



Buttercup, Butternut,
Spaghetti or
Pepper Squash

Product of Canada

SUPER DEAL!

99¢

/lb
\$2.18/kg

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

Roma Tomatoes

Product of Mexico

\$1.99

/lb
\$4.39/kg

Mini Cucumbers

Product of Canada

\$2.49

/pkg 6

Avocados

Product of Mexico

99¢

/ea

Bartlett Pears

Product of USA

\$1.99

/lb
\$4.39/kg

Cactus Pears

Product of Mexico

\$1.49

/lb
\$3.28/kg

Dragonfruit

Product of Ecuador

\$1.99

/ea

Cranberries

Product of Canada

\$2.49

/340g

Romaine
Hearts

Product of Canada

\$2.79

/pkg 3

Honeycrisp Apples

Product of Canada

\$2.49

/lb
\$5.49/kg

Cauliflower

Product of Canada

\$2.99

/ea

WHAT'S FOR DINNER?

Baked Apple & Butternut Squash

Ingredients

- 1 medium butternut squash, *peeled, cut into 3/4-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.



Enjoy the
recipe online!

Happy THANKSGIVING



SPECIALS IN EFFECT OCT 7 – OCT 13, 2026

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
Sirloin Tip Roast

\$7⁹⁹

/lb
\$17.61/kg



\$29⁹⁹

/lb
\$66.12/kg

Beef Tenderloin

Boneless Skinless
Chicken Breasts

\$6⁹⁹

/lb
\$15.41/kg



SEAFOOD

Fresh Steelhead
Trout Fillets

\$12⁹⁹

/lb
\$28.64/kg



\$16⁹⁹

/lb
\$37.46/kg

Fresh Wild Caught
Whole Cod Fillets

Wild Caught
Tuna Loin

\$16⁹⁹

/lb
\$37.46/kg



DELI



Smoked Ham

\$1⁹⁹

/100g



Mastro Hot or Mild
Genoa Salami

\$2⁷⁹

/100g



Balderson 2 Year Old
Cheddar Cheese

\$8⁹⁹

/280g

GROCERY



Lactantia
Cream Cheese
Selected Varieties

\$3⁹⁹

/227-250g



Kraft
BBQ Sauce
Assorted Varieties

2/\$5

/455mL



Betty Bread
White or Whole Wheat

\$2⁹⁹

/675g



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