

SHOPPING LIST

INGREDIENTS

TESCO

ALDI

1KG CARROTS	45P	45P
2 X CAULIFLOWER	£1.90	£1.90
SWEDE	80P	63P
CABBAGE	91P	61P
250G BABY SPINACH	90P	76P
2 PEPPERS	96P	90P
POTATOES	£1.09	91P
GARLIC	79P	79P
EGGS	99P	99P
200G SOFT CHEESE	85P	85P
10 CHICKEN STOCK CUBES	75P	52P
10 BEEF STOCK CUBES	75P	52P
SARDINES IN TOMATO SAUCE	50P	43P
2 X SPAGHETTI	46P	58P
3 X CHOPPED TOMATOES	96P	96P
COCONUT MILK	£1.00	69P
CHICKPEAS	70P	45P
BBQ SAUCE	£1.00	89P
1KG FROZEN MIXED VEGETABLES	79P	79P
20 PORK SAUSAGES	£1.36	£1.79
1KG CHICKEN BREAST FILLETS	£3.79	£3.79
TOTAL	£21.70	£20.20

OR £19.65 ACROSS THE TWO STORES