



10 lb White Potatoes
Product of Canada

SUPER DEAL!

\$2⁹⁹
/bag

Roma
Tomatoes
Product of Mexico

\$1²⁹
/lb

Broccoli Crowns
Product of Canada

\$1⁹⁹
/lb

Green Peppers
Product of Canada

99¢
/lb

Clementines
Product of South Africa

\$1⁹⁹
/lb

Jumbo Cantaloupes
Product of USA

\$3⁹⁹
/ea

English
Cucumbers
Product of Canada

\$1²⁹
/ea

Empire Apples
Product of Canada

99¢
/lb

Avocados
Product of Mexico

99¢
/ea

Green or Red
Leaf Lettuce
Product of Canada

99¢
/ea

Buttercup,
Butternut, Pepper
or Spaghetti
Squash
Product of Canada

99¢
/lb

CHECK IT OUT!
MAKE IT
TONIGHT!
RECIPE
BELOW
producedepot.ca

WHAT'S FOR DINNER?



Enjoy the
recipe online!

Baked Apple & Butternut Squash

Ingredients

- 1 medium butternut squash, *peeled, cut into ¾-inch slices*
- 1 medium onion, *cubed*
- 2 large Cortland apples, *peeled, cored and cut into wedges*
- ¼ cup brown sugar
- 1 tbsp all-purpose flour
- 2 tbsp extra virgin olive oil
- 2 tbsp butter, *melted*
- sea salt and freshly ground black pepper to taste
- ½ tsp ground cinnamon

Instructions

In a 12 x 8 inch baking dish, arrange the squash add the cubed onion and top with the apple wedges. Mix the remaining ingredients and spoon over the apples. Bake at 350 F for 50-60 minutes or until tender. Makes 6 servings. This makes a great fall dish.

Happy
THANKSGIVING



SPECIALS IN EFFECT OCT 8 – OCT 14, 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 **THANKSGIVING DAY: CLOSED**

CARLING LOCATION: 1855 Carling @ Maitland | 613.722.6106

MON TO SAT: 8AM – 7PM SUN: 8AM – 6PM **THANKSGIVING DAY: CLOSED**



BUTCHER

Boneless Skinless
Chicken Breasts

**\$6⁹⁹**
/lb
\$15.41/kg



**\$3³⁹**
/lb
\$7.47/kg

Boneless Pork Loin
Chops or Roast

Fresh Lean
Ground Beef

**\$6⁹⁹**
/lb
\$15.41/kg



SEAFOOD

Fresh Atlantic
Salmon Fillets

\$12⁹⁹
/lb
\$28.64/kg



PREVIOUSLY
FROZEN

\$5⁹⁹
/lb
\$13.21/kg

Basa Fillets

Wild Caught Argentinean
Shrimp Pieces

\$12⁹⁹
/lb
\$28.64/kg



PREVIOUSLY
FROZEN

DELI



Brandt
Black Forest Ham

\$1⁸⁹
/100g



L'Extra
Double Creme
Brie Cheese

\$2⁷⁹
/100g



Imported Mild
Provolone Cheese
Product of Italy

\$2³⁹
/100g

GROCERY



Betty
Super Moist Bread
White or Whole Wheat

\$2⁹⁹
/675g



Kraft
Salad Dressings
Assorted Varieties

\$3⁹⁹
/425mL



Black Diamond
Cheese Bars
Assorted Varieties

\$5⁹⁹
/400g



SPECIALS IN EFFECT OCT 8 – OCT 14, 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 **THANKSGIVING DAY: CLOSED**
CARLING LOCATION: 1855 Carling @ Maitland | 613.722.6106
MON TO SAT: 8AM – 7PM SUN: 8AM – 6PM **THANKSGIVING DAY: CLOSED**