





**Cosmic Crisp Apples**  
Product of USA

**SUPER DEAL!**

**\$1.29** /lb



**Celery**  
Product of Canada

**89¢** /ea



**\$1.69** /lb

**Peaches**  
Product of USA



**\$1.49** /lb

**Field Tomatoes**  
Product of Canada



**99¢** /ea

**English Cucumbers**  
Product of Canada



**99¢** /ea

**Ataulfo Mangoes**  
Product of Mexico



**\$1.99** /ea

**Broccoli**  
Product of Canada



**BUTCHER & SEAFOOD**



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

**Sirloin Tip Marinating Steaks**



**\$5.99** /lb  
\$13.21/kg

**Fresh Extra Lean Ground Beef**



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

**Whole Wild Caught Pink Salmon**



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

**Argentinean Shrimp Pieces**

**GROCERY & DELI**



**\$1.99** /100g

**San Daniele Mortadella**  
Regular, Light or Hot



**\$2.29** /100g

**Mild Swiss Cheese**  
Product of Germany



**\$4.99** /12x100g

**Astro Yogurt**  
Assorted Varieties



**\$3.99** /6 or 8 pack

**Dempster's Signature Buns**  
Selected Varieties

**WHAT'S FOR DINNER?**



Enjoy the recipe online!

**Beef and Broccoli**

**Ingredients**

- 1 lb steak, very thinly sliced into bite-sized strips
- 2 tbsp olive oil (or vegetable oil), divided
- 1 lb broccoli, cut into 6 cups of florets

**Sauce Ingredients**

- 2 tsp sesame seeds (optional garnish)
- 1 tsp fresh ginger, loosely packed and grated
- 2 tsp garlic, grated (from 3 cloves)
- ½ cup hot water
- 6 tbsp low sodium soy sauce
- 3 tbsp packed light brown sugar
- 1 ½ tsp corn starch
- ¼ tsp black pepper
- 2 tbsp sesame oil

**Instructions**

Combine all stir fry sauce ingredients in a bowl, stir well to dissolve the sugar, and set aside.

Place a large skillet over medium heat and add 1 tbsp oil. Add broccoli florets and sauté 4-5 minutes, partially covered with lid, stirring or tossing several times until broccoli is bright green and crisp-tender then remove from pan.

Tip: If you prefer softer broccoli, add 2 tbsp water before covering with the lid and it will steam cook the broccoli. Increase heat to high heat and add 1 tbsp oil. Add beef in a single layer and sauté 2 minutes per side or just until cooked through.

Add the sauce, reduce heat to medium/low and simmer 3-4 minutes. It will thicken. Add broccoli and stir to combine. Stir in 1-2 tbsp water to thin the sauce if desired.

Serve over white rice.

