



**79¢**  
/ea.

**Ataulfo Mangoes**  
Product of Mexico

**\$1.49**  
/Lb

**Peaches**  
Product of U.S.A.



**2/79¢**

**Green Onions**  
Product of Mexico



**99¢**  
/ea.

**Green or Red Leaf Lettuce**  
Product of Canada



**7/99¢**

**Limes**  
Product of Mexico

**Cluster Tomatoes**  
Product of Canada

**\$1.29**  
/Lb



**79¢**  
/ea.

**English Cucumbers**  
Product of Canada



**\$1.29**  
/Lb

**Royal Gala Apples**  
Product of U.S.A.



**\$2.49**  
/Lb

**Italian Eggplant**  
Product of Canada



**\$3.99**  
/Lb

**Loquats**  
Product of Spain



**99¢**  
/Lb

**Bean Sprouts**  
Product of Canada





# 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](http://producedepot.ca)



## BUTCHER & Seafood



**\$2<sup>59</sup>**  
/Lb  
5.71/kg

Fresh  
Chicken Wings

Live  
Lobster  
Hard Shell Premium



**\$12<sup>99</sup>**  
/Lb  
28.64/kg

NO CHARGE FOR COOKING



**\$10<sup>99</sup>**  
/Lb  
24.23/kg

Beef Tenderloin

**\$3<sup>99</sup>**  
/Lb  
8.80/kg

Fresh  
Pork Tenderloin



**\$7<sup>99</sup>**  
/Lb  
17.61/kg



WILD CAUGHT

Fresh  
Kingfish Steaks  
Product of U.S.A.

**\$3<sup>99</sup>**  
/Lb  
8.80/kg



Large  
Basa Fillets

## GROCERY & Deli



Astro Yogurt  
Selected varieties

**\$3<sup>99</sup>**  
12x100g



Betty Super  
Moist Bread  
White or Whole Wheat

**\$1<sup>99</sup>**  
675g



Compliments  
Assorted Pickles

**2/\$5**  
1L



Tre Stelle  
Bocconcini

**\$4<sup>99</sup>**  
200g



Mozzarella Cheese  
Bulk cut

**\$1<sup>89</sup>**  
/100g



All Beef Salami

**\$1<sup>59</sup>**  
/100g

## WHAT'S FOR DINNER?

### Meatless Eggplant Parmesan

#### Ingredients

2 medium eggplants  
2 cups whole wheat bread crumbs  
1 cup soy or rice milk  
1 large baking sheet  
9 x 9 inch baking pan  
2 cups tomato sauce  
1 tablespoon fresh basil, chopped

1 tablespoon fresh oregano, chopped  
1 tablespoon fresh Italian flat leaf parsley, chopped  
1 clove garlic, minced  
Sea salt and freshly ground black pepper to taste  
1 ½ cups low fat mozzarella cheese, shredded

#### Instructions

Preheat oven on broil setting. Slice the eggplant into thin slices approximately 1/4 inch thick or thinner. Pour the whole wheat bread crumbs into a bowl and mix with the freshly chopped herbs, sea salt and pepper. Place this mixture into a flat dish. Pour milk into a bowl. Dip each slice of eggplant into the milk. Place each slice of eggplant that has been dipped into the milk in the breadcrumb mixture and coat both sides. Place the breaded eggplant slices in a single layer onto the baking sheet. Broil, watching carefully to not burn the eggplant. Turn over with tongs if needed until tender, approximately 4-5 minutes. Remove baking sheet from the oven. Lower the oven to 350 F. Using the baking dish, pour enough tomato sauce in the bottom of the dish to cover it. This will not only moisten the bottom layer of eggplant but it will prevent it from sticking. Arrange a single layer of cooked eggplant slices, spread a layer of tomato sauce to cover the eggplant. Sprinkle a layer of shredded cheese. Continue this layering procedure until all the eggplant is used. Top with a layer of tomato sauce and shredded cheese. Bake at 350 for approx 20-25 minutes. Serve with whole wheat Italian bread and a mixed green salad. Makes 4 servings.



**SPECIALS IN EFFECT JUNE 12-18, 2019**

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

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