



**89¢**  
/ea

Iceberg Lettuce  
Product of Canada



**2/\$5**

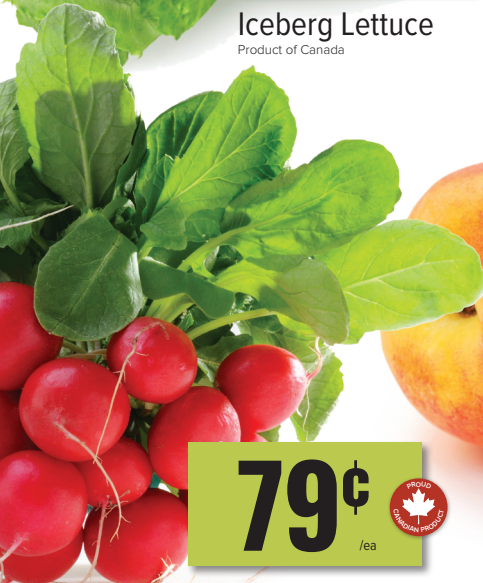
Cantaloupes  
Product of U.S.A.



**\$1.69**  
/Lb

Green Beans  
Product of Canada

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



**79¢**  
/ea

Bunched Radishes  
Product of Canada



**99¢**  
/Lb

Peaches  
Product of U.S.A.



**\$1.49**  
/ea

Broccoli  
Product of Canada



**\$1.99**  
1Lb/PKG

Strawberries  
Product of U.S.A.

## BUTCHER & Seafood



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

Fresh Whole or  
Half Chicken

**\$5.99**  
/Lb  
13.21/kg

Top Sirloin  
Grilling Steak



**\$10.99**  
/Lb  
24.23/kg

Marlin Steak  
Previously frozen

**\$6.99**  
/Lb  
15.44/kg

Salt Cod Bits

## GROCERY & Deli



Eye of Round  
Pastrami **\$1.89**  
100g



Assorted OKA  
Cheese **\$2.69**  
100g



Beatrice Lemonade **\$1.99**  
Assorted varieties  
1.75L



Black Diamond  
Shreds or  
Cheese Bars **\$4.99**  
Selected varieties  
320-400g

## WHAT'S FOR LUNCH?

### Green Bean & Red Potato Salad

#### Ingredients

1 1/2 pounds green beans,  
cut to about 2 inches in length

9 to 10 small to medium sized  
red potatoes

1/2 cup red onion, thinly sliced

4 Tbsp of extra virgin olive oil

2 Tbsp of apple cider vinegar

1/4 Tsp dried oregano,  
or 1 Tsp of fresh oregano

Sea salt and freshly ground black  
pepper to taste

#### Instructions

Boil green beans until tender  
crisp. Drain and set aside. Boil  
potatoes until tender. Remove peel,  
if desired and then cut the potatoes into small  
cubes. Place the green beans and potato cubes  
into a bowl. Add the remaining ingredients,  
and toss well. Makes 6 to 8 servings.



**SPECIALS IN EFFECT JULY 21 - 27, 2021**

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

**BANK ST. LOCATION:** 2446 Bank & Hunt Club | 613.521.9653  
MONDAY TO FRIDAY: 8AM-8PM SATURDAY: 8AM-7PM SUNDAY: 8AM-6PM  
**CARLING LOCATION:** 1855 Carling @ Maitland | 613.722.6106  
MONDAY TO SATURDAY: 8AM-7PM SUNDAY: 8AM-6PM