



FRESHER  
than FRESH

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**\$1.69**  
/Lb

Peaches  
Product of U.S.A.



**69¢**  
/ea

Green Onions  
Product of Canada



**\$1.29**  
/Lb

Bartlett Pears  
Product of U.S.A.



**89¢**  
/Lb

Buttercup,  
Butternut, Pepper or  
Spaghetti Squash  
Product of Canada



**\$1.69**  
/Lb

Roma Tomatoes  
Product of Mexico



**\$1.29**  
/Lb

Royal Gala Apples  
Product of U.S.A.



**\$1.29**  
/ea

Kale or Swiss  
Chard  
Product of Canada

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

## BUTCHER & Seafood



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

Sirloin Tip Oven  
Roast or Steak



**\$4.49**  
/Lb  
9.90/kg

Fresh Lean  
Ground Beef



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

Atlantic Salmon  
Roast  
Product of Canada



**\$9.99**  
/Lb  
22.02/kg

Wild Caught  
Argentinean  
Shrimp Pieces

## GROCERY & Deli



Le Baron Brie  
Cheese

**\$8.99**  
500g



Natural Baked  
Ham

**\$1.89**  
100g



Black Diamond  
Cheese Bars  
or Shreds  
Selected varieties

**\$4.99**  
320-400g



Dempster  
10" Tortillas  
Selected varieties

**\$3.49**  
488-610g

## WHAT'S FOR DINNER?

### Swiss Chard, Mushroom & Cheddar Grilled Sandwiches

#### Ingredients

- 1 tablespoon extra virgin olive oil
- ½ pound of mushrooms (button or cremini) trimmed and sliced
- 1 ½ cups Swiss chard, rinsed and dried
- Sea salt and freshly ground black pepper
- 8 slices of multi-grain or whole wheat bread
- 6 ounces (around 175g) of your favourite cheddar cheese, thinly sliced (mild or medium is best)
- 2 tablespoons soft butter

#### Instructions

Heat the olive oil in a large frying pan. Add mushrooms and cook until the liquid in the pan evaporates. Add spinach or chard and cook until just wilted. Season to taste with sea salt and pepper. Assemble the sandwiches by topping 4 slices of bread with mushrooms and spinach or chard. Add slices of cheddar cheese in a single layer. Top with the remaining bread slices. Brush each side of the sandwich with some soft butter. Grill sandwiches in a heated heavy skillet on medium/high heat. Cook the sandwiches pressing firmly with a spatula for a few minutes on each side until the cheese starts to melt and the sandwich is golden brown. Makes 4 sandwiches. When cooled, wrap in tin foil and place in refrigerator or lunch box. Enjoy this sandwich cold for lunch or heat it up in a microwave for 30 to 40 seconds.



**SPECIALS IN EFFECT OCT 13 - 19, 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