

• 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

QUALITY GREENS

FINE FOOD

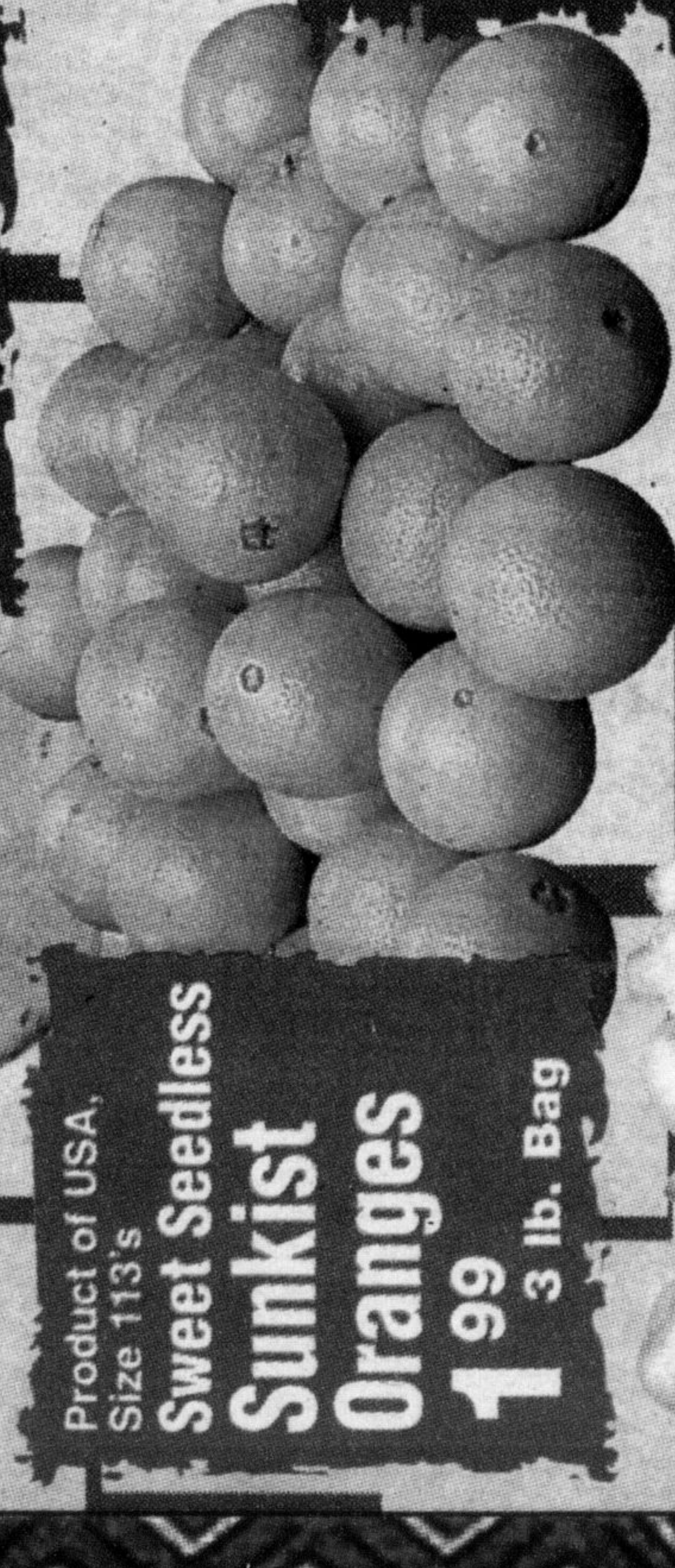
Prices in effect from Tues. April 11, Until Monday April 17, 2000

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.



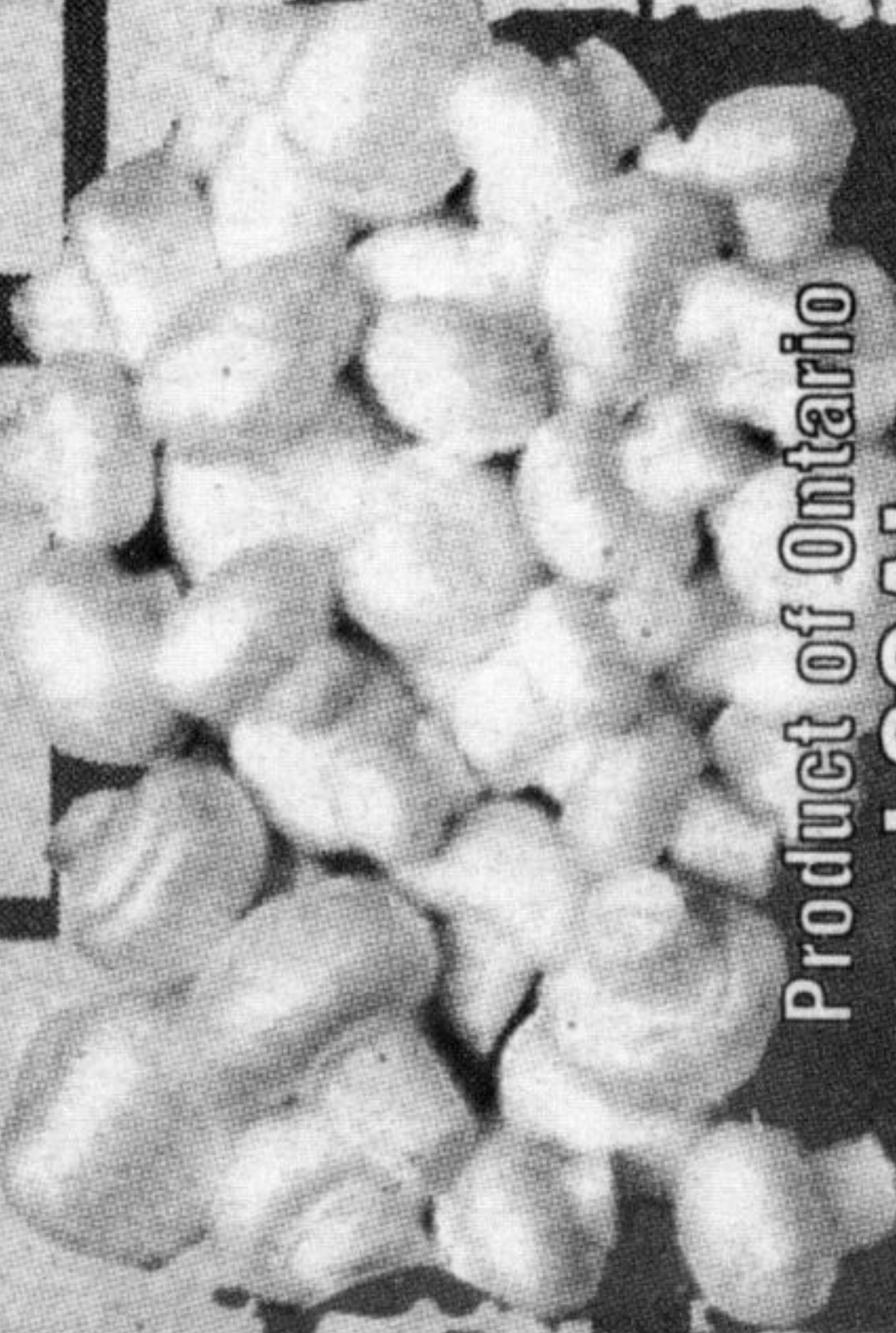
Product of USA
 Size 18's
Sweet Canteloupes 99¢ ea.



Product of USA,
 Size 113's
Sweet Seedless Sunkist Oranges 1.99
 3 lb. Bag



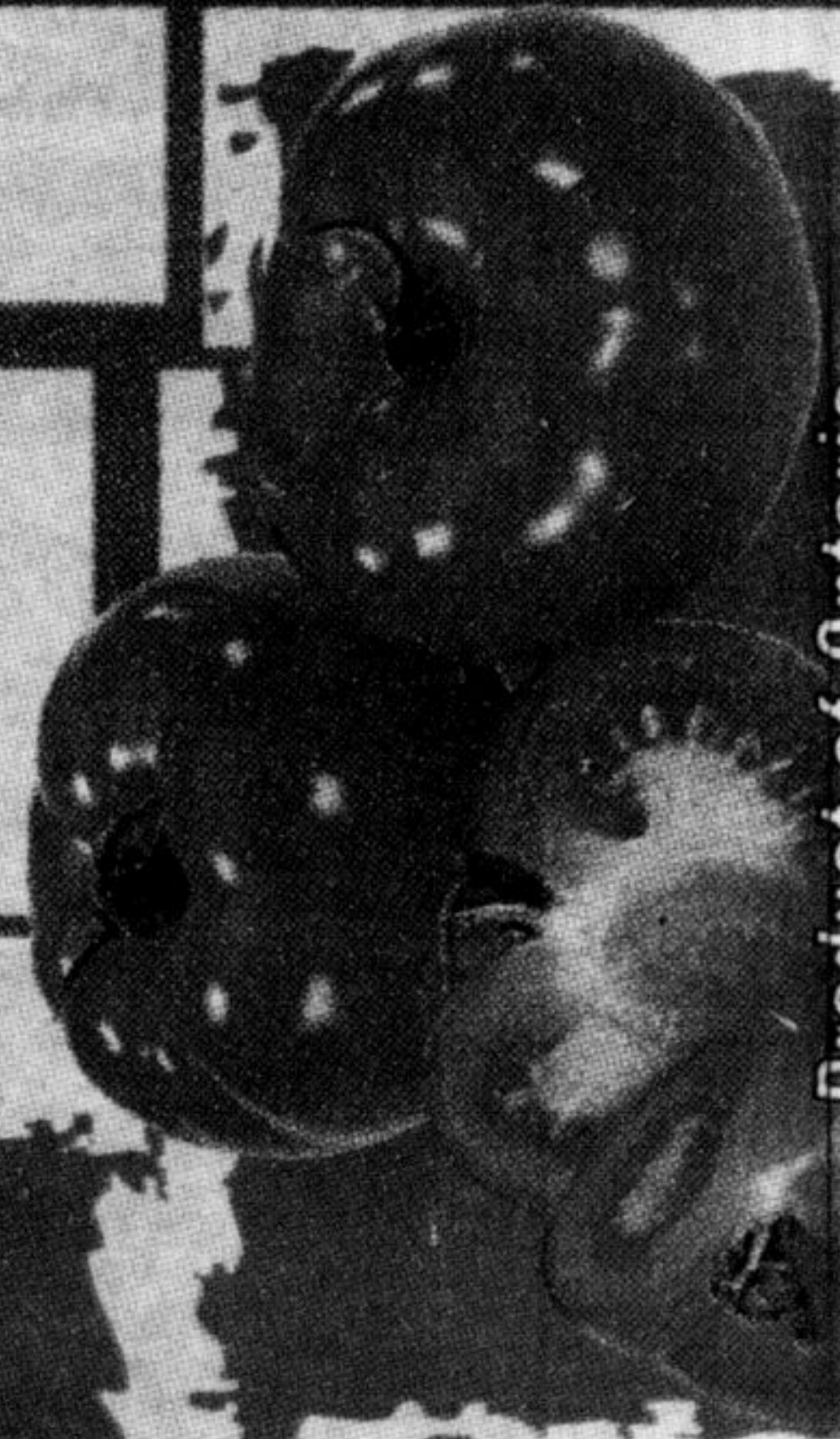
Assorted Varieties 398 ml
Heinz Beans .59¢
Heinz Pasta .59¢



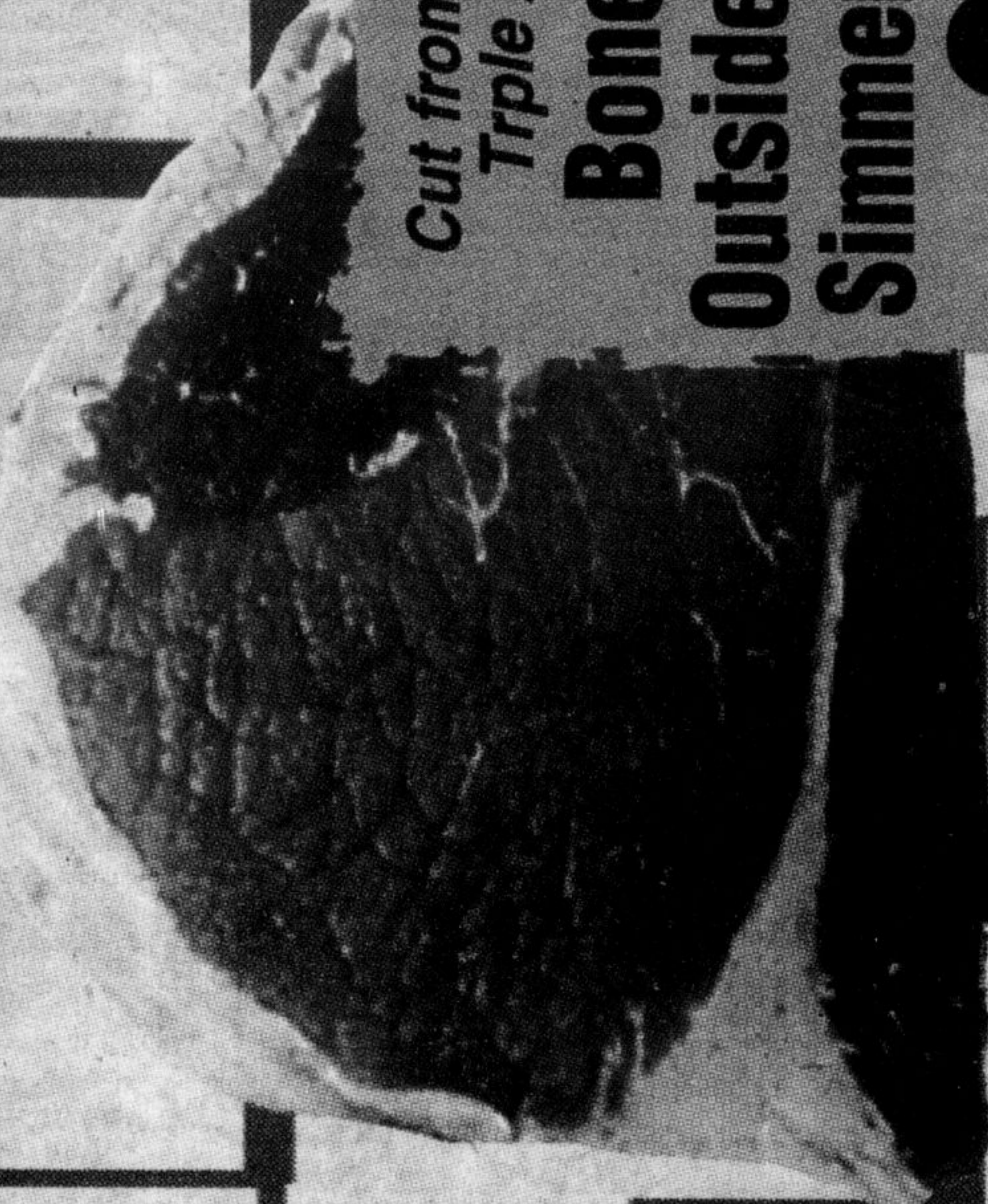
Product of Ontario
LOCAL MUSHROOMS 1.99
 lb.

Product of USA
Crisp Head Lettuce .99¢ ea.

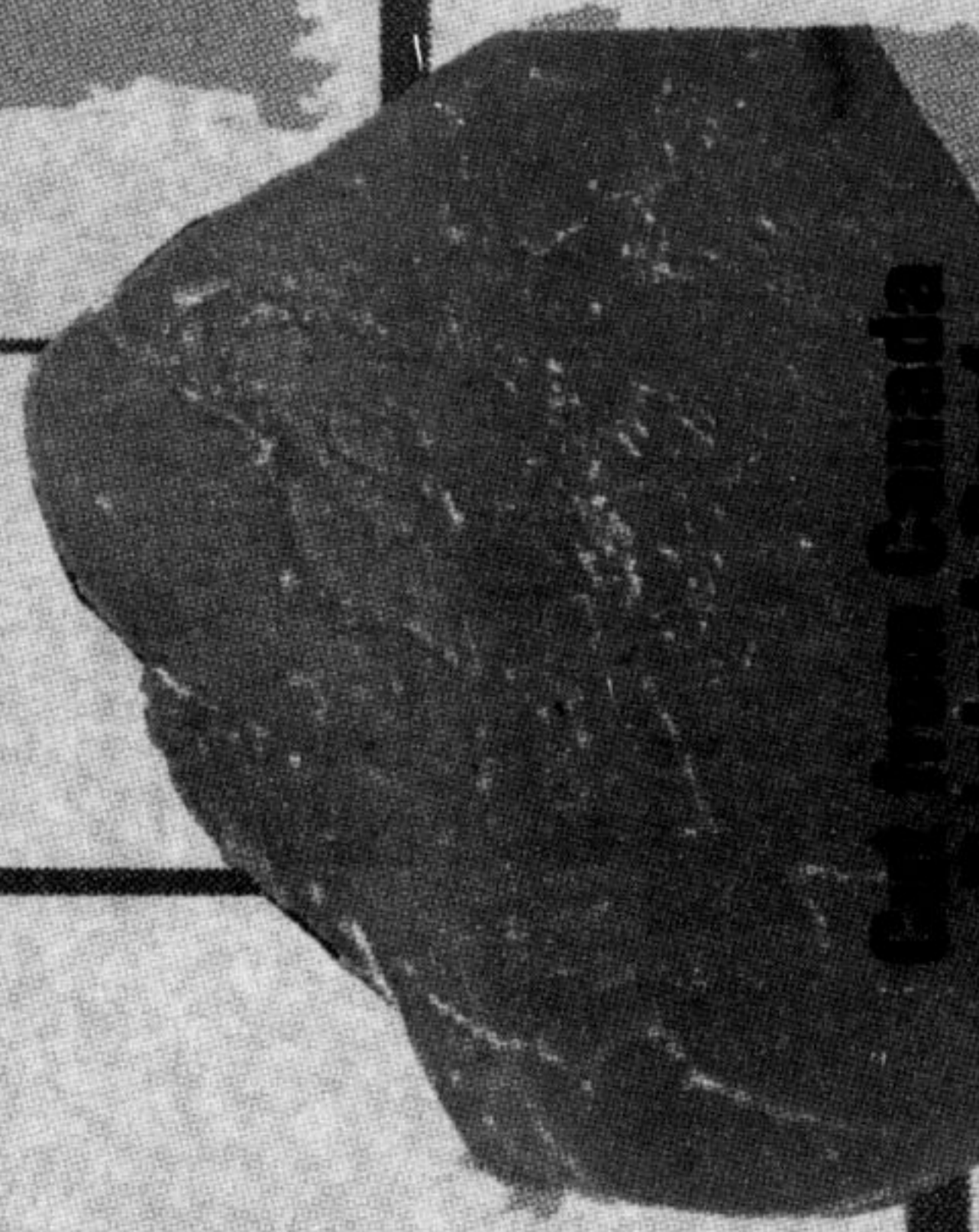
Product of Ontario
Crisp Large Macintosh Apples .99¢
 lb.



Product of USA
Large Sweet Green 1.49



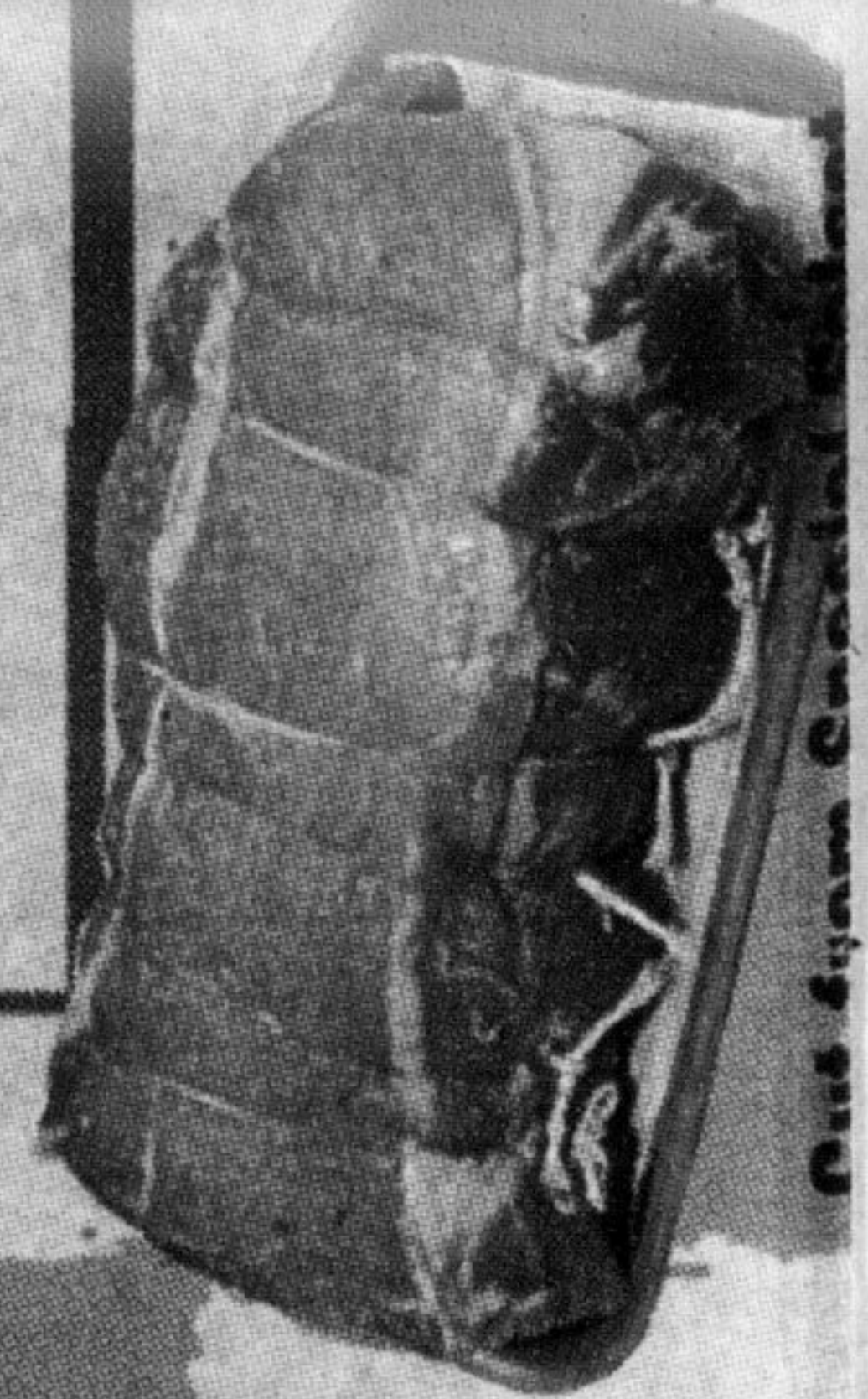
Cut from Canada
 Triple A Beef
Boneless Outside Round Simmer Roast 2.99
 lb.



Cut from Canada
 Triple A Beef
BONELESS INSIDE ROUND STEAK ROAST \$3.49
 lb.

Cut from Canada
 Triple A Beef
Eye of the Round Roast 3.99
 lb.

Cut from Canada
 Triple A Beef
Sirloin Tip Roast (CapRemoved) 3.79
 lb.



Cut from Canada
 Triple A Beef
Inside Round Simmering

3.6 Litre
Javex Reg Bleach 1.49

Assorted Varieties
 109/113g
Lipton Potatoes 4/5.00

Assorted Varieties,
 125/136g
Lipton Pasta n 4/5.00

Assorted Varieties,
 125/136g
Lipton Pasta n 4/5.00
 Sauce . . .



Black Diamond
 Mild, Med, Mozzarella
CHEEDAR CHEESE BARS 4.99
 Old Cheddar 5.49
 620g

Assorted Flavours,
 Reg or Light, 750 g
Silhouette or Delisse Yogurts 1.99

