



Green Onions  
Product of Canada

**SUPER DEAL!**

**2/99¢**



Seedless  
Watermelon Cuts  
Product of USA

**99¢**

/lb

Jumbo  
Cherries  
Product of USA

**\$4.99**

/lb

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

9 1/2  
ROW

**\$1.49**



Kale  
Product of Canada

Product of Canada

Cluster Tomatoes  
Product of Canada

**\$1.29**

/lb

Forelle Pears  
Product of South Africa

**\$1.29**

/lb

Romaine Hearts  
Product of Canada

**\$2.49**

/pkg 3

## BUTCHER & SEAFOOD

Top Sirloin  
Steak

**\$7.99**

/lb  
\$17.61/kg



**\$2.99**

/lb  
\$6.59/kg

Fresh Whole or  
Half Chickens

Fresh Whole  
Atlantic Salmon

**\$4.99**

/lb  
\$11.00/kg

Whole Wild  
Caught Mackerel

**\$3.99**

/lb  
\$8.80/kg

PREVIOUSLY  
FROZEN

## GROCERY & DELI



Mild or Hot  
Genoa Salami

**\$2.49**

/100g



Fontaine Sante  
Hummus

Assorted Varieties

**\$5.99**

/454g



Dempster's  
Signature Buns

Selected Varieties

**\$3.99**

/6 or 8  
pack



Black Diamond  
Cheese Slices

Assorted Varieties

**\$3.49**

/410g

## WHAT'S FOR DINNER?



Enjoy the  
recipe online!

### Summer Cherry Chicken Salad

#### Ingredients

- 1 fresh pineapple
- 4 cups cubed cooked chicken
- 1 cup celery, *sliced*
- 1/2 cup green onions, *chopped*
- 1 lb. fresh cherries, *pitted and halved*
- 1/4 tsp sea salt
- freshly ground black pepper to taste
- 3/4 cup plain low fat yogurt
- 1/4 cup low fat mayonnaise
- 2 tsps brown sugar
- 2 tbsps milk
- 1 tbsps freshly squeezed lemon juice

#### Instructions

Cut pineapple lengthwise into 6 sections. Cut flesh of pineapple away from rind and cut out the core. Cut pineapple into 1" chunks and set aside in a glass bowl. In another large glass bowl, combine chicken, celery, green onions, sea salt and pepper and toss lightly. Add fresh cherries and pineapple and mix gently. In small bowl, combine mayonnaise, yogurt, milk, sugar and lemon juice and stir until smooth. Pour over chicken mixture and stir gently to coat. Cover and refrigerate several hours. Makes 6 servings. Can be served with fresh bread, rolls or steamed rice.



**SPECIALS IN EFFECT JULY 10 – JULY 16, 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