



Empire Apples

Product of Canada

SUPER DEAL!

99¢
/lb

Dandelion

Product of USA

\$1.49
/ea

Roma Tomatoes

Product of USA

\$1.69
/lb

Green Peppers

Product of USA

\$1.99
/lb

Seedless California Navel Oranges

Product of USA

\$1.29
/lb

113
SIZE

Broccoli Crowns

Product of USA

\$1.99
/lb

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

1 lb Strawberries

Product of USA

\$3.49
/ea

Pomegranates

Product of Egypt

\$1.99
/ea

Canary Melons

Product of Brazil

\$1.29
/lb

Andy Boy Romaine Hearts

Product of Mexico

\$4.99
/pkg 3

Leeks

Product of Canada

\$1.49
/ea

WHAT'S FOR DINNER?

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, grated (loosely packed)
- 2 tsp garlic, grated (from 3 cloves)
- ½ cup hot water
- 6 tbsp low sodium soy sauce
- 3 tbsp packed light brown sugar
- 1½ tbsp 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 of oil. Add broccoli florets and sauté for 4–5 minutes, partially covered, stirring or tossing several times until broccoli is bright green and crisp-tender. When done, remove from pan. Tip: If you prefer softer broccoli, add 2 tbsp of water before covering with the lid and it will steam cook the broccoli.

Increase to high heat and add 1 tbsp of oil. Add beef in a single layer and sauté for 2 minutes each side or just until cooked through. Add the sauce, reduce heat to medium/low and simmer for 3–4 minutes. It will thicken. Add broccoli and stir to combine. Stir in 1–2 tbsp of water to thin the sauce if desired. Serve over white rice.

Enjoy the
recipe online!

Merry CHRISTMAS

All Produce Depot locations
will be open December 24th
from 8AM to 5PM.

We will be closed on
December 25th and 26th.



SPECIALS IN EFFECT DEC 17 – DEC 23, 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

CARLING LOCATION: 1855 Carling @ Maitland | 613.722.6106
MON TO SAT: 8AM – 7PM SUN: 8AM – 6PM

DEC 24: 8AM – 5PM

DEC 25: CLOSED

DEC 26: CLOSED



BUTCHER

Bonesless Inside
Round Oven Roast

 **\$6⁹⁹**
/lb
\$15.41/kg



 **\$5⁹⁹**
/lb
\$13.21/kg

Fresh Medium
Ground Beef

Breaded Pork
Loin Schnitzel

 **\$3⁹⁹**
/lb
\$8.80/kg



SEAFOOD

Fresh Rainbow
Trout Fillets

  **\$12⁹⁹**
/lb
\$28.64/kg



\$9⁹⁹
/lb
\$22.02/kg

Fresh Tilapia
Fillets

Bay Scallop

\$9⁹⁹
/lb
\$22.02/kg



DELI



Piller's
Assorted Salami

\$2⁶⁹
/100g



Castello Traditional
Blue Cheese

\$3⁹⁹
/125g



Castello
Brie Cheese

\$4²⁹
/125g

GROCERY



Covered Bridge
Chips
Assorted Varieties

\$2⁹⁹
/142-170g



Betty
Super Moist Bread
White or Whole Wheat

\$2⁹⁹
/675g



Beatrice
Sour Cream
Assorted Varieties

\$2⁹⁹
/500mL



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