



**White Zucchini**

Product of Mexico

**SUPER DEAL!**

**99¢**  
/lb

CHECK IT OUT!  
MAKE IT  
TONIGHT!  
RECIPE  
BELOW  
produce depot.ca

**Murcott  
Mandarins**

Product of Egypt

**\$1.69**  
/lb

**Bartlett Pears**

Product of Argentina

**\$1.79**  
/lb

**Yellow or Orange  
Peppers**

Product of Canada/Mexico

**\$1.69**  
/lb

**Green Onions**

Product of Mexico

**69¢**  
/ea

**Wild Wonder  
Tomatoes**

Product of Mexico

**\$1.99**  
/341g



**Jumbo  
Honeydew**

Product of Guatemala

**\$4.99**  
/ea

**Ataulfo Mangoes**

Product of Mexico

**\$1.49**  
/ea

**Empire Apples**

Product of Canada

**99¢**  
/lb

**Andy Boy  
Romaine Hearts**

Product of Mexico/USA

**\$3.99**  
/pkg 3

**Russet, Red or Yellow  
5 lb Potatoes**

Product of Canada

**\$2.99**  
/bag



**WHAT'S FOR DINNER?**



Enjoy the  
recipe online!

**Stuffed Zucchini Boats**

**Ingredients**

- 4 medium zucchini
- 2 tbsp olive oil, *divided*
- Salt and pepper to taste
- 1 lb ground beef
- 1 tbsp garlic, *minced*
- 1 cup yellow onion, *chopped*
- 1 (14.5 oz) can diced tomatoes, *drain off 1 – 2 tbsp liquid*
- 2 tsp Italian seasoning
- ¾ cup panko breadcrumbs, *divided*
- ½ cup shredded mozzarella
- ¾ cup finely shredded parmesan cheese, *divided*
- 1 ½ tbsp chopped fresh parsley

**Instructions**

Preheat oven to 400 degrees. Spray a 13 by 9-inch baking dish with non-stick cooking spray. Using a spoon, scoop centers from zucchini while leaving a ¼-inch rim on all sides to create boats. Drizzle with 1 tbsp olive oil, then season with salt and pepper. Bake in preheated oven for 15 minutes.

Meanwhile heat 1 tbsp olive oil in a large skillet over medium-high heat. Add onion and saute for 3 minutes. Add garlic and then beef to brown. Remove from heat and stir in tomatoes, ½ cup panko bread crumbs and Italian seasoning. Sprinkle ½ cup parmesan over zucchini boats, then divide filling among each. In a small mixing bowl stir together the mozzarella cheese, remaining ¼ cup parmesan and remaining ½ cup panko bread crumbs. Sprinkle mixture over zucchini boats and bake in preheated oven until tender, about 10 – 15 minutes. Sprinkle with parsley and serve warm.

**OUR COMMUNITY** *Matters*

“We are locally owned and operated, and are doing our very best, every day, to provide the highest quality possible at a reasonable price.”

**David Barstead**  
**Owner/Operator of Produce Depot**  
**Carling Location**



Visit online!



**SPECIALS IN EFFECT APR 16 – APR 22, 2025**

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 | **GOOD FRIDAY:** CLOSED | **EASTER SUNDAY:** OPEN 10AM-6PM

**CARLING LOCATION:** 1855 Carling @ Maitland | 613.722.6106  
MON TO SAT: 8AM – 7PM SUN: 8AM – 6PM | **GOOD FRIDAY:** CLOSED | **EASTER SUNDAY:** OPEN 10AM-6PM





## BUTCHER



**\$14<sup>99</sup>**  
/lb  
\$33.05/kg

Rib Steaks

Boneless Inside Round Roast



**\$6<sup>99</sup>**  
/lb  
\$15.41/kg



**\$5<sup>99</sup>**  
/lb  
\$13.21/kg

Fresh Medium Ground Beef

## SEAFOOD



**\$12<sup>99</sup>**  
/lb  
\$28.64/kg

Fresh Canadian Atlantic Salmon Steak

Fresh Sole Fillets



**\$9<sup>99</sup>**  
/lb  
\$22.02/kg



**\$8<sup>99</sup>**  
/lb  
\$19.82/kg

U3 Whole Squid

## DELI



Natural Selections  
Oven Roasted Turkey

**\$2<sup>49</sup>**  
/100g



Tre Stelle Ricotta  
Extra Smooth,  
Traditional or Light

**\$5<sup>49</sup>**  
/475g



Castello Double  
Creme Brie

**\$2<sup>59</sup>**  
/100g

## GROCERY



Sunmaid  
Raisin Bread

**\$4<sup>49</sup>**  
/450g



Betty  
Super Moist Bread  
White or Whole Wheat

**\$2<sup>69</sup>**  
/675g



Lactantia  
Cream Cheese  
Selected Varieties

**\$3<sup>69</sup>**  
/227-250g



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