



WE WILL BE CLOSED THANKSGIVING MONDAY, OCTOBER 14TH, 2019



\$1.49
/ea.



Broccoli
Product of Canada

\$1.29
/Lb



Angeleno Plums
Product of U.S.A.

Buttercup, Butternut, Pepper or Spaghetti Squash
Product of Canada

EXCELLENT SOURCE OF VITAMIN A IN THE FORM OF BETA CAROTENE

69¢
/Lb



Bananas
Product of Tropics

59¢
/Lb



99¢
/Lb



Cortland Apples
Product of Canada



\$1.29
/Lb

Bartlett Pears
Product of U.S.A.



Andy Boy Romaine Hearts
Product of U.S.A.

\$2.79
/Pkg 3



99¢
/Lb



Yellow or Orange Peppers
Product of Canada



Mill Creek Fresh Sweet Peas
Product of Canada



\$1.99
340g

Fresh Cranberries
Product of Canada/U.S.A.



\$1.69
/Lb

Brussel 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



BUTCHER & Seafood



Beef Tenderloin

\$10⁹⁹
/Lb
24.23/kg

\$2⁹⁹
/Lb
6.59/kg

Fresh Pork Tenderloin



Fresh Norwegian Salmon Fillets

\$12⁹⁹
/Lb
28.64/kg

PREMIUM



3 OZ. SERVING OF SALMON PROVIDES 17 G OF PROTEIN

\$2⁹⁹
/Lb
6.59/kg

Chicken Breast



CHECK IT OUT! MAKE IT TONIGHT! RECIPE BELOW Producedepot.ca

\$3⁵⁹
/Lb
7.91/kg

5LB AVG.



Fresh Whole Atlantic Salmon
Product of New Brunswick

\$7⁹⁹
/Lb
17.61/kg

PREMIUM HAND CUT



Fresh Atlantic Salmon Steaks
Product of New Brunswick

GROCERY & Deli



Western Cream Cheese
Assorted varieties

\$2⁹⁹
250g



Lactantia Cream
5% or 10%

\$2⁹⁹
1L



Betty Dinner Rolls
White or Whole Wheat

\$2⁴⁹
16 pack



L'Extra Double Creme Brie

\$2⁵⁹
/100g



Brandt Blackforest Ham

99¢
/100g



Natural Selections Oven Roasted Turkey Breast

\$1⁴⁹
/100g

WHAT'S FOR DINNER?

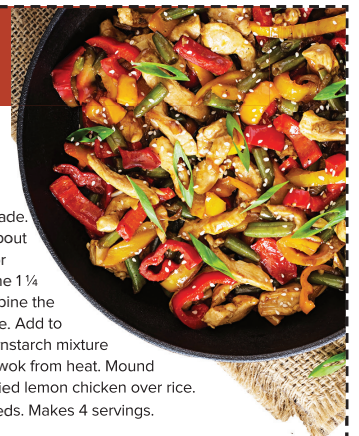
Lemon Stir Fry Chicken

Ingredients

- 1/3 cup + 2 tbsp freshly squeezed lemon juice
- 3 tsp sesame oil
- 1/2 cup canola oil
- 1 1/2 lbs. chicken breast, boneless, skinless, cut in bite sized chunks or strips
- 1 red bell pepper, chopped
- 2 medium onions, chopped
- 1 cup snow peas
- 2 1/4 cups low sodium chicken stock
- 2 tbsp cornstarch
- 1/4 cup soy sauce
- 1 tbsp brown sugar
- 8 slices of fresh lemon cut in half (total of 16 half lemon slices)
- 4 cups steamed rice
- 1/2 cup fresh green onions sliced 1/2" on the diagonal
- 4 tsp sesame seeds

Instructions

Combine 2tbsp lemon juice, the sesame oil and canola oil to make the marinade. Heat the wok with 1 tbsp canola oil and add the chicken chunks. Stir-fry for about 4 minutes, stirring often. Add the bell pepper, onion, snow peas and stir-fry for an additional 4 minutes until the chicken is cooked through. In a bowl combine 1 1/4 cups of the chicken stock and cornstarch. Set aside. In a separate bowl, combine the remaining chicken stock, the lemon juice, soy sauce and sugar to make sauce. Add to wok and bring to a boil. When boiling, slowly stir in the chicken stock and cornstarch mixture to thicken sauce. Stir the lemon slices into sauce and heat through. Remove wok from heat. Mound about 1 cup of steamed rice on the center of a serving plate. Spoon the stir-fried lemon chicken over rice. Sprinkle with 1 tablespoon of green onions and about 1 teaspoon sesame seeds. Makes 4 servings.



SPECIALS IN EFFECT OCTOBER 9 - OCTOBER 15, 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