

TO QUALITY

(905) 876-4496

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

QUALITY MEAT

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

Inside Round Steak Roast 2⁸⁹ lb.	Rump Roast 2⁹⁹ lb.
Sirloin Tip Roast 2⁹⁹ lb.	Naturally Smoked, Ontario Pork Smoked Picnic Shoulder Roast 1²⁹ lb.
Eye of the Round Roast 3²⁹ lb.	Tenderized Cube Steak 3⁴⁹ lb.
Sirloin Tip Steak 3²⁹ lb.	Fresh Can. Gr. A Chicken Chicken Breasts 1⁹⁹ lb.
Inside Round Steak 2⁹⁹ lb.	J.M. Schneiders, Reg., Maple Flavour, Salt Reduced Bacon 2⁹⁹ 500g

QUALITY PRODUCE

Product of USA, Canada #1, Fresh Artichokes 99¢ lb.	Product of USA, Canada #1, Fresh Brussel Sprouts 79¢ lb.
Ontario, Canada #1, Sweet Seedless Cucumbers 99¢ ea.	Product of USA, Canada #1, Jumbo Spanish Onions 79¢ lb.
Product of USA, (Washington) Canada #1, Extra Fancy Royal Gala Apples 99¢ lb.	Product of USA, Extra Gr A, Fancy Sweet Fuji Apples 89¢ lb.
Product of USA, Canada #1, Large Fresh Leeks 1⁹⁹ bunch	Product of USA, Indian River, Large, Size 32's Red Grapefruit 3/1⁹⁹
Product of P.E.I., Canada #1 P.E.I. Potatoes . . 10 lb. bag 1⁹⁹ bag	

Asparagus with Sole

1 lb. asparagus
 1 lb. sole fillets (4 pieces approx. the same size)
 1/4 tsp. salt
 1/2 tsp. grated lemon or lime peel
 4 Tbsp. freshly squeezed lemon or lime juice
 1/8 tsp. black pepper
 1 Tbsp. chives, finely chopped
 1 tsp. of your favourite mildly flavoured mustard

Cut asparagus into 3" lengths. Cook in 2-qt. saucepan in lightly salted water for 5 min., drain. Set aside. Season the skin side of the sole fillets with salt & lemon or lime peel. Place asparagus spears at one end of each fillet. Roll up fillets with asparagus spears inside & secure with round tooth-picks. Place in a 2 qt. oven proof casserole dish liberally sprayed with oil. In small bowl combine remaining ingredients and pour over fish. Bake in 350° oven for 15-20 min. or until fish flakes easily. Baste fish every 7 minutes.

Quality GREENS

Fine Food

Weekly Specials



J.M. Schneiders
Steakettes
\$1⁹⁹ 450g
Super Special

Kraft

Cheese Bars

\$4⁹⁹ 620g
Super Special



Product of USA, Canada #1
 California, Sweet

Strawberries

\$1⁴⁹
Super Special

Ontario #1 Grade A, Extra Large
 Hot House

Tomatoes

\$1⁴⁹ lb.
Super Special

MON. - WED. 8:00
 THURS. - FRI. 8:00

9:00 AM. to 8:00 P.M.
 9:00 AM. to 5:00 P.M.

See our
 Recipe

Delivered to you by
 BUSINESSES

ROYAL BANK
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