

Whiskas **2/99¢**
Cat Food 170g

Assorted Varieties Christies

Snack Crackers ... 170 gr **229**

Highliner **269**
Fish Cakes 700g

Assorted Varieties, Kellogg's

Nutri Bars 295g **199**

26 x 36 Glad **649**
Garbage Bags 40's

I Can't Believe It's Not Butter

Margarine 454g **179**

Delmonte Peaches **169**
or Fruit Cocktail .. 398ml

Assorted Flavours, Fruite

Fruit Drinks 2L **199**

Quality PRODUCE

Product of USA
 Canada #1
LARGE & FIRM

HEAD LETTUCE **79¢ ea.**

All Our Beef Comes from The Local Mennonite Community. Certified Red Brand, Canada Triple A

Boneless Blade Roast **279 lb.**

Product of USA, Canada #1

Sweet Seedless Green Grapes 199 per lb.

Product of USA, Canada #1
 Sunkist Seedles

Navel Oranges 79¢ lb.

Product of USA, Canada #1
 Indian Red River

Grapefruit size 48's 6/199

Product of USA, Canada #1

Cello Carrots 149 5 lb. bag

Product of USA, Canada #1 Tasty Ripened

Roma Tomatoes 79¢ lb.

Product of USA, Canada #Extra Large Red

Rome Apples 99¢ lb.

Product of Ontario Canada #1 local grown

Mushrooms 199 lb.

Product of Ontario, Canada #1, Fresh

Green Cabbage 99¢ ea.

Product of USA, Canada #1

Dandelion Greens 99¢ bch.

Product of USA, Canada #1

Endive or Escarole Lettuce 99¢ ea.

All Our Beef Comes From The Local Mennonite Community. Certified Red Brand, Canada Triple A

Boneless Blade Steak 299 lb.

All Our Beef Comes From The Local Mennonite Community. Certified Red Brand, Canada Triple A

Semi-Boneless Chuck Short Rib Roast **229 lb.**

All Our Beef Comes From The Local Mennonite Community. Certified Red Brand, Canada Triple A

Boneless Cross Rib Roast **289 lb.**

All Our Beef Comes From The Local Mennonite Community. Certified Red Brand, Canada Triple A

Boneless Cross Rib Steak **299 lb.**

All Our Beef Comes From The Local Mennonite Community. Certified Red Brand, Canada Triple A

Lean Ground Beef 93% Fat Free **199 lb.**

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Extra Lean Stewing Beef 299 lb.

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London Broil Flank Steak **299 lb.**

Stuffed with Seasoned Ground Pork & Beef

Pure Pork

Breakfast Sausage 199 lb.

Cut From A Special Select Grade of Ontario Pork

Baby Back Ribs **449 lb.**

Cut From A Special Select Grade of Ontario Pork

Pork Tenderloin 599 lb.

Quality DELI BAKERY

J. M. Schmieders

Cheddar Cheese **49¢ lb.**

Mild, Med. Old, Marble

Mozzarella **49¢ 1/100 gr.**

Bitters

Genoa Salami 599 lb. \$1.32/100 gr.

Sienna (Sweet or Hot)

Capicollo 499 lb. \$1.10/100 gr.

Sienna (Sweet or Hot)

Casalingo 699 lb. \$1.54/100 gr.

Piping Hot

Barbecued Chicken 499 ea.

Westons D'italiano

Breads or Rolls 139 .675 gr

Dempsters Assorted Varieties

Deli Rye Breads 139 .450gr

Dempsters Assorted Varieties

Bagels 89¢ Pkg. of 6

Baked Fresh in Our Ovens

Harvest Grain **149**

French Sticks 129

Baked Fresh in Our Ovens

Butter Top Bread 129

A Favourite from La Cucina Italiana

Veal Medallions with Marsala

1 Yellow Pepper
 2 Tbsp. extra-Virgin Olive Oil
 4 Veal Medallions
 1 onion minced

1 ounce prosciutto, julienned
 12 leaves basil, minced
 8 sprigs Italian parsley, minced

salt & pepper
 3/4 cup dry Marsala
 4 slices coarse bread.

Preheat broiler. Roast the pepper until the skin is blistered and blackened on all sides, turning once, about 10 minutes (You can also grill it over an open gas flame or BBQ.) Peel the pepper, remove the seeds and cut into long strips. Heat the olive oil in a skillet. Brown the medallions on both sides, turning once, about 1 minute per side; reserve the olive oil and pan juices. Preheat the oven to 350°. Layer the onion & prosciutto in a deep ovenproof pan. Place the browned medallions on top, sprinkle with basil and parsley and season with salt & pepper. Pour the Marsala over the medallions and cover. Cook 40 minutes. Arrange the strips of roasted pepper over the medallions and cook another 15 minutes. Meanwhile cook the bread in the reserved olive oil from the veal. Arrange the bread on a serving platter, top each slice with a medallion, and pour the veal juices over. Adjust seasoning and serve immediately.

WELCOME TO QUALITY

Seniors 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.

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