



FAMILY DAY STORE HOURS: MONDAY, FEBRUARY 18, 2019 | 10AM - 6PM



113 SIZE

79¢
/Lb

Seedless
California Navel
Oranges
Product of U.S.A.

PACKED WITH FLU FIGHTING VITAMIN C!



\$1.49
/Lb

Hothouse Tomatoes
Product of Canada



\$1.29
/ea.

Bunch Spinach
Product of Mexico



4/99¢

Lemons
Product of Spain



\$2.99
/ea.

Jumbo Cantaloupes
Product of Guatemala



79¢
/ea.

Curly or Italian
Parsley
Product of U.S.A.



\$1.99
3 pkg

AndyBoy
Romaine Hearts
Product of U.S.A.

Avocados
Product of Mexico

79¢
/ea.



LOADED WITH HEART-HEALTHY MONO-UNSATURATED FATTY ACIDS!



\$1.99
350g

Dry Shallots
Product of Canada



79¢

Fresh Mint
Product of Morocco



\$1.99
500g

Cooked Beets
Product of France



SIGN UP to WIN \$100!

Sign up for our eFlyer to be entered in our weekly draw for a \$100 Produce Depot gift card! Details at producedepot.ca



BUTCHER & Seafood



\$2⁹⁹
/Lb
6.59/kg

Fresh Pork
Back Ribs



\$6⁹⁹
/Lb
15.41/kg

HAND CUT

Fresh Premium
Salmon Roasts
Product of Canada



Beef Tenderloin

\$10⁹⁹
/Lb
24.23/kg

\$3⁹⁹
/Lb
8.80/kg

Breaded Pork
Loin Schnitzel



\$3⁹⁹
/Lb
8.80/kg

Fresh Wild
Caught Porgies
Product of U.S.A.



\$12⁹⁹
/Lb
28.64/kg

HAND CUT

Fresh Ocean
Trout Fillets
Product of Norway

GROCERY & Deli

Liberté Kefir
Assorted varieties

\$3⁹⁹
4x200mL
or 1L

Dempster's
Bagels
Assorted varieties

\$2⁴⁹
6 pack

Clover Leaf
Skipjack Tuna
Flaked or Chunk

\$1⁹⁹
170g

Piller's Love Salami

\$1⁹⁹
/100g

Tre Stelle Deluxe
Mozzarella

\$4⁹⁹
340g

Fletcher's Cooked
Regular Ham

89¢
100g



WHAT'S FOR Valentine's Day DINNER?



Sweet Potato & Lamb Dinner

Ingredients

- 1 pound ground or minced lamb shoulder or leg
- 2 large onions, quartered and thinly sliced
- 2 Tbspns fresh ginger, minced or finely grated
- 1 medium clove garlic, minced
- 1 Tspn garam masala

- 8 cups fresh kale, finely chopped
- 6 cups sweet potatoes, cut in to 1 inch cubes
- 2 cups chicken stock or water
- 3 Tbspns extra virgin olive oil
- Sea salt and white pepper to taste

Prepare all the vegetables by chopping and have ready. Heat olive oil in a medium non stick large size braising pot or skillet. Sauté onion, garlic, ginger and lamb in olive oil over medium heat for about 5 minutes, stirring frequently. Add garam masala, mixing well for about half a minute. Add chicken stock or water and stir in sweet potatoes and kale. Simmer on medium low heat covered for about 15 minutes, stirring occasionally, or until lamb, potatoes and kale are tender. Season with salt and pepper. Makes 6 servings.



SPECIALS IN EFFECT FEBRUARY 13 - 19, 2019

We reserve the right to limit quantities. Products not exactly as shown. While quantities last.

2446 Bank & Hunt Club | 613.521.9653 - 1855 Carling @ Maitland | 613.722.6106

STORE HOURS: MONDAY TO FRIDAY: 8AM-9PM; SAT: 8AM-7PM; SUN: 8AM-6PM