



79¢
/ea

Red Florida Grapefruit
Product of U.S.A.

Hothouse Tomatoes
Product of Canada

\$1.49
/Lb



\$1.29
/ea

Kale
Product of U.S.A.



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

\$1.29
/Lb



\$1.49
/Lb

Green Peppers
Product of U.S.A.



2/99¢

Green Onions
Product of Mexico



\$2.79
/ea

Golden Pineapples
Product of Costa Rica

BUTCHER & Seafood

Fresh Lean Boneless Stewing Beef

\$3.99
/Lb
8.80/kg



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



\$2.99
/Lb
6.59/kg

Fresh Medium Ground Beef

Large Sea Scallops
Previously Frozen

\$19.99
/Lb
44.07/kg



\$4.99
/Lb
11.00/kg

Fresh Whole Atlantic Salmon
Product of Canada



GROCERY & Deli



Off the Bone Ham

\$1.69
/100g



Sabra Hummus
Assorted Varieties

\$3.99
283g



Campbell's Broths
Assorted Varieties

2/\$5
900mL



Astro Yogurt
Assorted Varieties

\$3.99
12x100g

WHAT'S FOR DINNER?

Easy Meatloaf

Ingredients

- 1½ pounds ground beef
- 1 egg
- 1 onion, chopped
- 1 cup milk
- 1 cup dried bread crumbs
- 2 tablespoons brown sugar
- 2 tablespoons prepared mustard
- ⅓ cup ketchup
- Salt and pepper to taste

Instructions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, combine the beef, egg, onion, milk and bread OR cracker crumbs. Season with salt and pepper to taste and place in a lightly greased 9x5-inch loaf pan, or form into a loaf and place in a lightly greased 9x13-inch baking dish.
- In a separate small bowl, combine the brown sugar, mustard and ketchup. Mix well and pour over the meatloaf.
- Bake at 350 degrees F (175 degrees C) for 1 hour.

