



NEW CROP - 113 SIZE  
**\$1.29**  
/Lb

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



Bunch Spinach  
Product of U.S.A

**\$1.49**  
/ea.



**79¢**  
/Lb

Butternut, Buttercup, Spaghetti or Pepper Squash  
Product of Canada

**\$1.99**  
/Bag



10 Lb Boiler Onions  
Product of Canada



**99¢**  
/Lb

Red Pears  
Product of U.S.A.



**99¢**  
/Lb

Eggplant  
Product of U.S.A.



**59¢**  
/ea.

Red Grapefruit  
Product of U.S.A.

**BUTCHER & Seafood**



CHECK IT OUT!  
MAKE IT TONIGHT!  
RECIPE BELOW  
[produce depot.ca](http://produce depot.ca)

**\$4.99**  
/Lb  
11.00kg

Boneless, Skinless Jumbo Chicken Breasts



**\$3.99**  
/Lb  
8.80/kg

Basa Fillets



Sole Fillets  
**\$7.99**  
/Lb  
17.61kg



**\$2.49**  
/Lb  
5.49/kg

Pork Shoulder, Butt Roast or Chops

**GROCERY & Deli**



St. Paulin Cheese  
**\$1.99**  
/100g



Brandt Oven Roasted Chicken  
**\$1.99**  
/100g



Original Kraft Dinner  
By the case only  
**\$9.99**  
12x225g



Snack Pack Pudding  
Assorted varieties  
**4/\$5**  
4x99g

**WHAT'S FOR DINNER?**

**Asparagus & Chicken Casserole**

**Ingredients**

- 2 bunches fresh asparagus, rinsed, trimmed and cut into 2-inch pieces
- 1 package (450 or 500g) dry wide egg noodles or wide eggless noodles
- 2 tbsp butter
- 1 cup onion, finely diced
- 2 cloves minced garlic
- 2 tsp all purpose flour
- 3 ½ cups milk
- 3 cups fresh mushrooms, sliced
- sea salt and freshly ground black pepper to taste
- 1 ½ lbs cubed cooked chicken (about 4 breasts)
- 1 cup low fat white cheddar cheese, shredded
- 1 cup plain bread crumbs
- 2 tsp of extra virgin olive oil

**Instructions**

Bring a pot of salted water to a rapid boil. Cook the asparagus for 1 minute, remove from the pot with a strainer and rinse under cold water; drain and set aside. Cook the noodles in the same salted water two minutes less than the package directions. Drain noodles and add to a large mixing bowl. Melt the butter in a saucepan, and sauté the onions over medium low heat for about 3 to 5 minutes. Add the garlic and flour, and continue cooking, stirring, for another 2 minutes. Whisk in the milk, mushrooms, salt, and pepper; cook this mixture stirring, until the mixture begins to simmer and thicken. Add the cooked sauce to the bowl of noodles. Add the chicken, asparagus and half of the cheese; mix with a spatula to combine. Pour the mixture into an 11 x 14 inch casserole dish, and top with the rest of the cheese. Mix the breadcrumbs and olive oil until combined and spread evenly over the casserole. Bake for 35 to 45 minutes at 350° F until bubbling and browned. Makes 8 servings.

