



English Cucumbers  
Product of Canada

**SUPER DEAL!**

**49¢**  
/ea

Sweet Red Peppers  
Product of Canada

**\$1.99**  
/lb



**\$1.29**  
/lb

Large California Seedless Navel Oranges  
Product of USA

Ontario Strawberries  
Product of Canada

**SUPER DEAL!**

**\$1.69**  
340g

Sweet Corn  
Product of USA

**69¢**  
/ea

Sour Green Plums  
Product of USA

**\$8.99**  
/lb



**99¢**  
/lb

Flat Cabbage  
Product of USA



**BUTCHER & SEAFOOD**

Top Sirloin Steak

**\$7.99**  
/lb  
\$17.61/kg



**\$4.99**  
/lb  
\$11.00/kg

Fresh Medium Ground Beef



WILD CAUGHT

**\$32.99**  
/lb  
\$72.73/kg

Jumbo Sea Scallops

Wild Caught Fresh Cod Fillets

**\$11.99**  
/lb  
\$26.43/kg



**GROCERY & DELI**

**WHAT'S FOR DINNER?**



Enjoy the recipe online!



Pastrami Smoked Beef Round  
**\$2.39**  
/100g



Castello Fontina Cheese  
**\$2.79**  
/100g



Heinz Beans Assorted Varieties  
**\$1.99**  
/398ml



Astro Yogurt Selected Varieties  
**\$2.99**  
650-750g

**Stuffed Peppers**

**Ingredients**

- 6 large red peppers
- 2 tbsp of extra virgin olive oil
- 1 large onion, *finely chopped*
- 1 cup of cooked rice
- 1/3 cup of Parmesan or Romano cheese, *freshly grated*
- 1/2 cup of breadcrumbs
- 1 egg
- Sea salt and freshly ground pepper
- 1 pound of lean ground veal, pork or turkey
- 1/4 cup of Italian flat leaf parsley, *finely chopped*
- 1/2 pound of fresh mushrooms, *finely chopped*
- 1 jar (about 700 ml) of tomato pasta sauce

**Instructions**

Cut tops off peppers and set aside. Remove the seeds and membrane of each pepper. In a saucepan, heat oil; cook onion, mushrooms and parsley until tender. Remove from heat. Combine cooked onion mixture with veal, rice, cheese, breadcrumb, egg and one quarter cup of the pasta sauce. Season with sea salt and pepper. Spread remaining pasta sauce in a large (3.5 litre) baking dish. Fill peppers with veal mixture and replace tops. Place peppers in prepared baking dish. Bake, covered, (with lid or tin foil) in preheated 350°F oven for 60 minutes or until peppers are tender and meat has cooked through. Serves 6. Serve peppers topped with sauce.



**SPECIALS IN EFFECT MAY 8 - MAY 14, 2024**

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