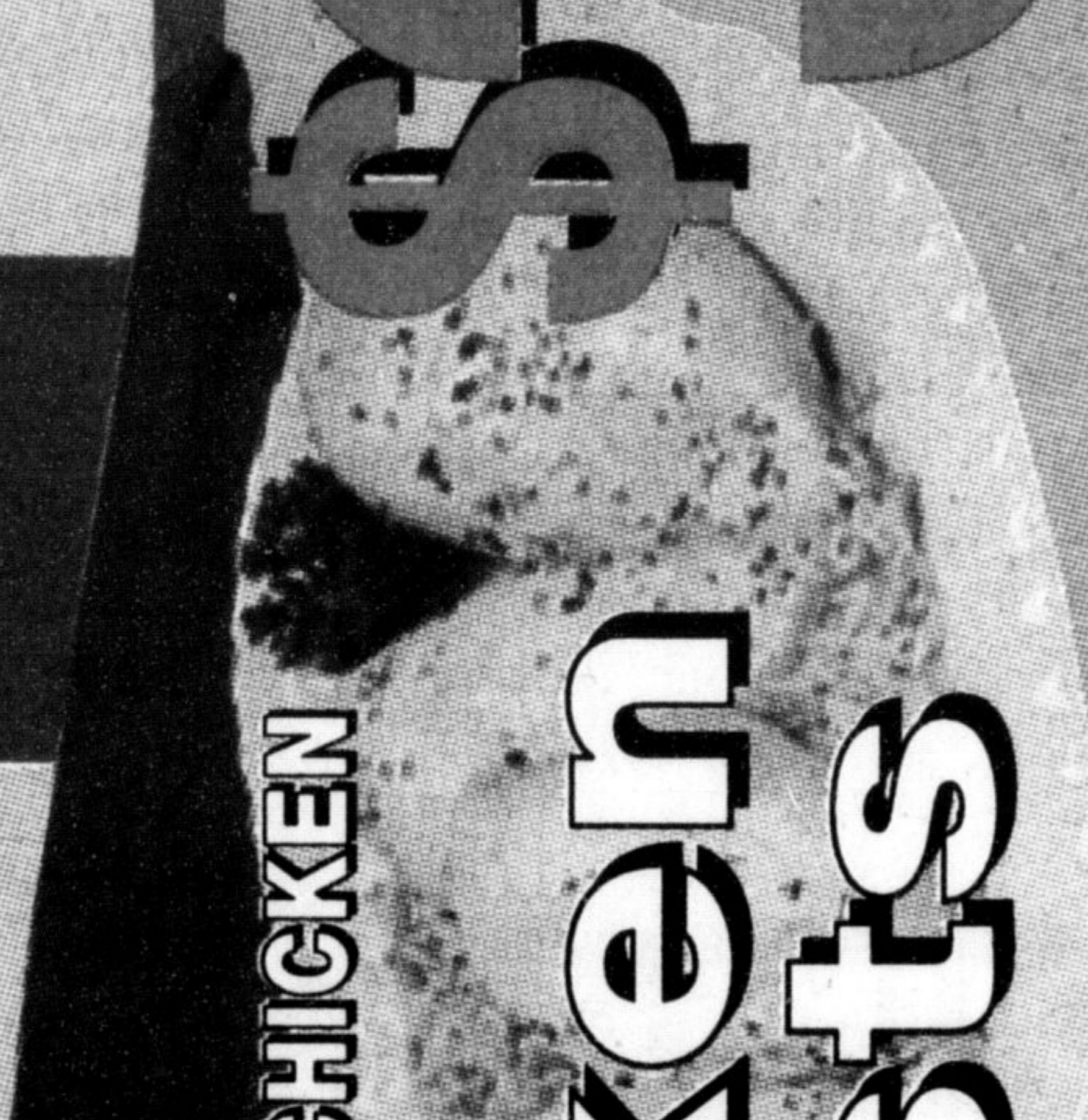
Imported From Italy
Pecorino Romano Cheese . . . \$1.32/100 gr. **5⁹⁹** lb.
 Baked In Our Own Oven
Onion Buns **5/99¢**
 Baked In Our Own Oven
Country Brown Bread **1³⁹** ea

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.

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

WELCOME TO QUALITY

FRESH CAN. GR. A CHICKEN Boneless, Skinless Chickens Breasts



\$3.79 per lb.

Cut From Triple A Beef **2⁷⁹** lb.
Inside Round Steak or Roasts
 Cut From Can Triple A Beef **5⁴⁹** lb.
T-Bone Steak, Tail Removed
 Cut From Can Triple A Beef **3⁹⁹** lb.
Boneless Top Sirloin Steak or Roasts
 Cut From A Special Select Grade of Ontario Pork **2⁹⁹** lb.
Center Cut Pork Chops
 Cut From Can Triple A Beef **2⁹⁹** lb.
Rump Roast
 Cut From Can Triple A Beef **3²⁹** lb.
Tenderized Cube Steak

J.M. Schneiders
Bucket of Chicken 900 gr ea. **4⁹⁹**
 Fresh Can Gr A Chicken
Sirloin Tip Steak or Roast **2⁹⁹** lb.
 J.M. Schneiders, Bologna, Mac & Cheese, Mock Chicken
Popular Sliced Meats 175 gr ea. **1⁴⁹**
 J.M. Schneiders, Dutch Treat, Red Hots, Skinless
Weiners **2²⁹** ea.
 Cut From Can Triple A Beef
Eye of The Round Roast **3²⁹** lb.

A Favorite from La Cucina Italiana

Grilled Shrimp with Argula

30 large shrimp
 1/4 cup extra-virgin olive oil
 salt
 1 clove of garlic, sliced
 1 chili pepper, sliced
 1 bunch of Argula, washed and chopped
 1 bunch basil, washed

Preheat the grill or broiler. Thread the shrimp onto 6 skewers. Brush with 1 tablespoon of the olive oil and season with salt. Grill or broil, turning once, until golden, about 8 minutes. Meanwhile, heat the remaining olive oil. Add the garlic and chili. Stir in the argula, 1/4 cup of water, and salt; cover and simmer 3 minutes. Purée in a food processor with the basil. Pour the sauce over the shrimp and serve immediately.

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