



English Cucumbers

Product of Canada

SUPER DEAL!

99¢
/ea



Blackberries

Product of Mexico

\$2.49
/170g



Celery Root

Product of Canada

99¢
/lb



Sweet Corn

Product of USA

79¢
/ea



Peaches

Product of USA

\$3.99
/lb



Cluster Tomatoes

Product of Canada

\$2.99
/lb



Empire Apples

Product of Canada

\$1.29
/lb



Green Onions

Product of Mexico

69¢
/ea



Black Plums

Product of Chile

\$2.99
/lb



Cantaloupes

Product of Honduras

\$2.99
/ea



Asparagus

Product of Canada

\$3.99
/lb



WHAT'S FOR DINNER?



Asparagus & Chicken Casserole

Enjoy the recipe online!

Ingredients

- 2 bunches of fresh asparagus, *rinsed, trimmed and cut into 2-inch pieces*
- 1 package (450 or 500g) of dry wide egg noodles or wide eggless noodles
- 2 tbsp of butter
- 1 cup of onion, *finely diced*
- 2 cloves of garlic, *minced*
- 2 tbsp of all purpose flour
- 3 ½ cups of milk
- 3 cups of fresh mushrooms, *sliced*
- Sea salt and freshly ground black pepper to taste
- 1 ½ lbs of cubed cooked chicken (about 4 breasts)
- 1 cup of low fat white cheddar cheese, *shredded*
- 1 cup of plain bread crumbs
- 2 tbsp of extra virgin olive oil

Instructions

Bring a pot of salted water to a rapid boil. Cook the asparagus for 1 minute, remove from the pot with a strainer and rinse under cold water, drain and set aside. Cook the noodles in the same salted water two minutes less than the package directions. Drain noodles and add to a large mixing bowl. Melt the butter in a saucepan, and sauté the onions over medium low heat for about 3 to 5 minutes. Add the garlic and flour, and continue cooking, stirring, for another 2 minutes. Whisk in the milk, mushrooms, salt, and pepper; cook this mixture stirring, until the mixture begins to simmer and thicken. Add the cooked sauce to the bowl of noodles. Add the chicken, asparagus and half of the cheese; mix with a spatula to combine. Pour the mixture into an 11 x 14 inch casserole dish, and top with the rest of the cheese. Mix the breadcrumbs and olive oil until combined and spread evenly over the casserole. Bake for 35 to 45 minutes at 350° F until bubbling and browned. Makes 8 servings.

Fresher than Fresh
SEAFOOD

Whether you're searching for wild-caught salmon or fresh shrimp, we take pride in offering a variety that's as fresh as it gets, delivering ocean-to-table flavour you can trust.





BUTCHER

Sirloin Tip
Steak or Roast

\$7⁹⁹ /lb
\$17.61/kg



\$6⁹⁹ /lb
\$15.41/kg

Boneless Skinless
Chicken Breasts

Fresh Pork
Tenderloin

\$3⁹⁹ /lb
\$8.80/kg



SEAFOOD

Fresh Whole Ontario
Rainbow Trout

\$8⁹⁹ /lb
\$19.82/kg



\$10⁹⁹ /lb
\$24.23/kg

Fresh Wild Caught
Sole Fillets

Wild Caught Argentinean
Shrimp Pieces

\$14⁹⁹ /lb
\$33.05/kg



PREVIOUSLY
FROZEN

DELI



Maple Leaf Natural
Selections
Oven Roasted Chicken

\$2²⁹ /100g



Mastro Oven Roasted
Rosemary or Tuscan
Style Ham

\$1⁹⁹ /100g



Tre Stelle Feta Cheese
Traditional, Light
or Lactose-Free

\$4⁹⁹ /200g

GROCERY



Black Diamond
Natural Cheese Slices
Assorted Varieties

\$4⁹⁹ /220-240g



Betty Bread
White or Whole Wheat

\$2⁹⁹ /675g



Dempster's Hamburger
or Hotdog Buns

\$2⁹⁹ /pkg 8

