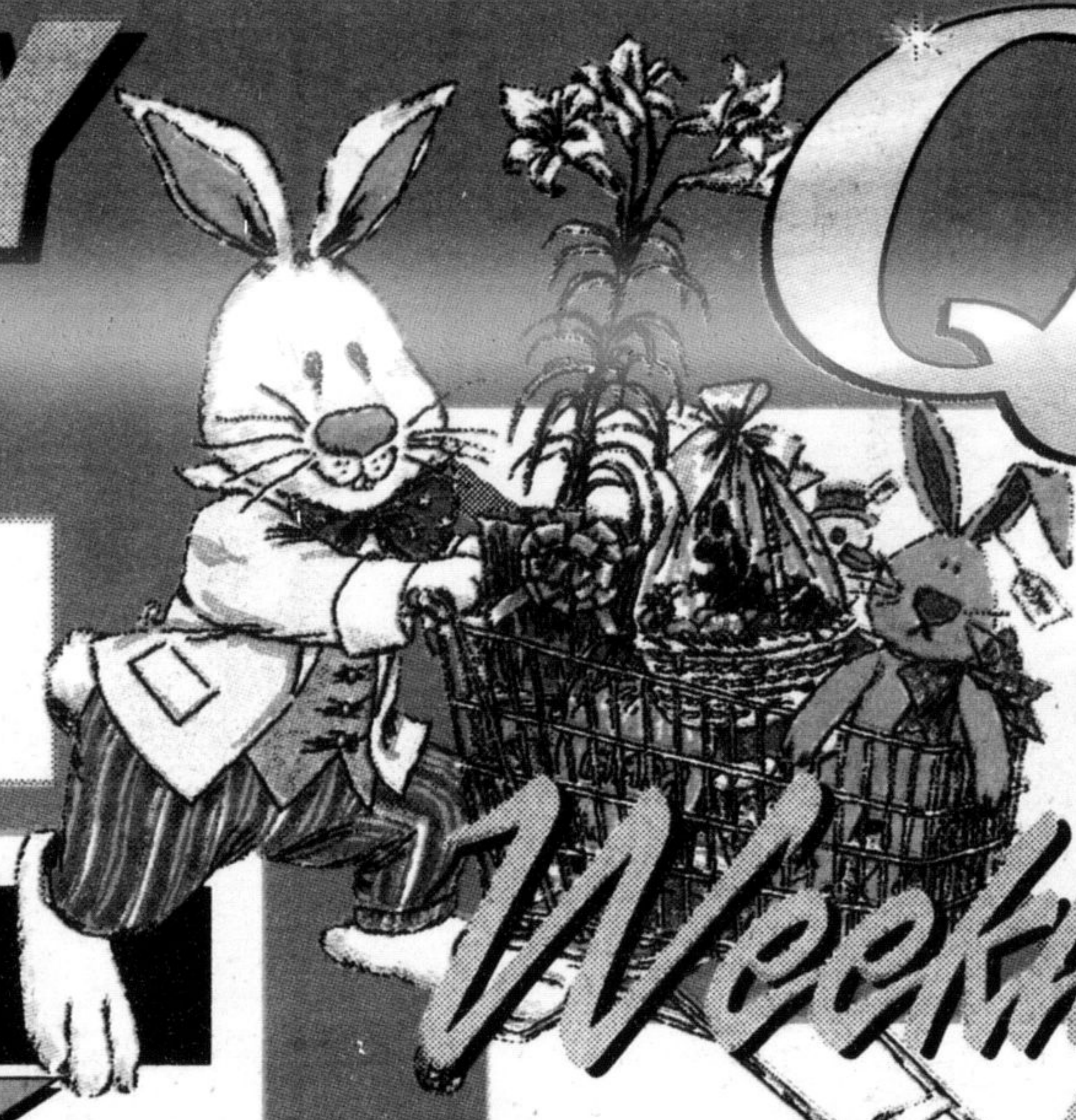


QUALITY

(905) 876-4496

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



Quality GREENS

Time to eat!

FREE BALLOONS & FACE PAINTING
SAT., APRIL 11/98
 Courtesy of Dairyland Dairy Products

QUALITY MEAT

ALL OUR BEEF COMES FROM THE LOCAL MENNONITE COMMUNITY
 CERTIFIED RED BRAND, CANADA TRIPLE A, AGED 21 DAYS

Chefstyle Prime Rib Roast 4⁴⁹ lb.	Cut from a select Grade of Ontario Pork French Style Pork Rib Roast 2⁹⁹ lb.
Beef Tenderloin . . 12⁹⁹ lb.	Fresh Grade A Capons 2⁹⁹ lb.
Fresh Canada Grade A Chicken Roasting Chickens . . 1⁶⁹ lb.	Cut from a select Grade of Ontario Pork Centre Cut Peameal Bacon 4⁴⁹ lb.
Naturally Smoked, Whole ore Halves Boneless Hams 1⁶⁹	Cut from a select Grade of Ontario Pork Reg., Hot, Garlic, Fennel Italian Sausage 1⁹⁹ lb.
Cut from a select Grade of Ontario Pork Centre Cut Boneless Pork Loin Roast 4⁴⁹ lb.	Available on Request Fresh Ontario Lamb

QUALITY PRODUCE

Product of USA, Canada #1 D'Anjou Pears ... 79¢ lb.	Product of USA, Canada #1, Size 95's Fresh Lemons 4/99¢
Product of USA, Canada #1 Sweet, Louisiana Yams 79¢ lb.	Ontario, 2 lb. Bag Cooking Onions 79¢ bag
Product of USA, Canada #1 Sweet, Extra Large Honeydew Melons 1⁹⁹ ea.	Enjoy colourful salad with Product of Itali, Canada #1, Raddichio 1⁹⁹ lb.
Product of USA, Canada #1 Escarole/Endive Lettuce . 99¢ ea.	Cook with only the freshest! • Tarragon • Tyme • Chives • Rosemary, etc. Herbs 1²⁹ bunch
Product of USA, Canada #1, Sweet Baby Carrots . . 10 oz. bag 1⁴⁹ bag	Product of USA, Canada #1 Extra large, Indian River, Size 32's Red Grapefruit 3/1⁹⁹ bag

Cheese Stuffed Tomatoes

6- tomatoes
 1- cup lowfat cottage cheese
 1- tbsp. lemon juice
 2- tsp. margarine
 1- 8 oz. can sliced mushrooms
 3- green onions with tops. sliced thinly
 1- tbsp. minced fresh parsley
 1- tbsp. flour
 1/2 cup cracker meal

In blender or food processor, whip cottage cheese with lemon juice. In a large skillet, melt margarine. Add mushrooms onion mixture. Stir in cottage cheese and cook about 5 minutes. DO NOT BOIL. Stuff tomato shells and bake in a preheated 375 oven for 15-20 minutes.

Weekly Specials

Product of PEI
 Quality's Finest
Baking Potatoes
39¢ lb.

Supper Special

Quality's Tasty, Ontario Local
Hot House Tomatoes
\$1⁹⁹ lb.

Supper Special

See Our Weekly Recipe

Dairyland, Reg. or Light
Sour Cream
99¢ 500 gr

Supper Special

Yoplait,
 Fruit on the bottom or Fat Free
Yogurt
\$3⁴⁹

Tray of 12 Individual Price .39¢ ea.
 12 x 175 gr

Supper Special

Reg. or Diet
Coke, Sprite
Canada Dry Gingerale
88¢ 2 liter

Supper Special

HOURS:
CLOSED GOOD FRIDAY & Easter Sunday
 MON. - WED. 8:00 A.M. to 8:00 P.M. Sat. 8:00 A.M. to 6:00 P.M.
 THURS. - FRI. 8:00 A.M. to 9:00 P.M. SUN. 10:00 A.M. to 5:00 P.M.