

Quality GREENS

Fine Foods

WELCOME

228 Main St. Milton

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

Prices in effect from Tues. September 29, Until Mon. October 5, 1998

Weekly Specials

Lancia, Assorted Cuts



Pasta

79¢ 750-900 g

Super Special

Bertoli



Olive Oil

\$10.99 3 Litre

Super Special

Bravo



Spaghetti Sauce

Plain, Basil, Pepper

99¢ 680 ml

Super Special

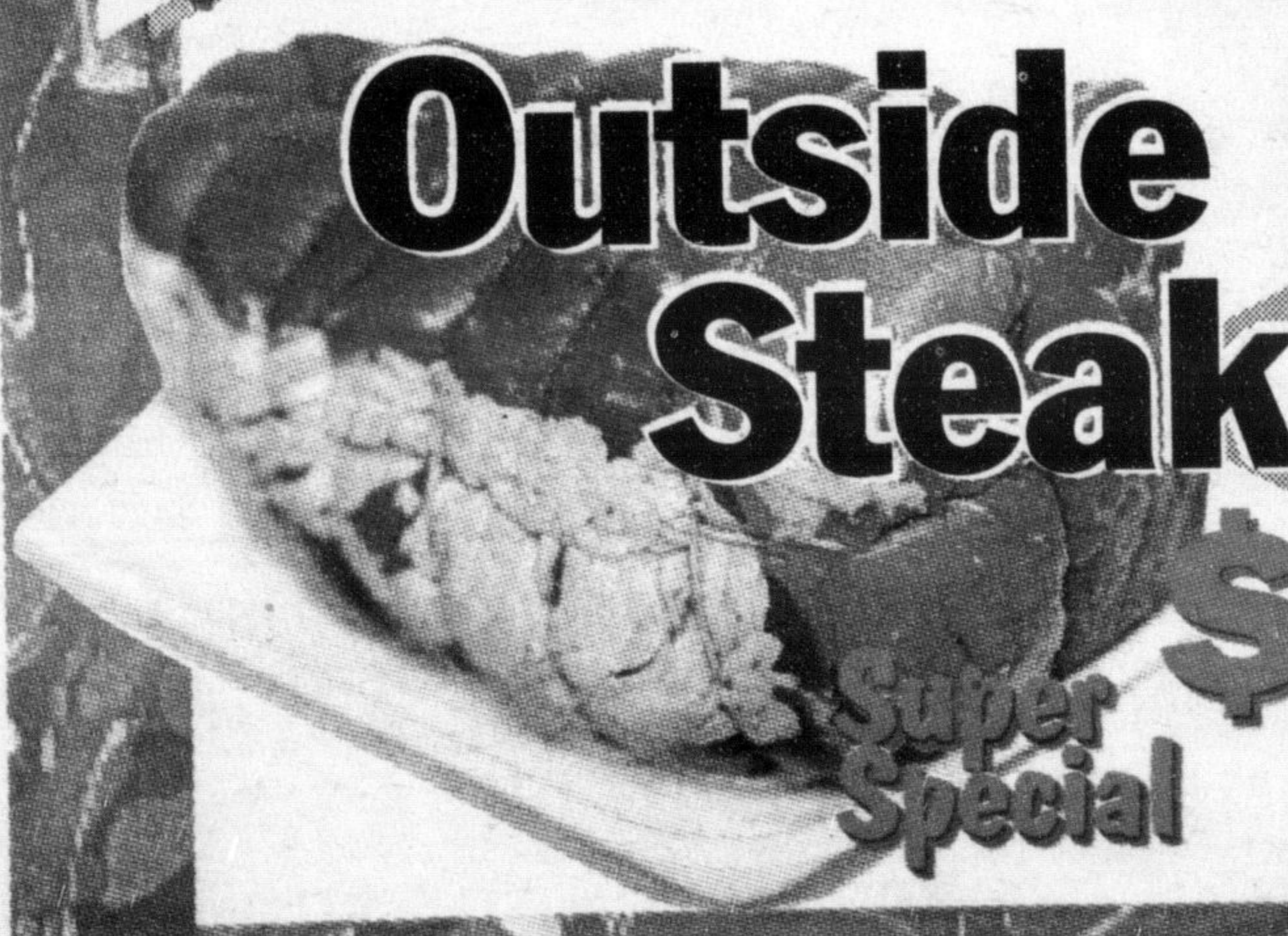
Habitant, Assorted Varieties



Soups

99¢ 796 ml

Super Special



Outside Round Steak Roast

\$1.99 lb

Super Special

GROCERY FEATURES

Lancia	1 ⁶⁹	Window Cleaner, Assorted Varieties	2 ⁹⁹
Lasagna 500 gr		Windex 650/950 ml refill	
Lancia, Fine Med. Broad, X-Broad	1 ⁴⁹	All Purpose Cleaner, Assorted Varieties	3 ⁵⁹
Egg Noodles 375 g		Fantastic 700 ml	
Medallion, Pieces & Stems	79¢	Johnsons, Assorted Varieties	3 ⁹⁹
Mushrooms 284 ml		Pledge 350 g	
Classico, Assorted Varieties	2 ⁷⁹	Ziploc	2 ⁶⁹
Pasta Sauce 700 ml		Sandwich Bags . . . 100's	
Liquid Cleaner, Reg. or Lemon	2 ⁷⁹	Canada Harvest, Assorted Varieties	1 ⁶⁹
Pine-Sol 800 ml		Margarine 454 g	
Soap Pads	1 ⁵⁹	Kraft, Mild, Med, Old, Mozzarella, Part Skimmed	5 ⁹⁹
S.O.S. 10's		Cheddar Cheese Bars 620 g	
Kellogg's, Assorted Flavours	1 ⁹⁹	Sara Lee, Assorted Flavours	3 ⁹⁹
Plain, Frosted, Reg or Low Fat		Frozen Cakes . . . 660 g	
Pop Tarts 300 g		Frankfurter, Mini Franks	2 ⁴⁹
General Mills, Apple Cinnamon, Frosted	2 ⁹⁹	Pogo 4's, 10's 300 g	
Honey Nut 625 g		McCain, Assorted Varieties	2 ⁴⁹
Cheerios 675 g		Pizza Pockets 400 g	
Lipton, Assorted Varieties	1 ¹⁹	Green Giant, Broccoli, Baby Carrots, Cauliflower, Niblets Corn	99¢
Noodles & Sauce 124-138 g		Frozen Vegetables . . . 250 g	
Lipton, Assorted Varieties	1 ²⁹	Coke, Canada Dry, Reg. or Diet	99¢
Rice & Sauces 128-131 g		Cola, Gingerale, Sprite 2L	
Instant Soup Mix, Beef, Chicken, Vegetables, Shrimp	4/1 ⁰⁰	Peak Freans, Assorted Varieties	1 ⁹⁹
Mr. Noodles 85 g		Cookies 400 g	

QUALITY DELI/BAKERY

Fresh	5 ⁴⁹	Assorted Varieties,	5 ⁴⁹
BBQ Chicken	ea.	Monteray Jack Cheese \$1.21/100gr	lb.
Mastro, Sweet or Spicy Hot	4 ⁴⁹	Cherry, Apple, Lemon	2 ²⁹
Capicollo 99¢/100gr	lb.	Danish Twist . . . 4/pkg.	
Mastro, Sweet or Spicy Hot	5 ⁹⁹	Blueberry, Carrots & Apple Spice	2 ⁵⁹
Genoa Salami . . \$1.32/100gr	lb.	Low Fat Muffins 6/pkg.	
Mastro, Plain or Stuffed	1 ⁹⁹	Pumpnickle Bread	1 ⁶⁹
Fresh Pasta 250 gr	ea.	Flax Bread	1 ⁶⁹
Links, Black Forest	3 ⁹⁹	Croissants	6/1 ⁹⁹
Ham 88¢/100gr	lb.	Cheese Sticks	6/1 ⁹⁹
Deli sliced from Rosa's Kitchen	7 ⁹⁹		
Medium Rare or Well Done			
Roast Beef . . . \$1.76/100gr	lb.		