



99¢
/ea

Avocados
Product of Mexico

69¢
/ea

Bunched Radishes
Product of Mexico

SUPER DEAL!

99¢
/Lb

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

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

113 SIZE

Hot House Tomatoes
Product of Canada

\$1.79
/Lb

\$1.99
/Lb

Green Beans
Product of Mexico



\$1.29
/ea

English Cucumbers
Product of Canada

2/\$3
170g

Blueberries
Product of Peru

BUTCHER & Seafood

Fresh Boneless Stewing Beef

\$4.99
/Lb
11.00/kg

\$4.99
/Lb
11.00/kg

Fresh Pork Back Ribs

Wild Caught Pacific Sole Fillets

\$8.99
/Lb
19.82/kg

\$2.99
/Lb
6.59/kg

Wild Caught Whole Whiting

GROCERY & Deli

Lester's All Beef Salami

\$1.69
100g

Bergbauern Emmental Cheese

\$1.89
100g

Campbell's Broths
Assorted Varieties

2/\$5.00
900ml

Astro Yogurt
Assorted Varieties

\$3.99
12x100g

WHAT'S FOR DINNER?

Orange Chicken

Ingredients

- 1 lb. fresh chicken breast, boneless and skinless cut into 1-inch cubes
- 2 Tbsps extra virgin olive oil
- 1 Tspn butter
- 2 medium onions thinly sliced
- 1 clove garlic, minced
- 2 shallots, thinly sliced
- 2 medium onions thinly sliced
- zest of one orange
- 3 Tspns cornstarch

Sauce:

- ½ cup freshly squeezed orange juice
- ½ cup chicken stock or vegetable stock
- Freshly ground black pepper to taste
- 1 Tbspn honey

Marinade:

- 1 teaspoon cornstarch
- 2 teaspoons soy sauce

Instructions

Combine marinade ingredients in a bowl. Add chicken and stir to coat. Let stand for 10 minutes. Combine sauce ingredients in a small bowl; stir until ingredients are mixed well. Place a stir-fry pan or wok over high heat until hot. Add oil and butter; stir until butter melts. Add garlic, onions and cook; stirring, until fragrant, about 3 minutes. Add chicken and stir-fry, until it is cooked through, about 5 minutes. Add sauce and bring to a boil while stirring, until sauce thickens slightly. Add the orange zest and stir well to evenly coat the chicken. Makes 4 servings.



SPECIALS IN EFFECT NOV. 24 - NOV 30, 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