

# Quality GREENS

*Fine Food*

# WELCOME

228 Main St. Milton

Let us make up your Fresh Fruit Baskets, Cheese or Fruit Trays

Prices in effect from Tues. September 1, Until Mon. September 7, 1998

## Weekly Specials

**Kellogg's Frosted Flakes or Froot Loops**

**\$1.99** 375 g




Maxwell House, Instant **Coffee**  
Reg., Decaff, Light Roast

**\$3.99** 150/200 g



Mealtyme White Whole Wheat 60% Cracked Wheat **Bread**

**69¢** 675 g



Minute Maid, Frozen **Fruit Punches**

**49¢** 355 ml



**T-Bone Steaks**

**\$5.49** lb



## GROCERY FEATURES

Quaker <b>Cap'n Crunch</b> . . . . . 350g <b>2.99</b>	Lays, Assorted Varieties <b>Potato Chips</b> . . . . . 170 g <b>99¢</b>
Quaker <b>Life Cereal</b> . . . . . 210g <b>2.99</b>	Lipton, Assorted Varieties <b>Soupworks</b> 69-105 g <b>2.29</b>
Quaker, Low Fat, Assorted Varieties <b>Chewy Granola Bars</b> . . . . . 210g <b>1.99</b>	Jell-O, Assorted Flavours <b>Pudding Cups</b> . . . . . 4 x 99 g <b>1.49</b>
Robin Hood <b>All Purpose Flour</b> . . . . . 10 kg <b>6.99</b>	Bounce, Outdoor Fresh, Gentle Breeze, Bounce Free <b>Fabric Softner Sheets</b> . . . . . 40's <b>2.99</b>
Robin Hood, Assorted Varieties <b>Old Mill Oats</b> 1.35 Kg <b>2.49</b>	Quaker, Reg. or Minis <b>Rice Cakes</b> 100-186g <b>1.79</b>
<b>OUR VERY OWN Cola, Liven Up, Club Soda</b> 2L <b>79¢</b>	Sunpac, Pure <b>Apple Juice</b> 1 L <b>79¢</b> 210g
<b>Minute Rice</b> . . . . . 700 g <b>2.99</b>	Crystal Spring, Natural <b>Spring Water</b> . . 1L <b>89¢</b> ea.

## QUALITY DELI/BAKERY

Made With The Freshest All Natural Ingredients From Rosa's Kitchen <b>Old Fashioned Potato Salad</b> . . . 77¢/100gr <b>3.49</b> lb.	<b>Mastro, Reg or Spicy Hot Genoa Salami</b> \$1.32/100gr <b>5.99</b> lb.
Made With The Freshest Ingredients From Rosa's Kitchen <b>Scandanavian Seafood</b> . . . . . \$1.65/100gr <b>7.49</b> lb.	<b>Mastro, Reg or Hot Casalingo Salami</b> \$1.54/100gr <b>6.99</b> lb.
Made With The Freshest Ingredients From Rosa's Kitchen <b>Creole Red Bean with Rice</b> . . . . . 77¢/100gr <b>3.49</b> lb.	<b>Mastro Salami w/ Proscuitto</b> \$1.76/100gr <b>7.99</b> lb.
Made With The Freshest Ingredients From Rosa's Kitchen <b>Macaroni Salad Supreme</b> . . . . . 77¢/100gr <b>3.49</b> lb.	<b>Italia Salami w/ Filetto</b> . . \$1.76/100gr <b>7.99</b> lb.
	<b>Grated Canadian Parmeasan Cheese</b> .. \$2.00/100gr <b>9.07</b> lb.
	<b>Imported from Italy, Grana Padana Parmeasan Cheese</b> \$2.40/100gr <b>10.89</b> lb.
	<b>Imported from Italy, Grated Romano Cheese</b> . . . . . \$1.32/100gr <b>5.99</b> lb.