

**Green Onions**

Product of Mexico

**SUPER DEAL!**

**69¢**  
/ea

**Bartlett Pears**

Product of USA

**\$1.49**  
/Lb

**\$1.49**  
/Lb

**Gala Apples**

Product of USA

**English Cucumbers**

Product of Canada



**\$1.29**  
/ea

**Zucchini**

Product of Mexico

**99¢**  
/Lb

**\$2.99**  
680g

**Little Potato Company Potatoes**

Product of Canada

**the Little Potato Company**

*Fresh Creamer Potatoes*

**TERRIFIC TRIO**

Cheerful color blend.  
Harmonious flavor.

NET WT. 1.5 LB (680 g)

POTATOES

**Large Cantaloupes**

Product of Guatemala

**\$2.99**  
/ea

**BUTCHER & SEAFOOD**

**Boneless Top Sirloin Roast or Steaks**

**\$6.99**  
/Lb  
\$15.41/kg



**\$2.69**  
/Lb  
\$5.93/kg

**Fresh Lean Ground Pork**



**\$16.99**  
/Lb  
\$37.46/kg

**Yellowfin Tuna Loin**



**Premium Fresh Whole Atlantic Salmon**

**\$6.99**  
/Lb  
\$15.41/kg



**CHECK IT OUT!**  
MAKE IT TONIGHT!  
RECIPE BELOW  
producepot.ca

**GROCERY & DELI**



**Cooked Maple Lodge Chicken Breast**

Cooked, Smoked, Cajun or Fajita

**\$1.69**  
/100g



**Gustav Saint-Paulin Cheese**

**\$2.79**  
/100g



**Beatrice Sour Cream**

Assorted Varieties

**\$2.49**  
500ml



**Betty Homestyle Bread**

White or Whole Wheat

**\$3.29**  
600g

**WHAT'S FOR DINNER?**



*Enjoy the recipe online!*

**Salmon with Dilly Sauce**

**Ingredients**

- 2 lbs fresh salmon filet (be sure the handle is also stainless steel) and bone removed
- 1 medium garlic clove, grated
- 2 to 3 Tbsp extra virgin olive oil
- 2 Tbsp Dijon mustard
- ¼ cup freshly squeezed lemon juice
- ½ cup chicken stock
- 3 Tsp honey
- ¼ cup fresh dill, chopped
- Sea salt to taste

**Instructions**

Preheat broiler on high and place a stainless steel skillet (be sure the handle is also stainless steel) or cast iron pan under the heat for about 10 minutes to get it very hot. The pan should be 5 to 7 inches from the heat source. Rub salmon with 2 tablespoons of the fresh lemon juice and salt. Using an oven mitt, pull pan away from heat and place salmon on hot pan. Return to broiler. Keep in mind that it is cooking rapidly on both sides so it will be done very quickly, usually in 7 minutes depending on thickness. Test with a fork for doneness. It will flake easily when it is cooked. Salmon is best when it is still pink inside. In a stainless steel sauce pan, heat olive oil and add garlic; stir for about one minute or until lightly golden. Add the mustard, and whisk in remaining lemon juice, broth, honey and salt. Cook on high heat for a minute to reduce slightly and add dill. Pour over salmon and serve. Makes 4 servings.



**SPECIALS IN EFFECT NOV. 15 - NOV. 21, 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

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