

# Quality GREENS

*Fine Foods*

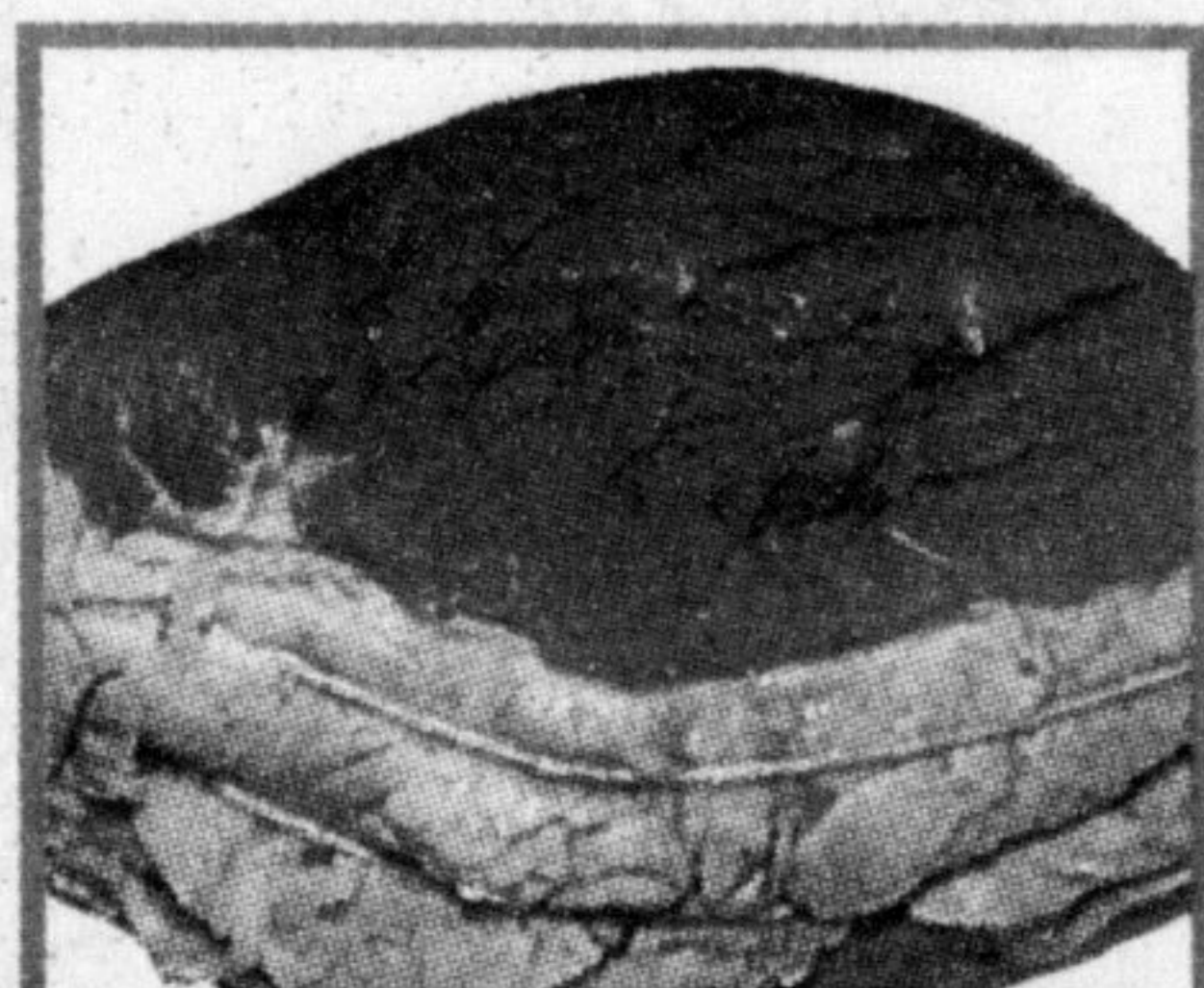
Kraft, Cheddar, Mozzarella, Mild, Med, Old, Reg. or Light, Cheese Blocks

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



We are now open until 7pm-Sat. 6pm-Sun.

4.99



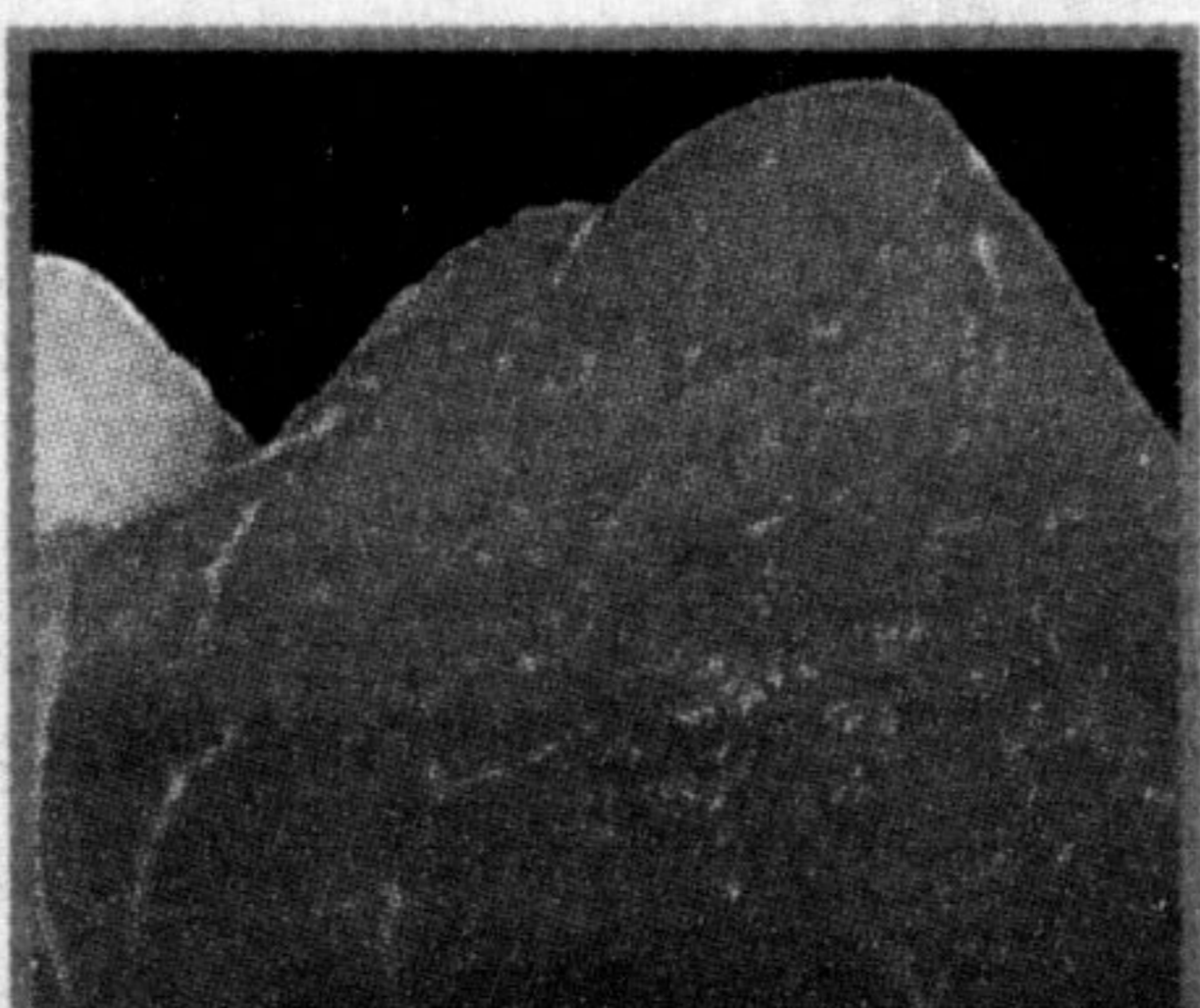
Cut from Can. Triple A Beef, Naturally Aged 21 Days

**Rump Roast** 2.99 lb.



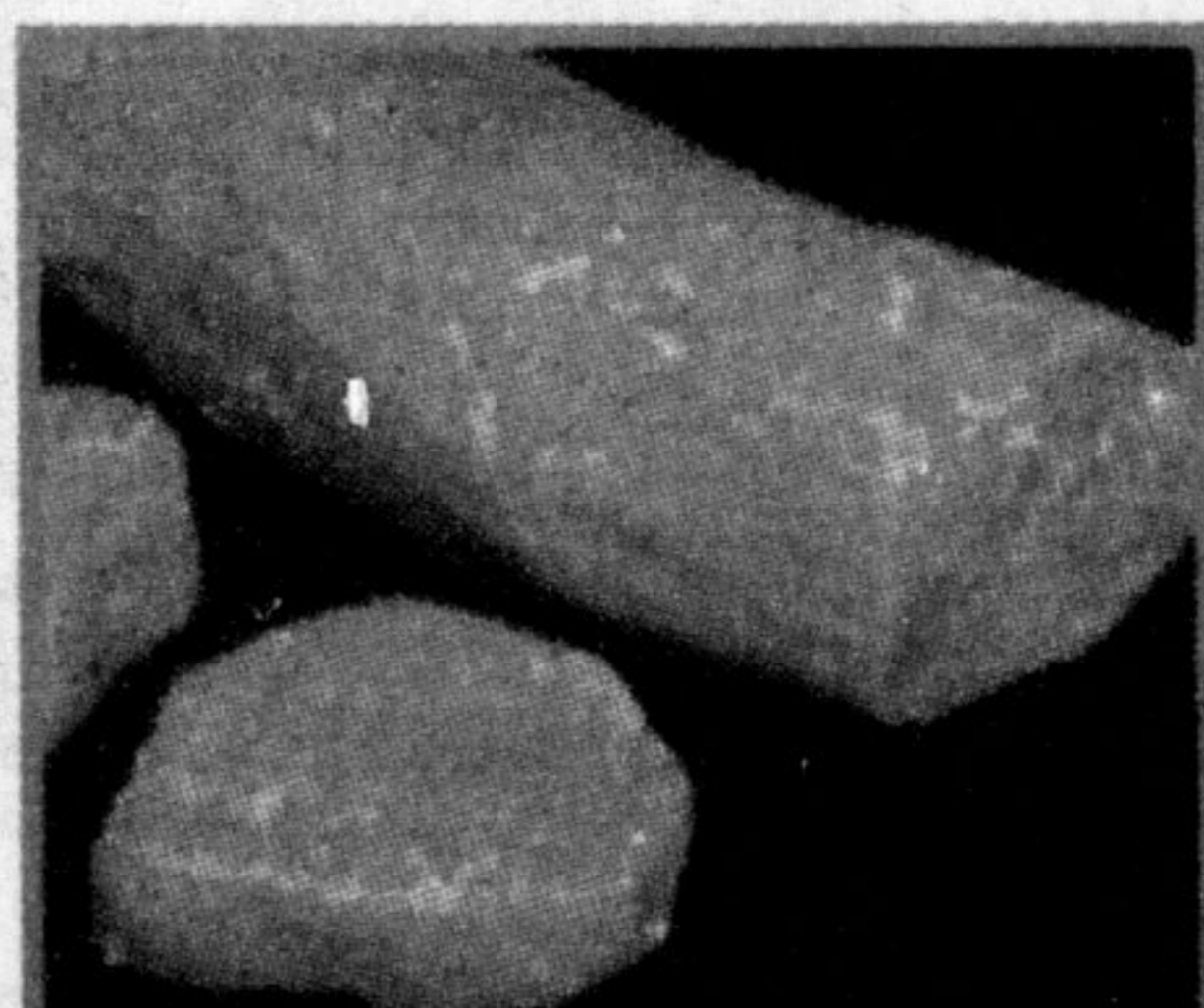
Cut from Can. Triple A Beef, Naturally Aged 21 Days

**Sirloin Tip Roast** 2.99 lb. Cap Removed



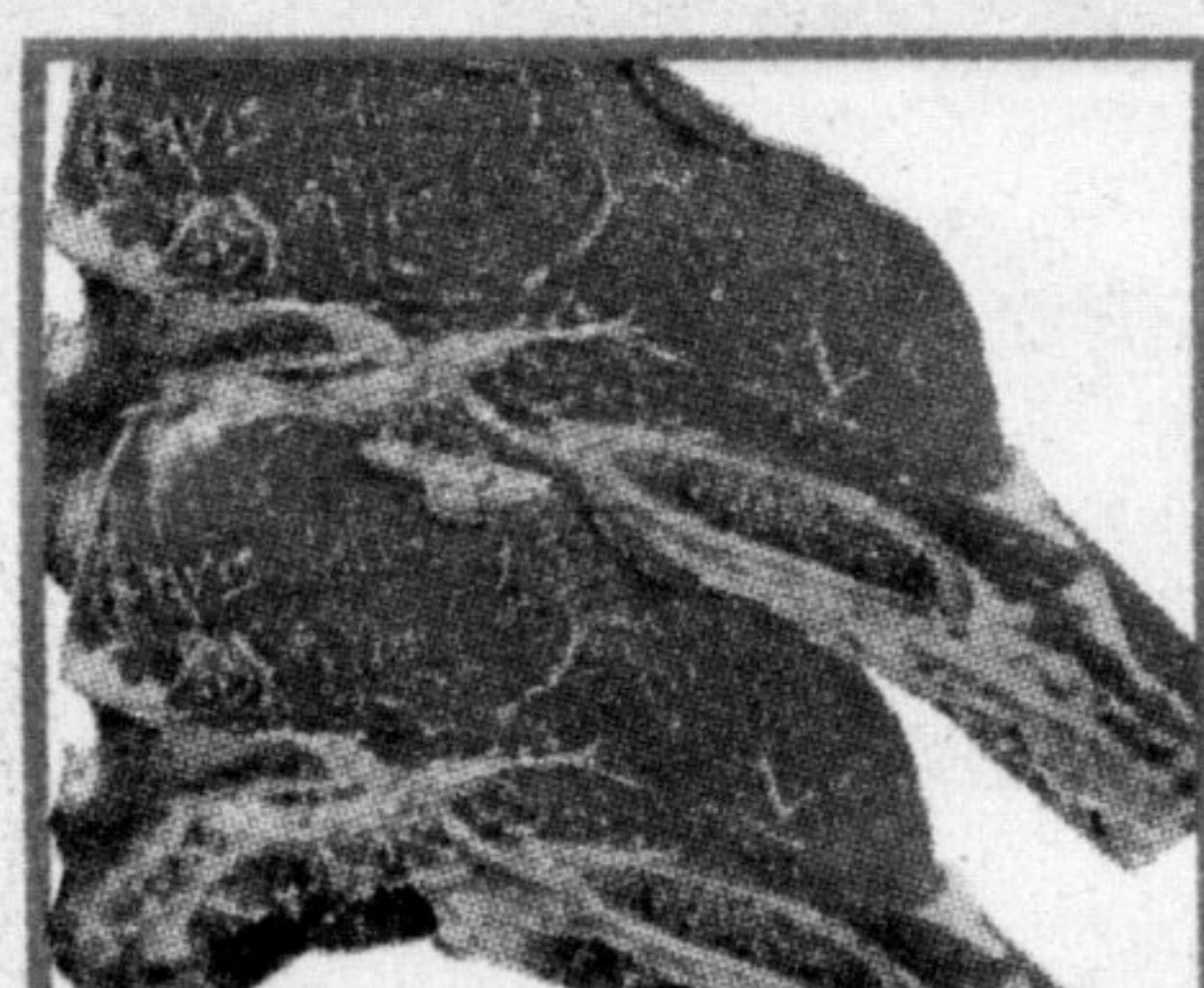
Cut from Can. Triple A Beef, Naturally Aged 21 Days

**Inside Round Roast** 2.99 lb.



Cut from Can. Triple A Beef, Naturally Aged 21 Days

**Eye of the Round Roast** 3.29 lb.



Cut from the Loin of Canada Choice Veal

**Veal Loin Chops** 4.99 lb.

Fresh Canadian Beef **Ox Tail** \$2.99 lb.

Cut from the Outside Round, Canada Triple A Beef, Naturally Aged 21 days,

**Tenderized Sandwich Steak** \$3.29 lb.

Cut from Canada Triple A Beef, Naturally Aged 21 Days, Cap Removed **Sirloin Tip Steak** \$3.49 lb.

Fresh, Skinned & Devined **Beef Liver** \$1.79 lb.

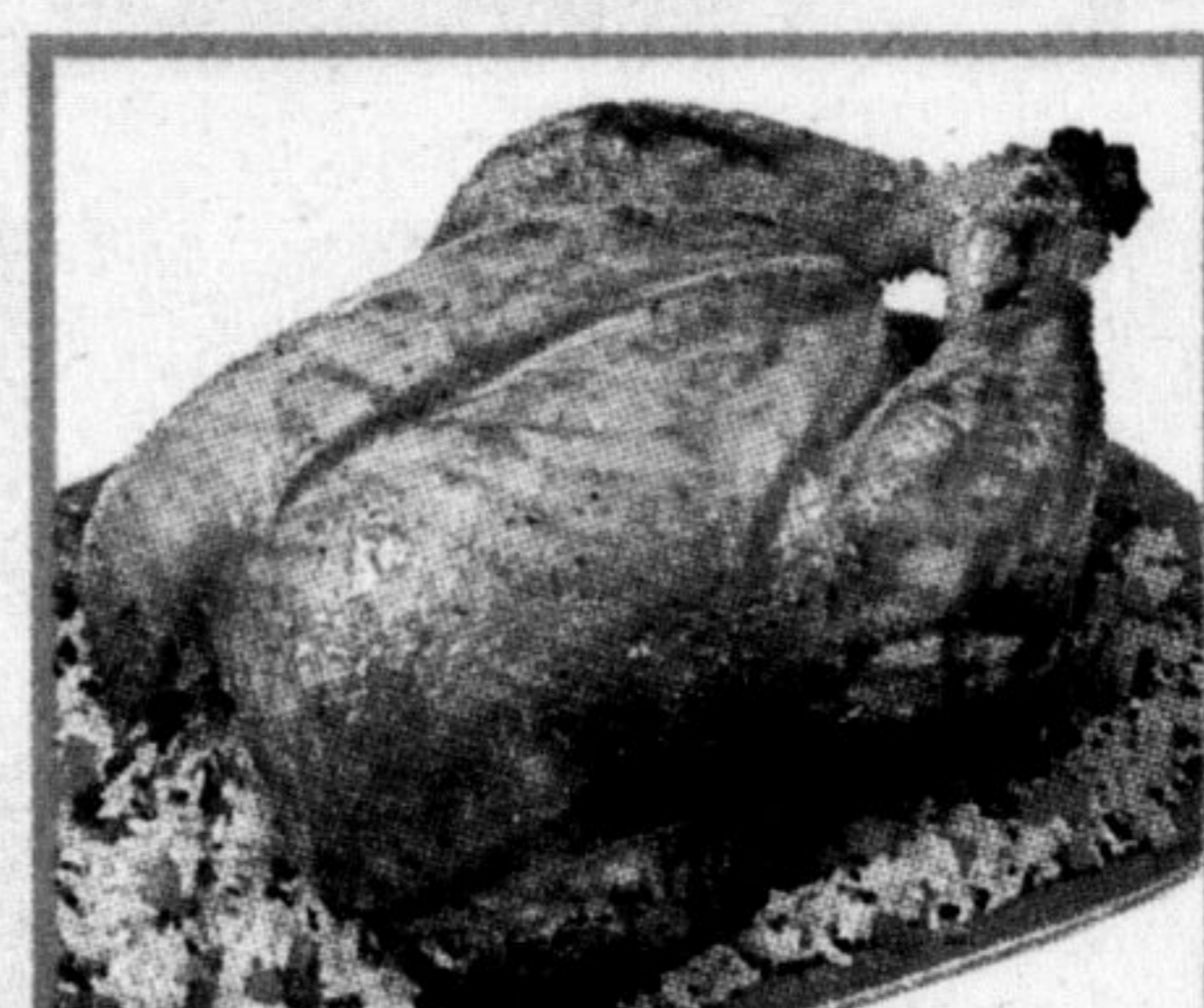
Cut from Canada Triple A Beef, Naturally Aged 21 days, Great for Stir Fry **Inside Round Steak** \$3.29 lb.

Prepared for Quality Greens **Corned Beef Brisket** \$3.49 lb.

J.M. Schneiders, Red Hots, Skinless, Garlic **Wieners** \$2.49 450gr

J.M. Schneiders, Assorted Varieties **Lunchmates** \$1.99 81-130gr

J.M. Schneiders, Reg or All Beef **Bologna** \$2.99 500gr



Fresh Canada Gr A

**Roasting Chickens** 1.79 lb. 4-5 lb. Average

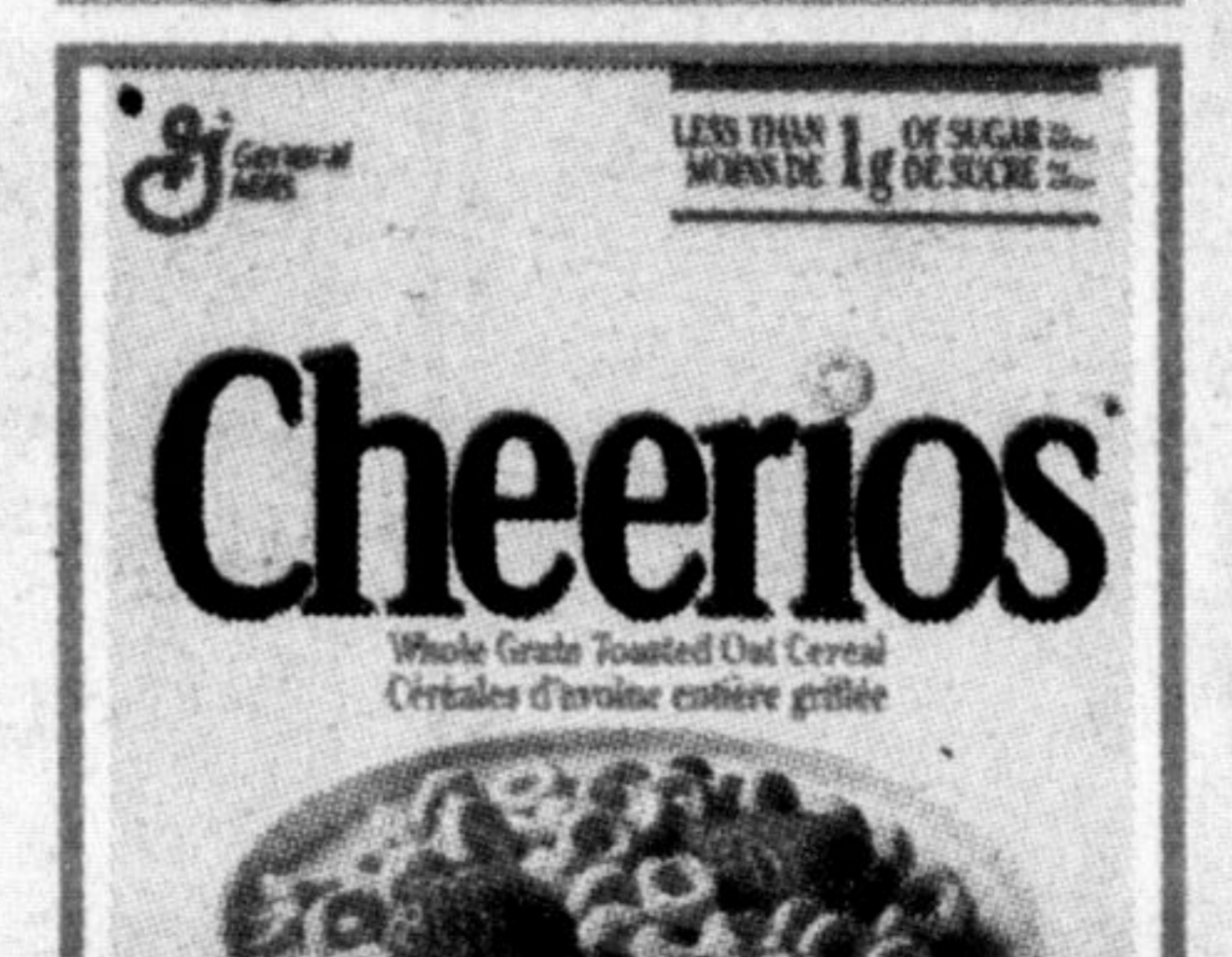
**Kraft, Macaroni & Cheese Dinner**  
Macaroni, Spaghetti with Tomato or Cheese



Del Monte, Asst. Varieties **Canned Vegetables** 49¢ 398ml



McCain, Frozen Asst. Varieties **French Fries** 99¢ 1 Kg



General Mills, Reg. Honey Nut, Multi Grain 575/525/450g **Cheerios** 2.99



Kellogg's, Asst. Varieties **Eggo Waffles** 1.79 312g

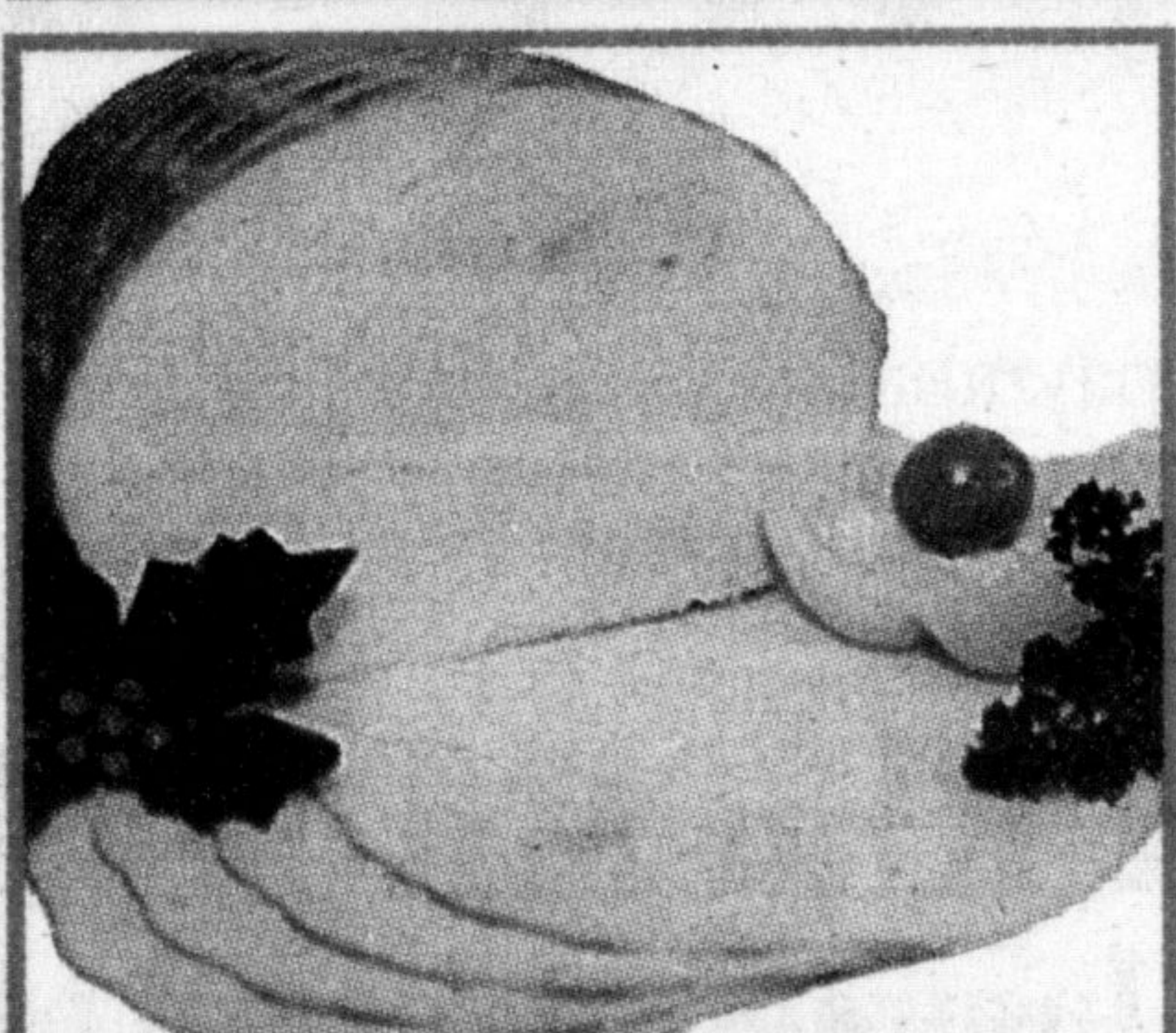


Mr. Christies, Asst. Varieties **Premium Plus Crackers** 1.99 400g



Kellogg's, Asst. Flavours, Plain or Frosted **Pop Tarts** 300g \$1.99

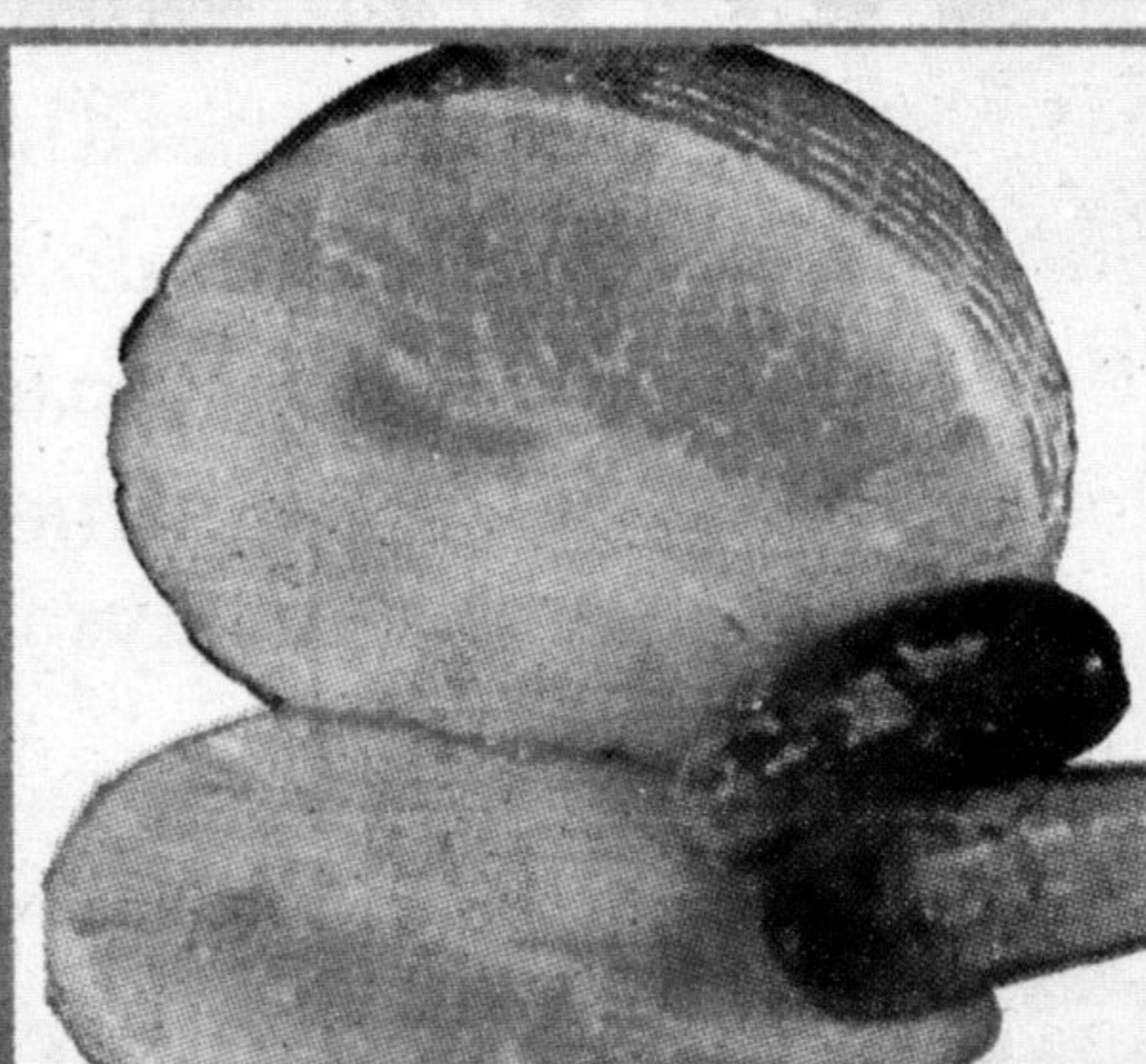
## DELI SPECIALS



Deli Sliced, Bittners **Pepper Loaf** \$1.10 100g



Deli Sliced, Bittners **Roast Pork** \$1.54 100g



Deli Sliced, Schneiders **Lifestyle Smoked Ham** 1.21 100g

Summersweet Asst. Varieties **Cream Cheese** \$1.10 100g

National Cheese **Canadian Grated Parmesan** \$1.80 100g

Mr. Christies, Asst. Varieties **Premium Plus Crackers** 1.99 400g

Campbell's, Asst. Varieties **Classic Soups** 540ml \$1.79

228 Main St. Milton (905) 876-4496

OPEN: MON. - WED. 8:00 A.M. to 8:00 P.M. THURS. - FRI. 8:00 A.M. to 9:00 P.M.

Prices in effect from Tues. January 19,