



FRESHER
than FRESH

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PREVIOUSLY
FROZEN

GROCERY & DELI



Lester's
All Beef Salami

\$179
/100g



Monterey Jack or
Jalapeño Monterey
Jack Cheese

\$219
/100g



Betty White or
Whole Wheat Bread

\$269
675g



Astro Yogurt
Assorted Varieties

\$499
12x100g

WHAT'S FOR DINNER?



Enjoy the
recipe online!



Celery & Apple Soup

Ingredients

2 tsp butter
2 large onions, chopped
2 cloves garlic, finely chopped
1/4 to 1/2 tsp dried sage
1/2 cup all purpose flour
12 celery stalks, washed, trimmed and sliced
6 cups vegetable stock or water
3 apples, peeled, cored and diced
2 tsp fresh chives, finely chopped
2/3 cup light cream
Celery leaves for garnish

Instructions

Over medium heat melt the butter in a large saucepan. Add the onion and sage; saute for 5 minutes. Stir in the flour, and cook for an additional minute. Add the celery and stir well. Add the stock and stir until mixture is well blended. Bring to a boil, then reduce the heat, and simmer for 10 minutes. Stir in the apples and chives, and cook for an additional 10 minutes. Remove from the heat, and let cool slightly. Put the mixture into a food processor, reserving a few pieces of apple and celery. Blend the soup until smooth. Return to the pan, and add the reserved pieces of apple and celery. Stir in the cream, and heat through. Serve garnished with celery leaves. Makes 4 servings.



SPECIALS IN EFFECT MAR. 29 - APR. 4, 2023

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
MON TO FRI: 8AM-8PM SAT: 8AM-7PM SUN: 8AM-6PM

CARLING LOCATION: 1855 Carling @ Maitland | 613.722.6106
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