

QUALITY GREENS

FINE FOOD

Prices in effect from Tues. February 29,
Until Monday March 6, 2000

**WE RESERVE THE RIGHT
TO LIMIT QUANTITIES**

HOURS:

MON. - WED. 8:00 A.M. to 8:00 P.M.
THURS. - FRI. 8:00 A.M. to 9:00 P.M.
SAT. 8:00 A.M. to 7:00 P.M.
SUN. 10:00 A.M. to 6:00 P.M.

**Look for Hot
One Day Specials in
our Ad in Friday's
Champion**

- WE DELIVER
- Seniors 5% Discount Mon-Wed
- Ask us about our fresh Cheese, Meat, Vegetable & Fruit Trays
- Catering by Rosa's Kitchen
- Coming Soon

SOUTHERN STYLE FRIED CHICKEN

- Sick, no time - Call in your order.

876-4496



Product of USA,
Fresh Broccoli 79¢
bunch



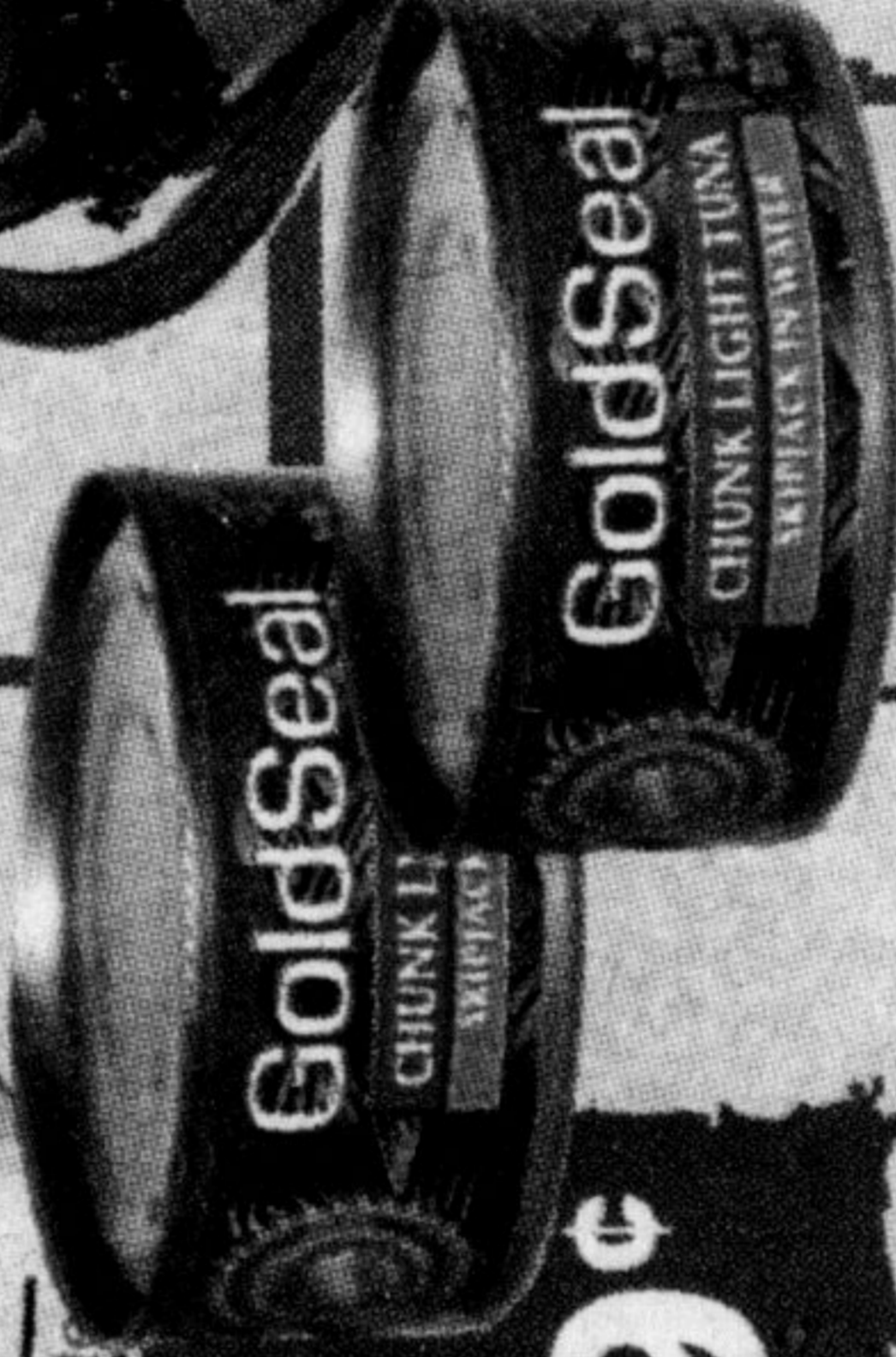
Product of USA
Tender Hand Picked Green Beans 99¢
lb.



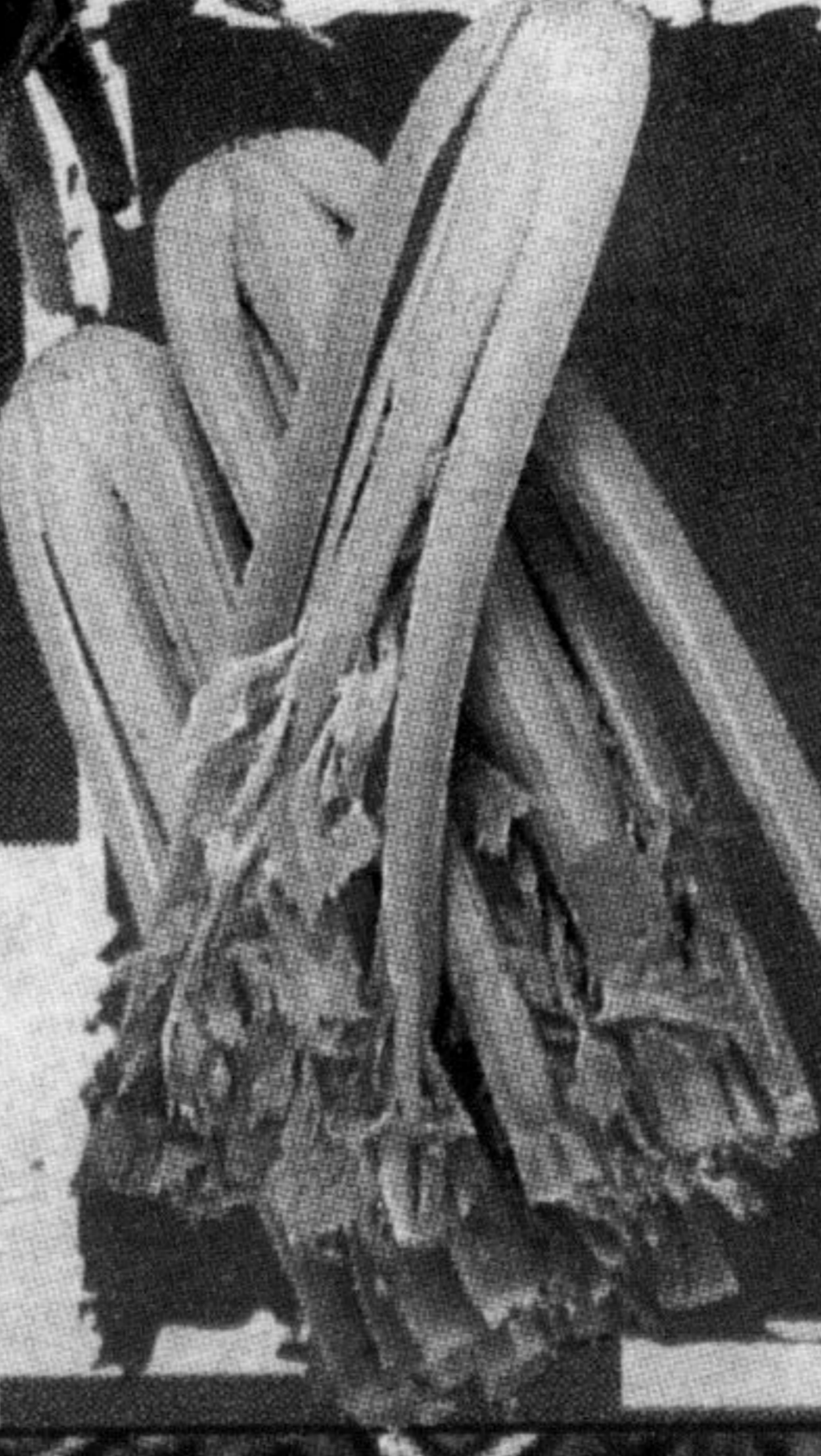
Robin Hood All Purpose Flour 5.99
10 kg



Cut from Canada Triple A Beef
Chef style Prime Rib Roast 5.29
lb.



Gold Seal, In Water,
Flaked Light Tuna 69¢
170 g



Product of USA
CELERY STALKS 99¢
ea.

Product of USA
Fresh Anise . . . 99¢ ea.
Product of USA
Head Lettuce . . . 99¢ ea.

Aunt Jemima, Asst. Varieties Reg. Complete, 1 Kg
Pancake Mix 2.59

Quaker 350/730/500/540 g
Cap'n Crunch, Life, Oat Squares 2.99
Corn Bran . . .
Assorted Varieties 200-240 g
Hamburger or Tuna Helper 1.99

Reg or Decafinated
NESCAFÉ INSTANT COFFEE 3.99
200/150 g

Cut from Ontario Select Grade of Pork
Centre Cut Pork Loin 2.99
lb.



Canada Grade A Chicken
BONELESS CHICKEN BREASTS \$3.79
lb.

Cut from Canada Triple A Beef, (Cap Removed)
Prime Rib Grilling Steaks . . . 5.99
lb.



Product of USA
Seedless Oranges . 99¢
lb.



Kraft Original, 225 g
Macaroni & Cheese Dinner 69¢



Choice Veal Chaudron