

228 Main St. E.  
Milton  
876-4496

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.

# QUALITY GREENS

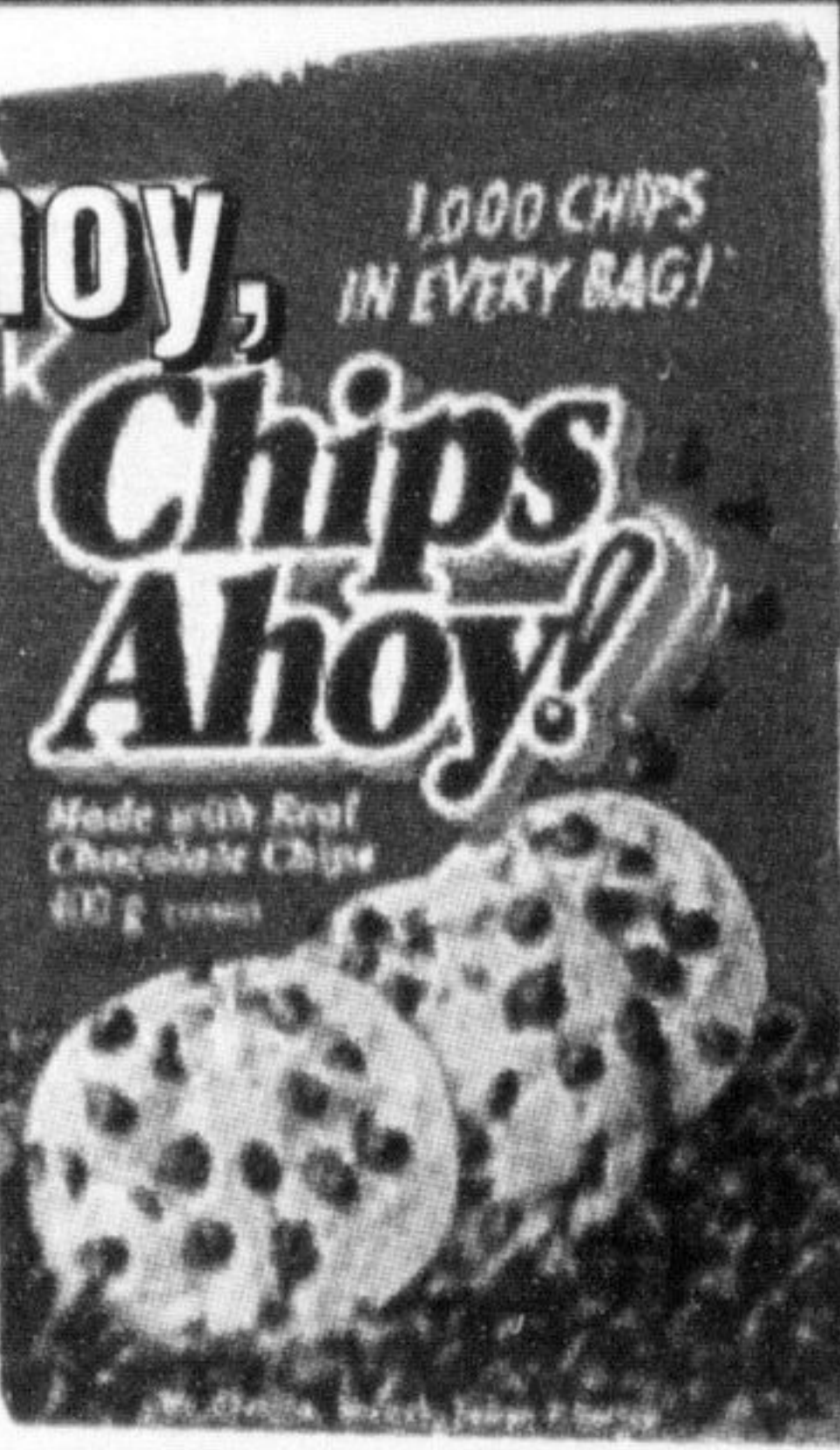
FINE FOOD

WE DELIVER  
Seniors  
5% Discount  
Mon-Wed

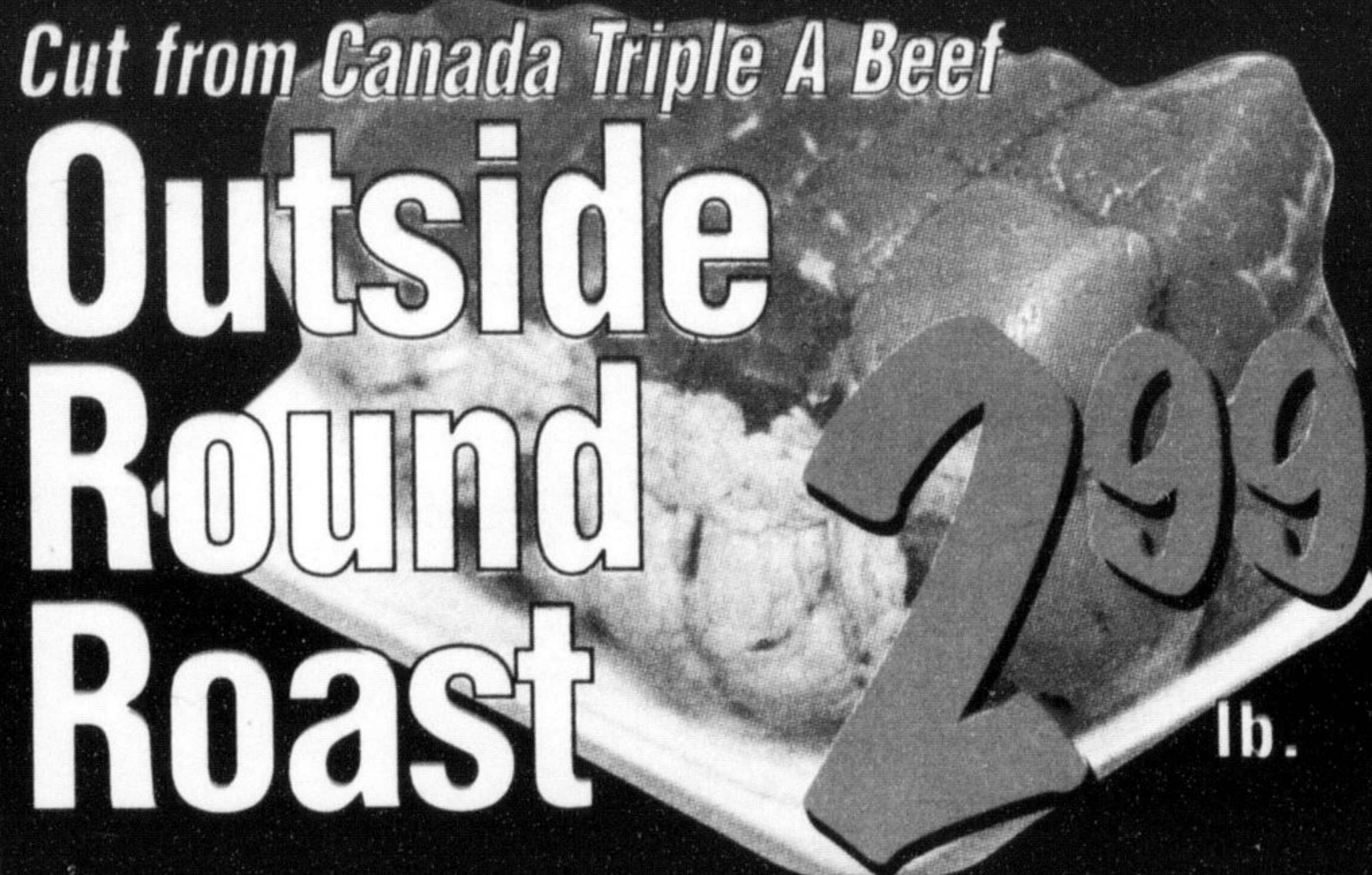
WE RESERVE THE RIGHT  
TO LIMIT QUANTITIES

Prices in effect from Tuesday September 3 until Monday September 9

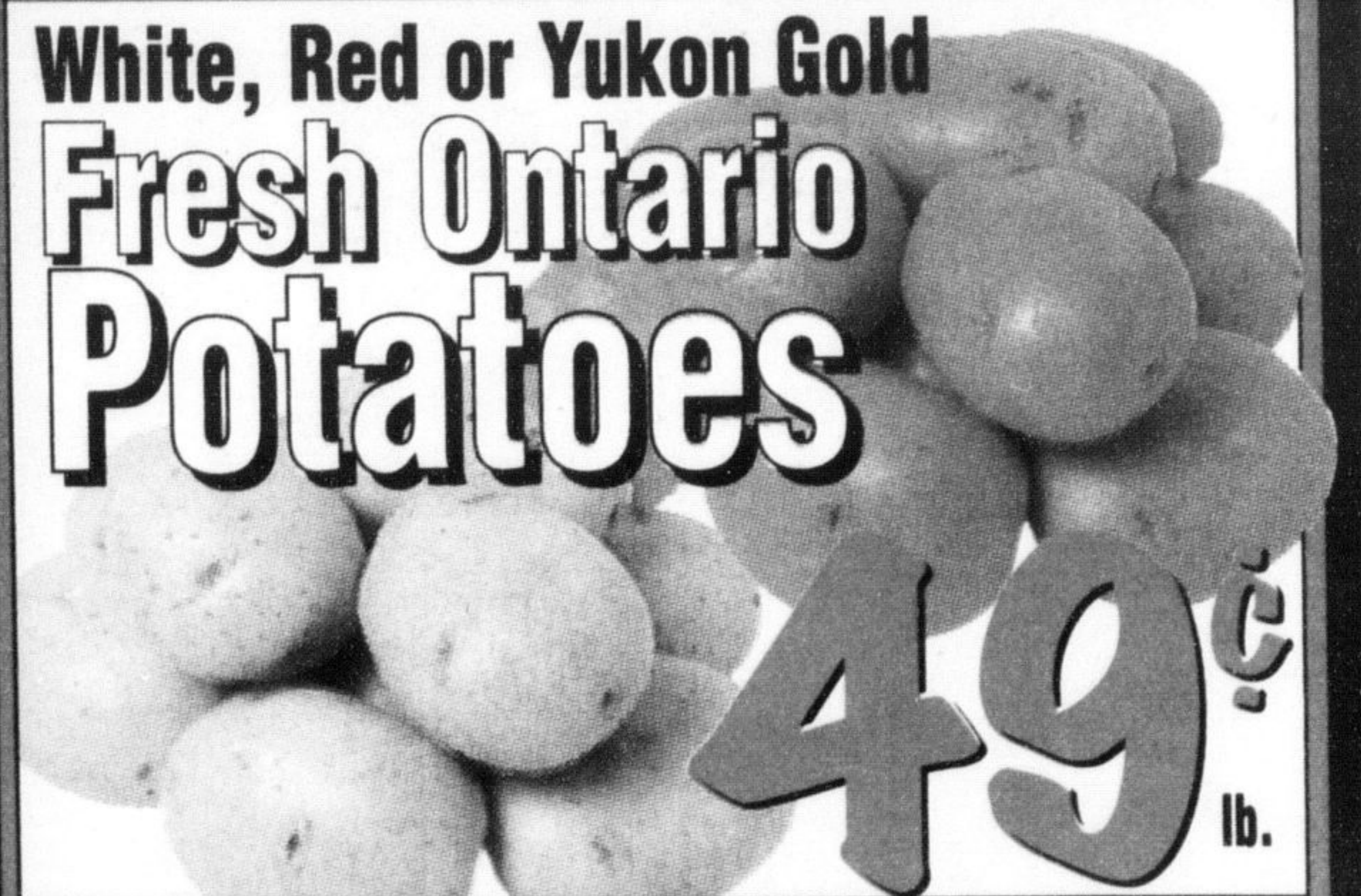
Mr. Christie  
Oreo, Chips Ahoy,  
Chunks Ahoy  
Cookies **1.77**  
675 gr



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



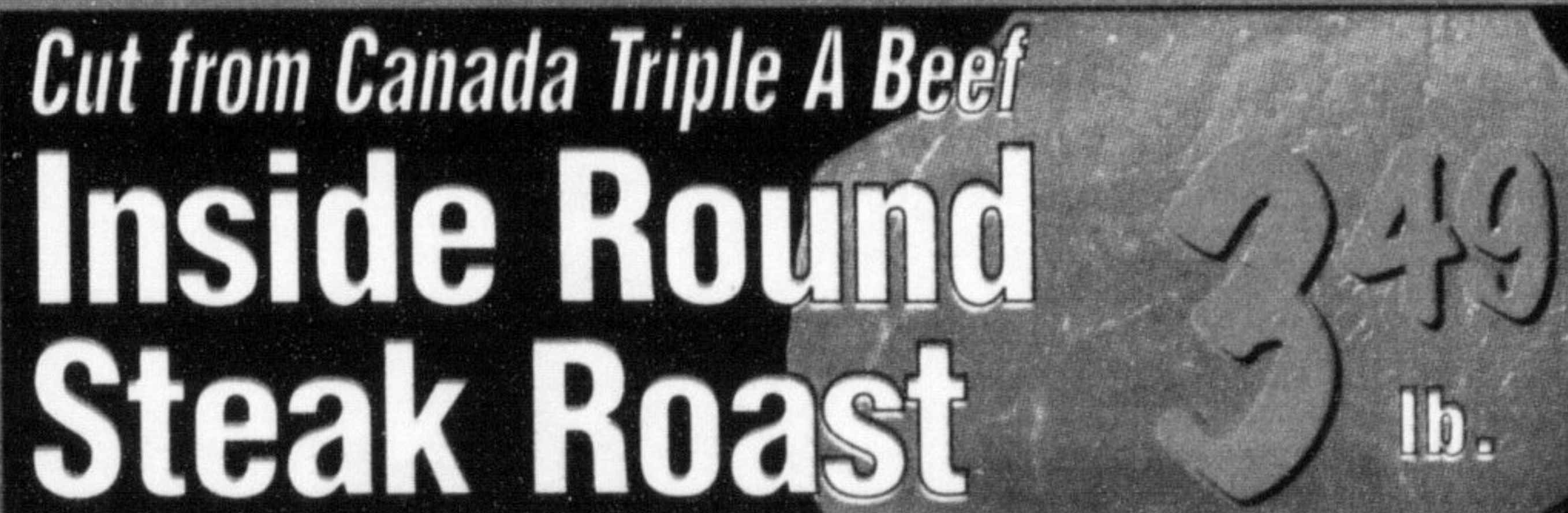
White, Red or Yukon Gold  
Fresh Ontario  
Potatoes **49¢**  
lb.



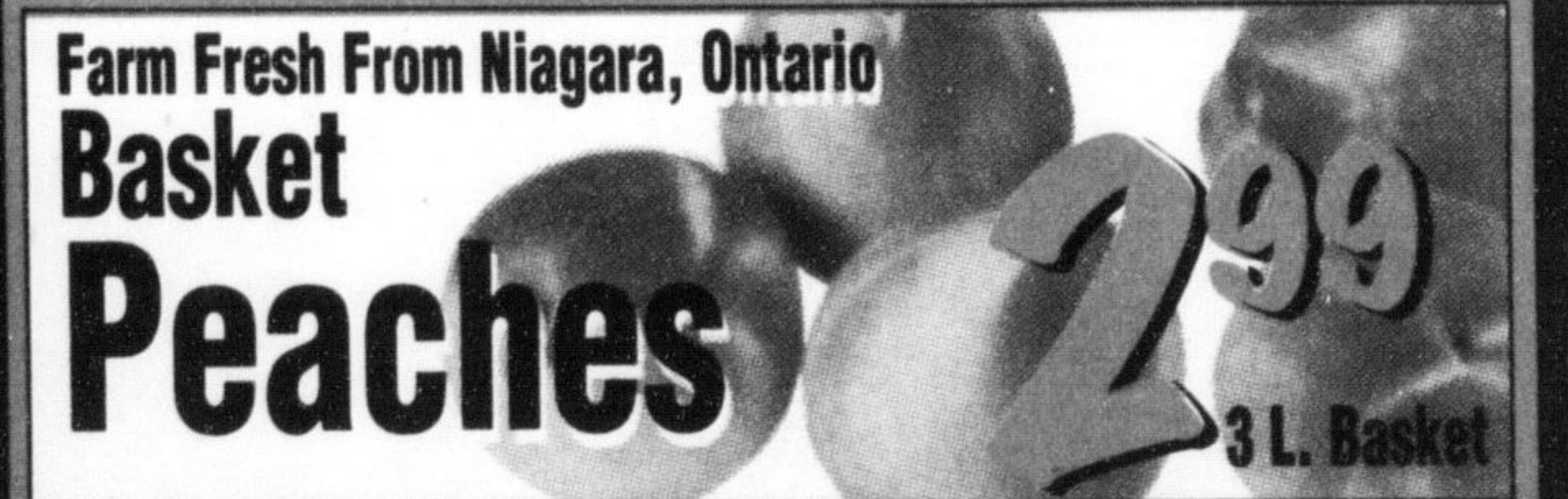
Assorted Varieties  
Orville Redenbacher  
Microwave Popcorn **1.99**  
297 gr



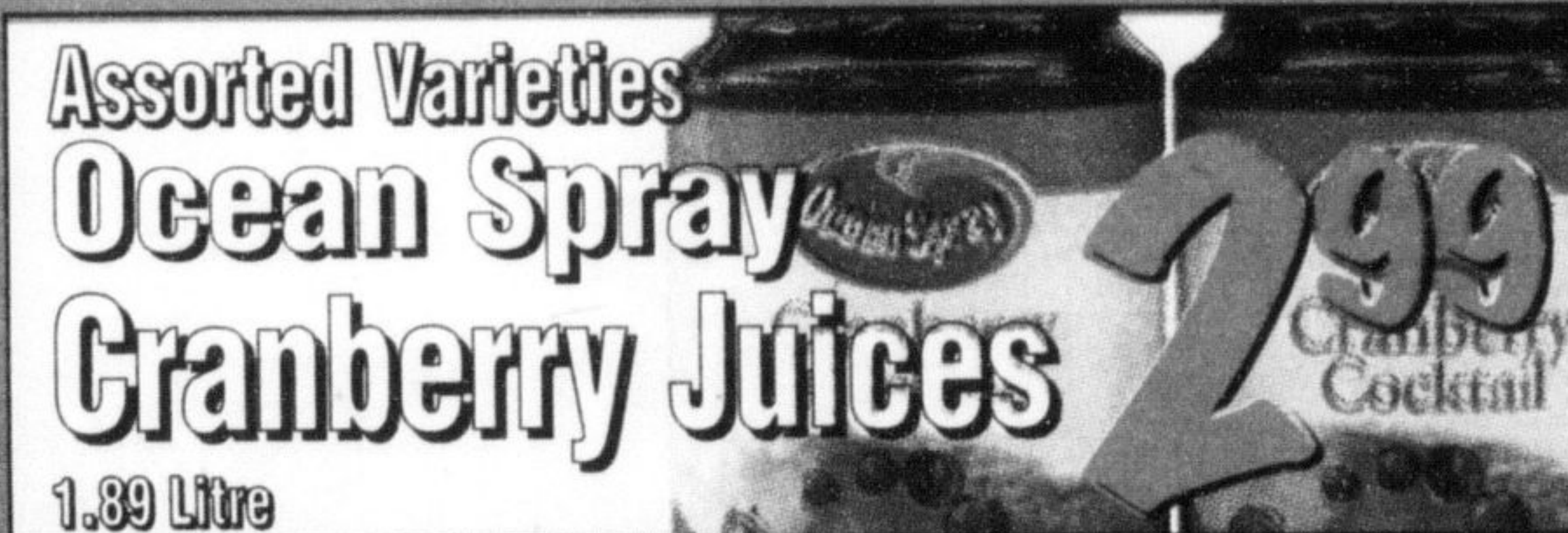
Cut from Canada Triple A Beef  
**Inside Round Steak Roast** **3.49**  
lb.



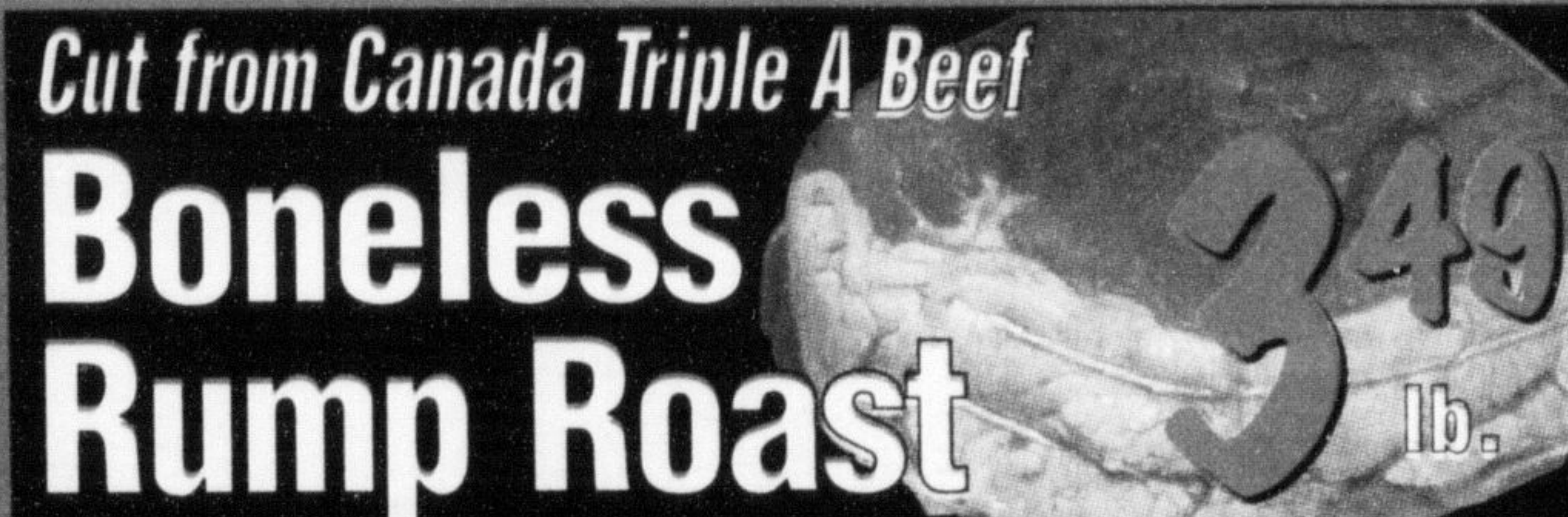
Farm Fresh From Niagara, Ontario  
Basket  
Peaches **2.99**  
3 L. Basket



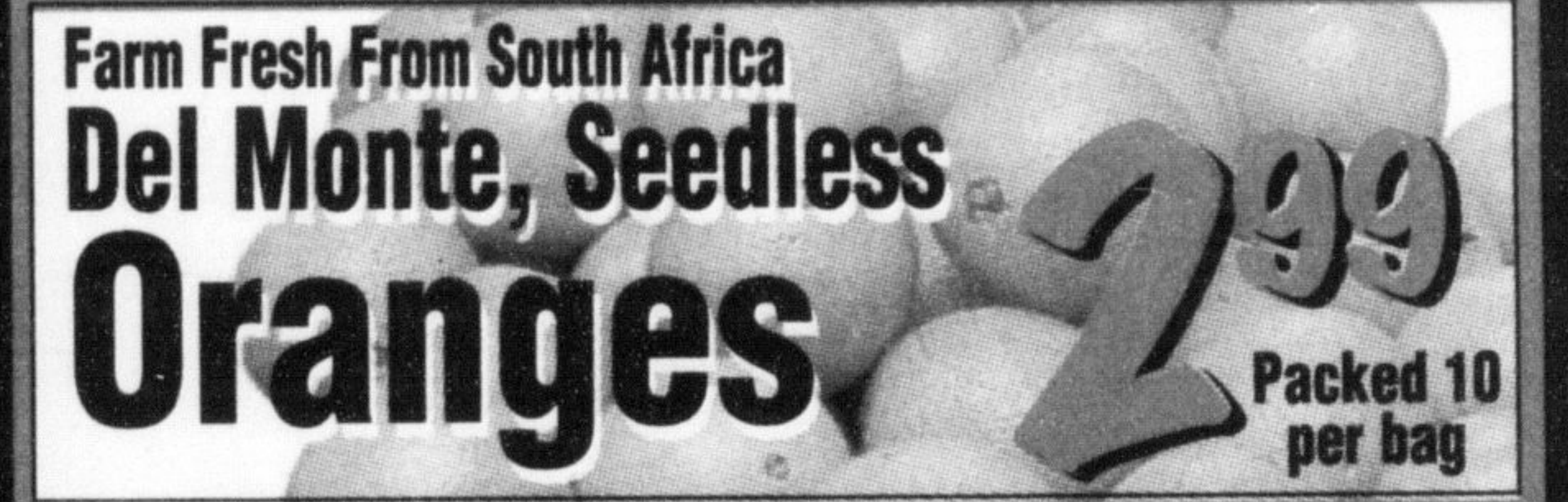
Assorted Varieties  
Ocean Spray  
Cranberry Juices **2.99**  
1.89 Litre



Cut from Canada Triple A Beef  
**Boneless Rump Roast** **3.49**  
lb.



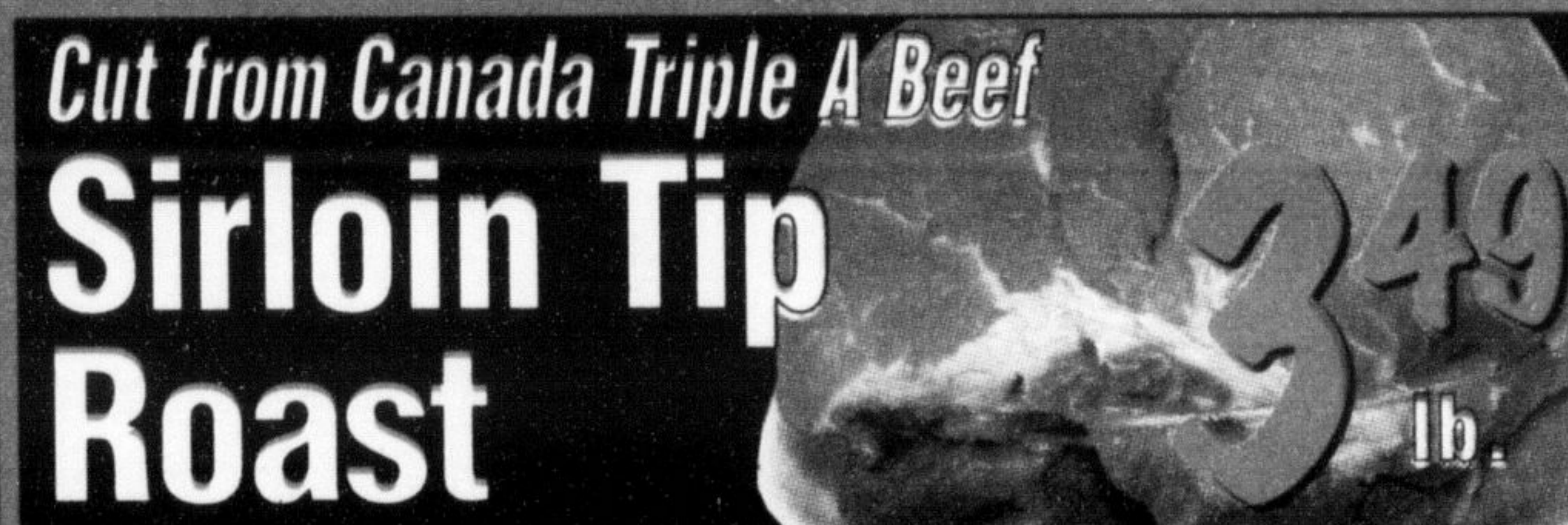
Farm Fresh From South Africa  
Del Monte, Seedless  
Oranges **2.99**  
Packed 10 per bag



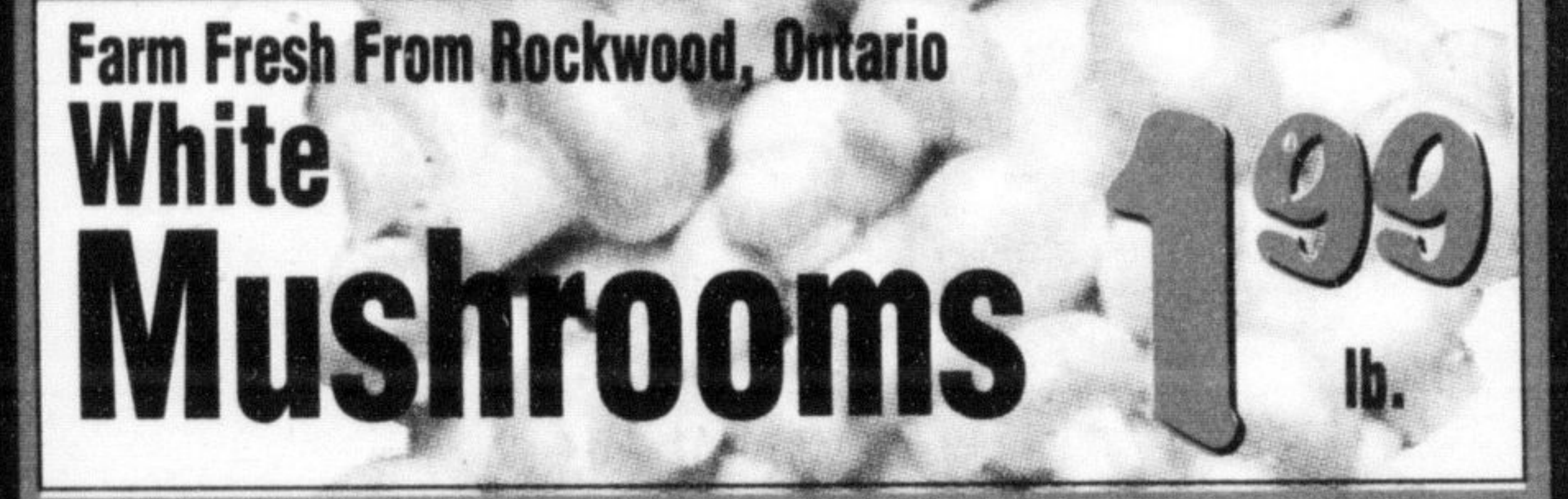
Assorted Varieties  
Puritan  
Stews **1.69**  
665 gr



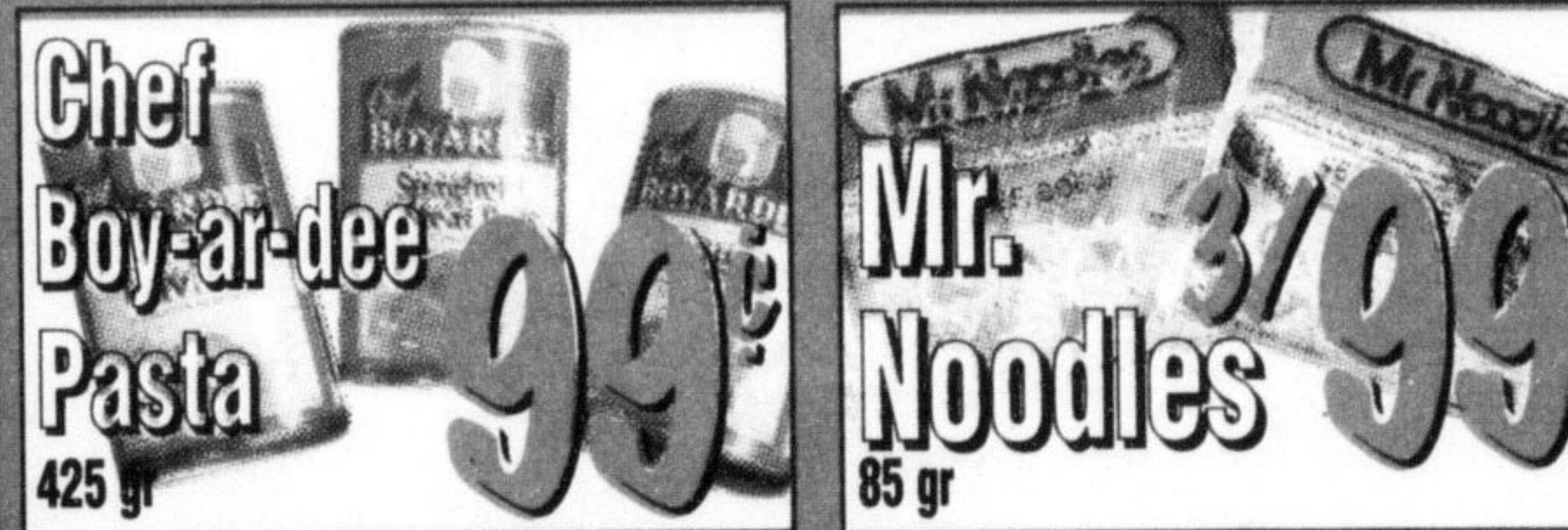
Cut from Canada Triple A Beef  
**Sirloin Tip Roast** **3.49**  
lb.



Farm Fresh From Rockwood, Ontario  
White  
Mushrooms **1.99**  
lb.



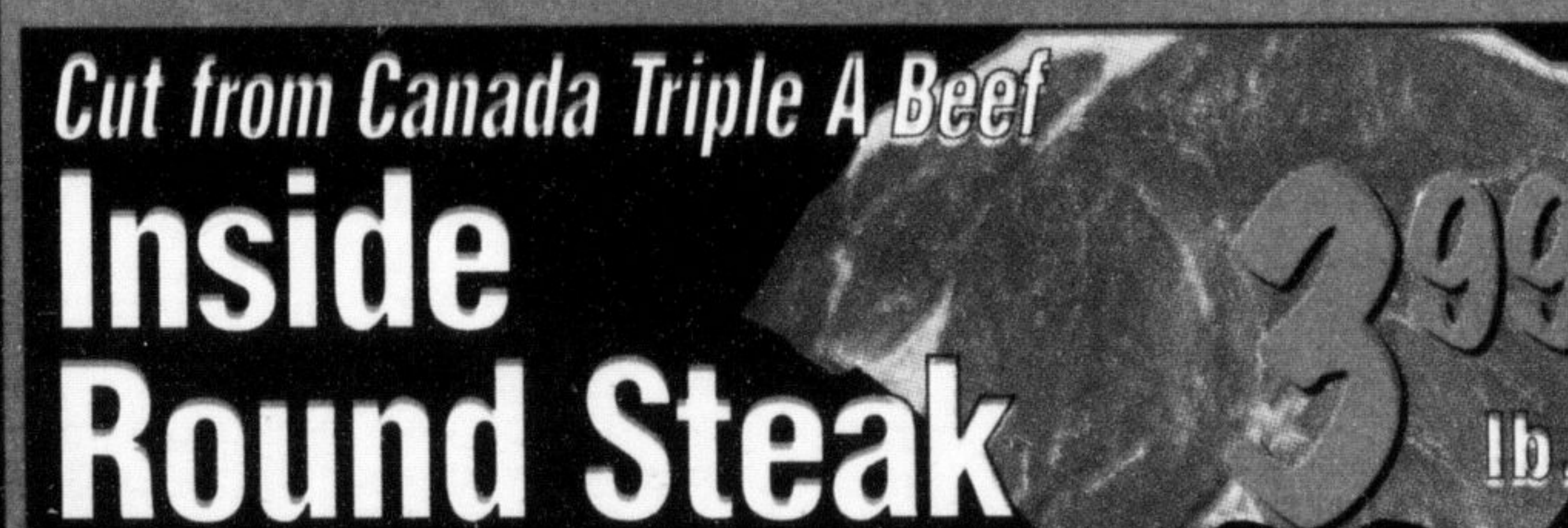
Chef Boy-ar-dee  
Pasta **99¢**  
425 gr



Mr. Noodles **3/99**  
85 gr



Cut from Canada Triple A Beef  
**Inside Round Steak** **3.99**  
lb.



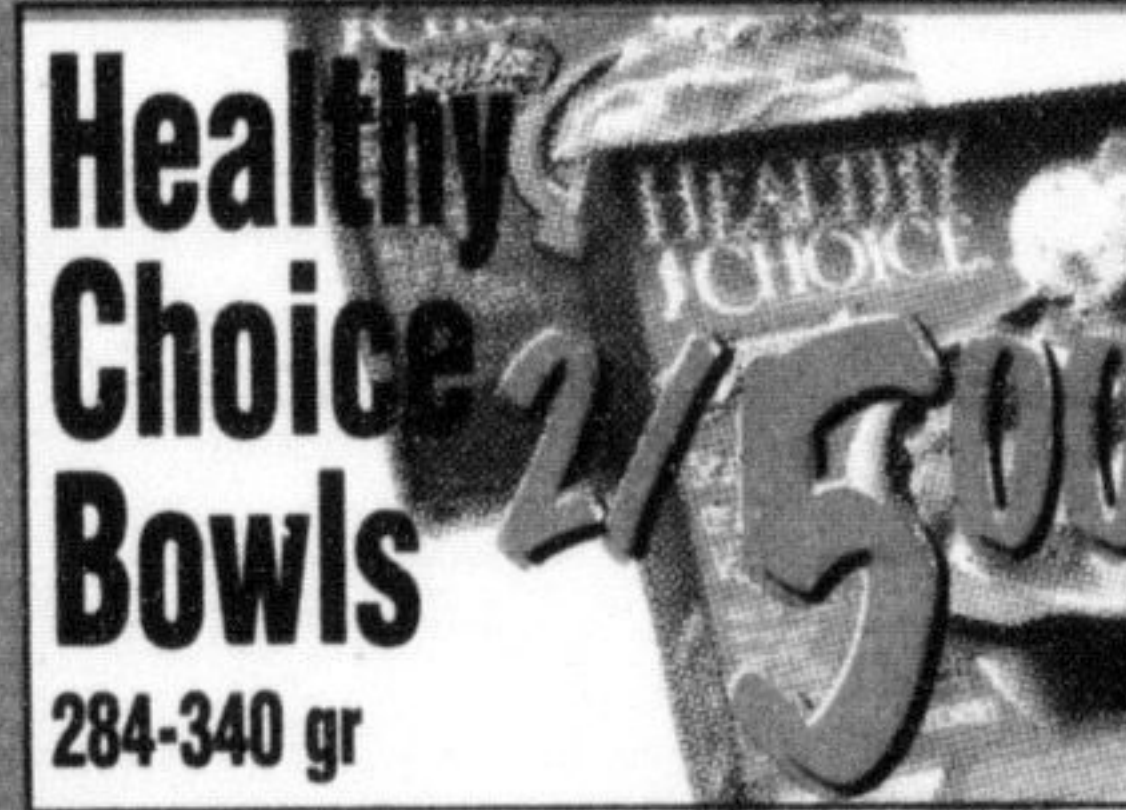
Farm Fresh From Ontario  
Field  
Tomatoes **79¢**  
lb.



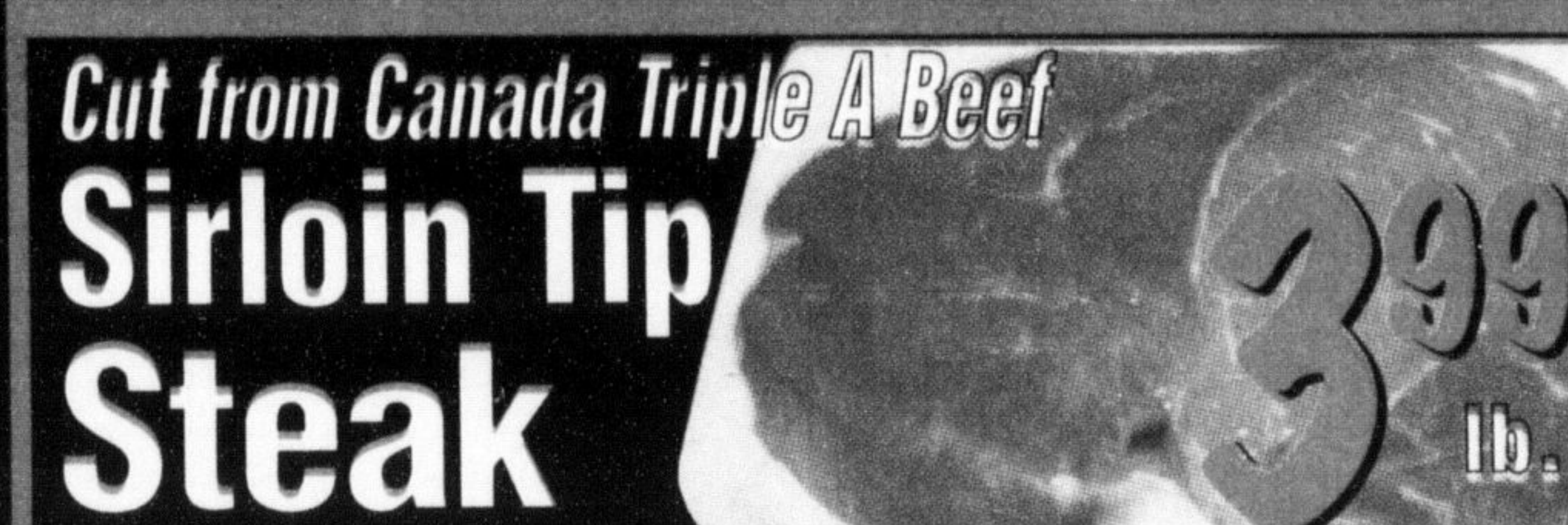
Del Monte  
Fruit Cups **2.49**  
4x142 gr



Healthy Choice  
Bowls **2/5.00**  
284-340 gr



Cut from Canada Triple A Beef  
**Sirloin Tip Steak** **3.99**  
lb.



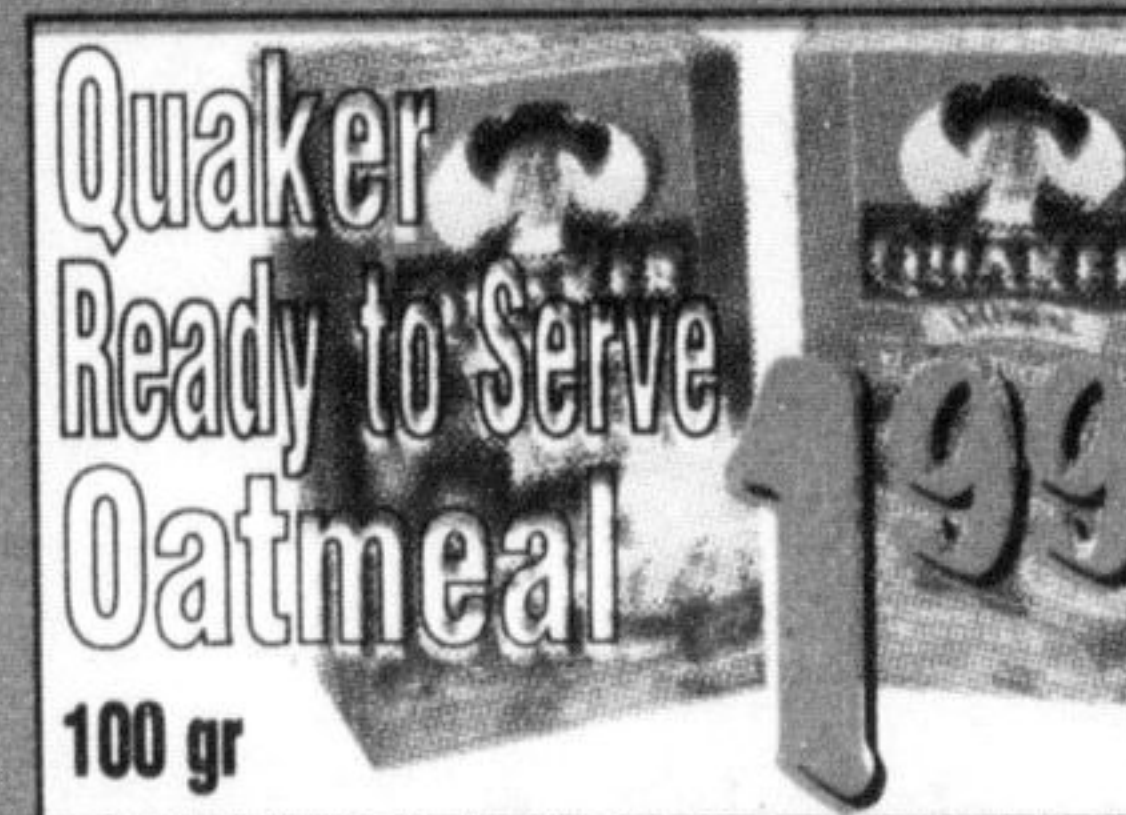
Farm Fresh From Canada  
Romaine  
Lettuce **59¢**  
ea.



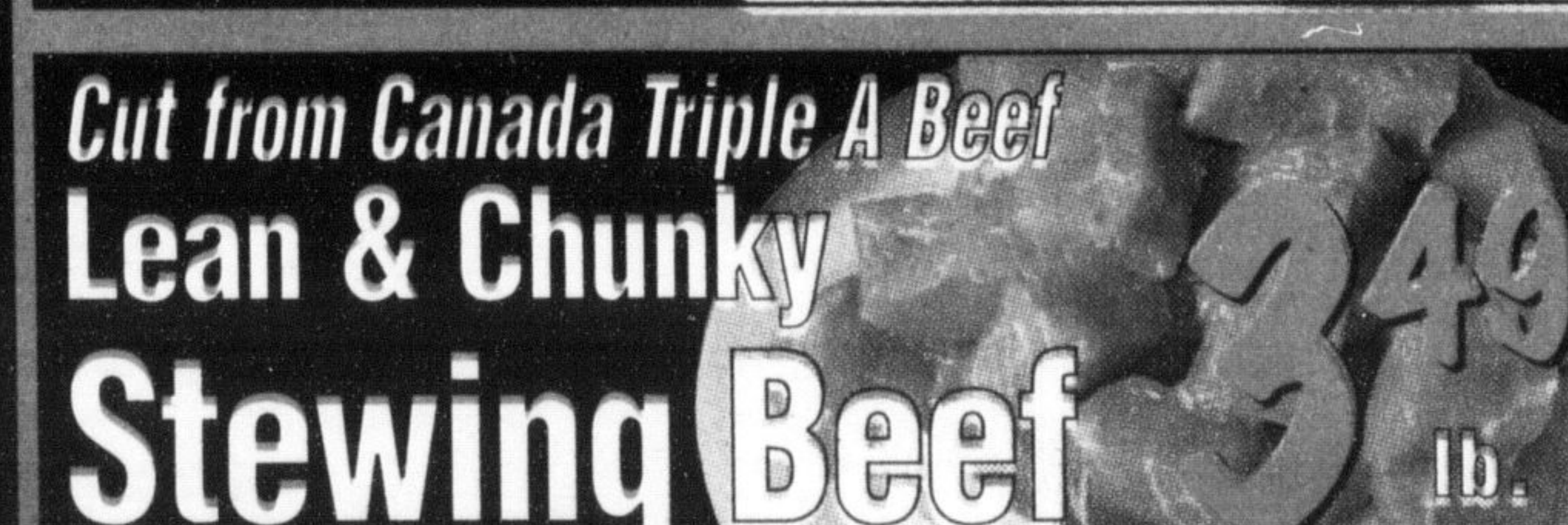
Quaker  
Rice Cakes **1.49**  
100 gr



Quaker  
Ready to Serve  
Oatmeal **1.99**  
100 gr



Cut from Canada Triple A Beef  
**Lean & Chunky Stewing Beef** **3.49**  
lb.



Farm Fresh From Ontario  
Bunched, Green  
Onions **2/99¢**



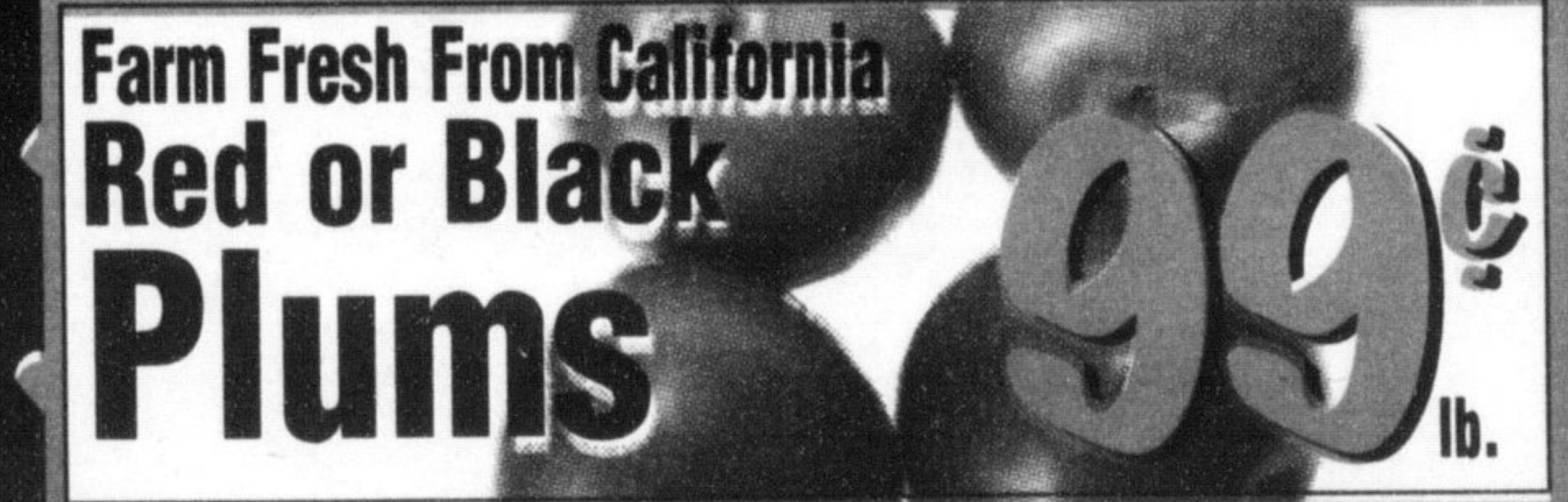
Quaker  
Dipps or Bars **1.99**  
187-210 gr



Imperial  
Margarine **2.99**  
907 gr



Farm Fresh From California  
Red or Black  
Plums **99¢**  
lb.



*Introducing*  
**Lester's**  
"The Real Montreal Taste"  
• Montreal Smoked Meat  
• Beef Pastrami  
• Corned Beef **1.23**  
100gr

Swiss Cheese **1.59**  
100gr

Meat & Potato Pies **1.99**  
Ind.

Black Forest Ham **99¢**  
100gr

**Cheese Sticks** 6/1.99

**Fruit Bread** 1.99 ea.

**Raisin Bread** 1.99 ea.

Assorted Varieties  
**Cookies** \$3.49  
pkg. of 10

**Onion Buns** 6/1.99