

es. May 14 - Mon. May 20

QUALITY
GREENS
FOOD

• WE DELIVER •
Seniors 5% Discount Mon-Wed

OPEN
Mon, May 20
Victoria Day
9am - 6pm

WE RESERVE
THE RIGHT
TO LIMIT
QUANTITIES



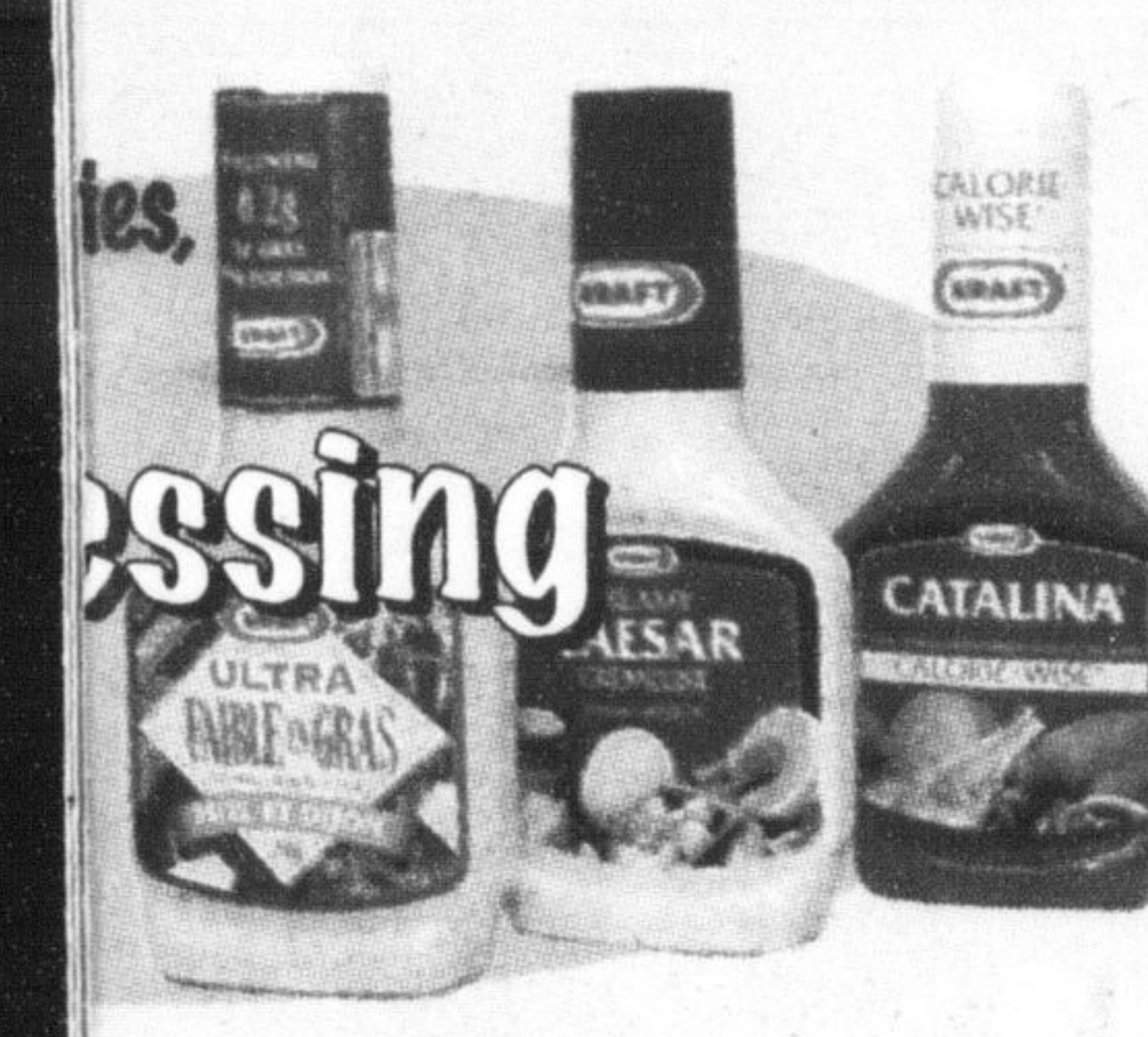
Regular or Diet
Pepsi or 7Up
5.99
Case 24/355 ml



Assorted Varieties
Kraft Singles
2.99
500 g



Minute Maid, Assorted Varieties
Orange Juice
1.99
1.89 litre



Assorted Varieties
Five Alive or Fruitopia
1.99
1.89 litre



Mott's, Assorted Varieties
Clamato Juice
2.99
1.89 litre

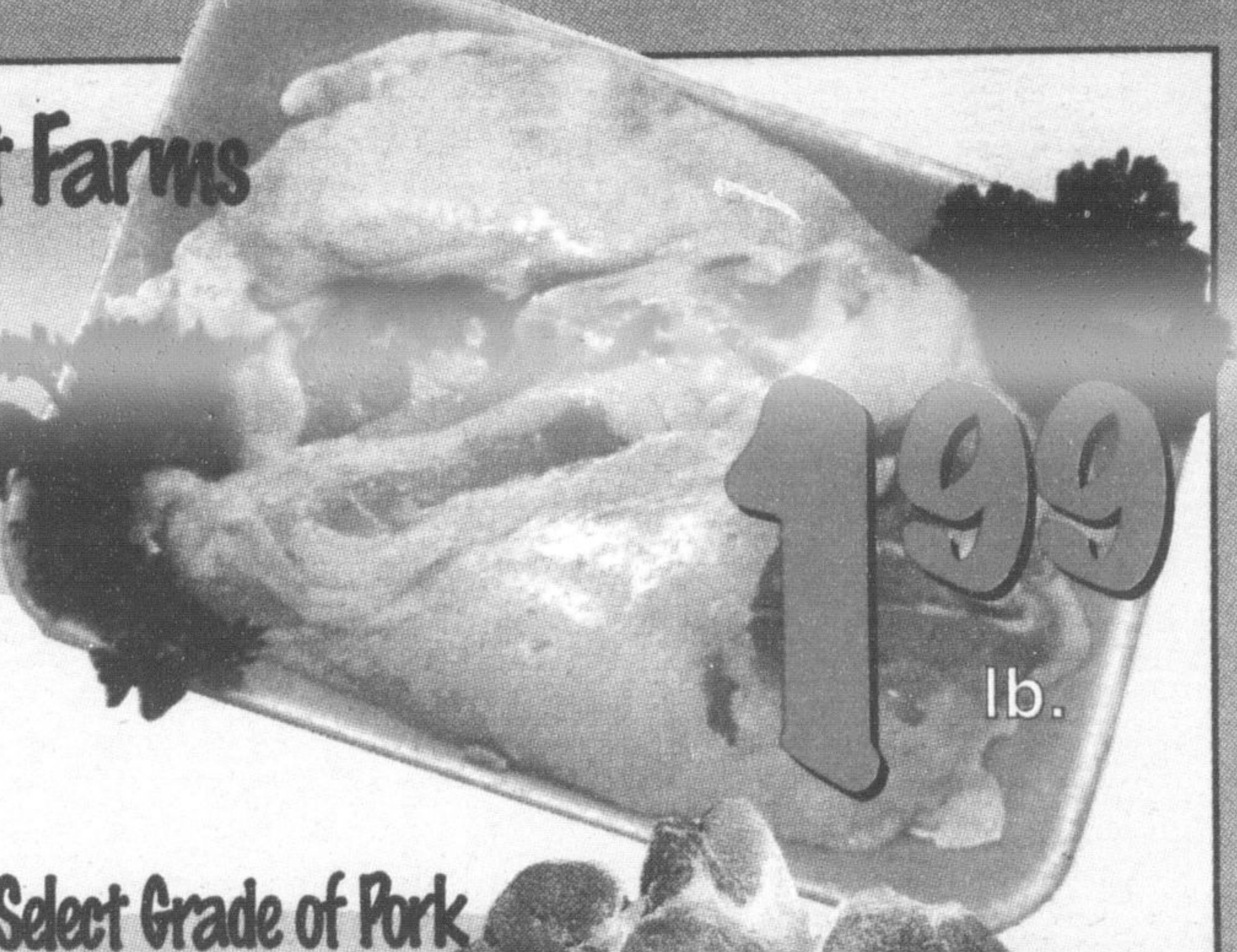
Assorted Varieties
Becel Margarine
2.49
454 g

Arrives Fresh Daily

lets	4.99	Fresh Sole Fillets	6.99
	lb.		lb.
n Fillets	6.49	Chilian Sword Fish Steaks	9.99
	lb.		lb.
	7.99	Fresh Bay Scallops	7.99
	lb.		lb.
	6.99	Fresh Mussels	1.99
	lb.		lb.

Fresh from Sargent Farms

Chicken Breasts



1.99
lb.

Cut from Ontario Special Select Grade of Pork

Center Cut Pork Chops



3.49
lb.

Cut from Ontario Special Select Grade of Pork

Family Pack Pork Chops



2.49
lb.

Cut from Ontario Special Select Grade of Pork

Fresh Side Ribs



2.49
lb.

Cut from Canada Triple A Beef

Fresh Chunky Stewing Beef



3.99
lb.

Fresh from The Hip of Veal

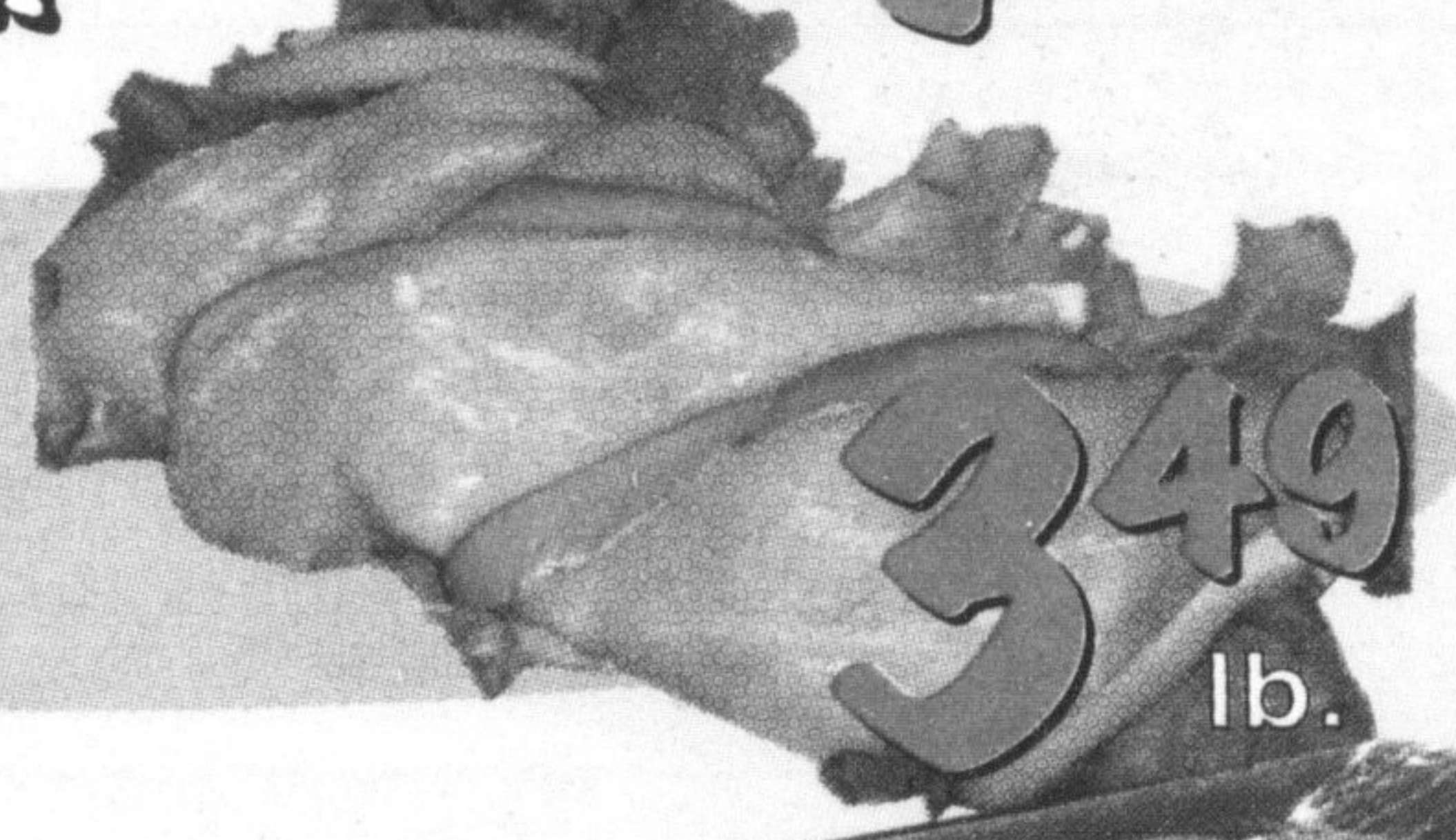
Fresh Veal Scallopini



7.99
lb.

Cut from Boneless Chicken Breast

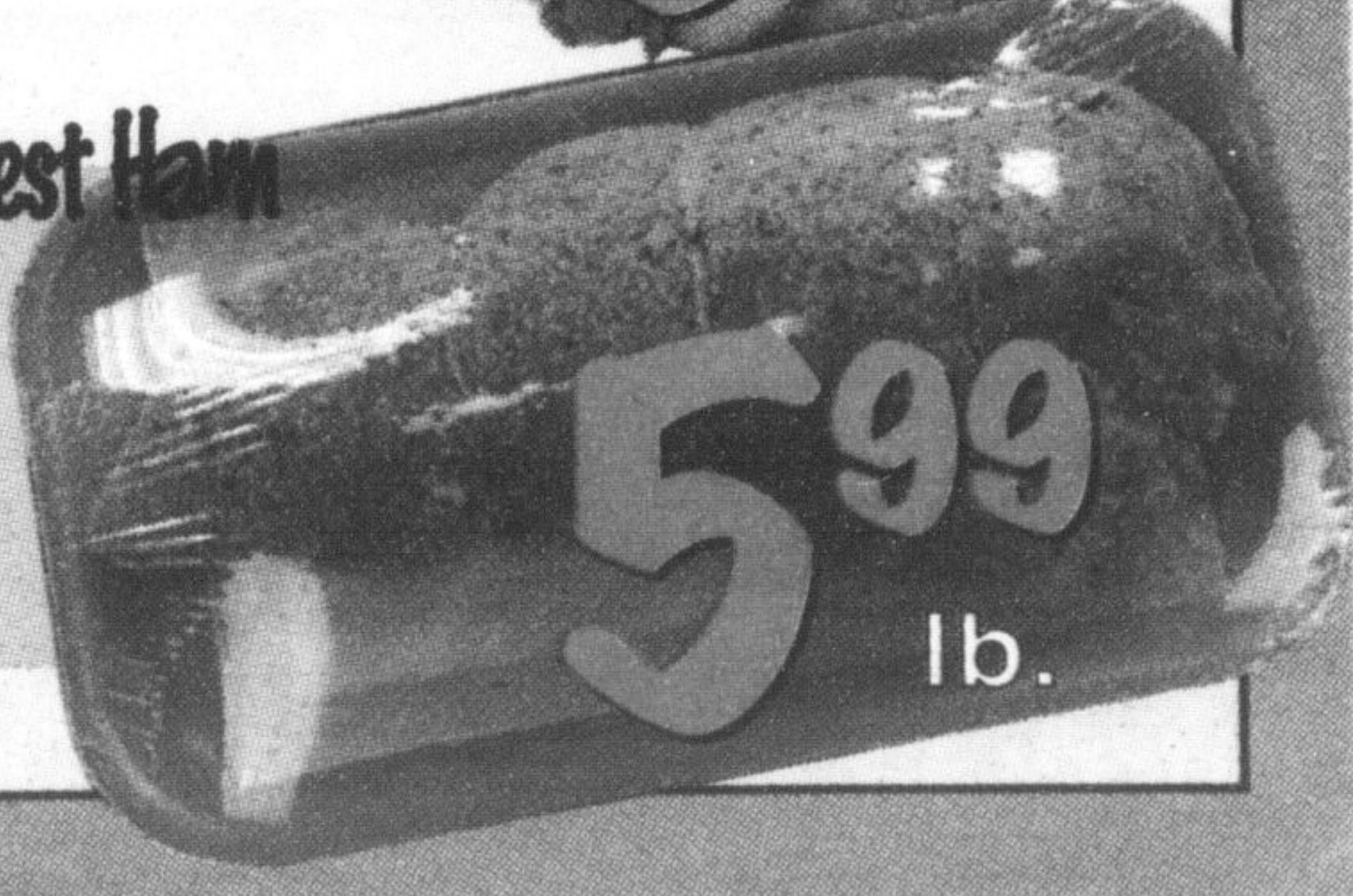
Chicken Cutlets



3.49
lb.

Stuffed with Swiss Cheese and Black Forest Ham

Chicken Cordon Bleu



5.99
lb.

Bakery

Multigrain Bread	1.99	Old Fashioned Bread	99¢
Spinach & Feta Croissant	79¢	Strawberry, Cheese Danish	79¢
		Cherry & Apple Strudel 10oz.	1.79