



FRESHER
than FRESH

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Roma Tomatoes
Product of Mexico

\$1.49
/Lb

Bartlett Pears
Product of USA

\$1.69
/Lb



Kale
Product of USA

SUPER DEAL!

99¢
/ea



Seedless California
Navel Oranges
Product of USA

\$1.29
/Lb



\$2.99
/Lb

Nectarines
Product of Chile

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Leaf Lettuce
Product of USA

\$1.49
/ea



\$1.99
/Lb

Red Peppers
Product of Mexico



BUTCHER & Seafood

Fresh Pork Tenderloin

\$3.99
/Lb
8.80/kg



\$4.99
/Lb
11.00/kg

Boneless Sirloin Tip
Oven Roast



Wild Caught
Bay Scallops

\$9.99
/Lb
22.02/kg

\$7.99
/Lb
17.61/kg

Fresh Tilapia Fillets

GROCERY & Deli



Pastrami Smoked
Beef Round

\$1.59
100g



Fontaine Sante
Hummus
Assorted Varieties

\$5.49
454g



Quaker Instant
Oatmeal
Selected Varieties

\$2.99
280-304g



Lactantia Pur
Filtre Milk
Skim, 1% or 2%

\$5.99
4L

WHAT'S FOR DINNER?

Colourful Pepper Risotto



Ingredients

- 2 cooking onions, finely chopped
- 1 clove garlic, minced
- 2 cups seeded and chopped fresh peppers
- 4 Tbsp extra virgin olive oil
- 1 Tbsp butter
- 1 ¼ cup short-grain (Arborio) rice
- 2 ¾ cups chicken stock
- 2 medium fresh zucchini, diced
- sea salt and pepper to taste
- 1/2 cup grated Parmesan cheese
- 1/3 cup fresh flat leaf Italian parsley, chopped
- 1 to 2 leaves basil, finely chopped

Instructions

In medium saucepan, cook onion, garlic and fresh peppers in olive oil over medium-high heat, until softened, 3 to 5 minutes. Add butter and mix well. Add rice and mix well to coat. Add chicken stock, zucchini, salt and pepper; bring to boil. Reduce heat, cover and simmer, stirring occasionally, for about 20 minutes or until most of the liquid is absorbed and mixture is creamy. Stir in Parmesan, parsley and basil. Serve immediately sprinkled with additional Parmesan cheese, if desired. Makes 4 servings.



SPECIALS IN EFFECT JAN. 12 - JAN. 18, 2022

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
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