

# SHOPPING LIST

## INGREDIENTS

## TESCO

## ALDI

6 X SPRING ONIONS	£0.49	£0.39
1 X SWEDE	£0.80	£0.62
250G SPINACH	£0.90	£0.76
1KG CARROTS	£0.49	£0.49
1 X PACK OF 4 GARLIC	£0.89	£0.89
1 X PACKET OF 4 MIXED CHILLIES	£0.50	£0.50
1 X BUTTERNUT SQUASH	£1.00	£0.85
400G MUSHROOMS	£1.25	£0.85
250G CHERRY TOMATOES	£0.59	£0.59
1 X ORANGE PEPPER	£0.50	£0.43
1 X RED PEPPER	£0.50	£0.43
2KG POTATOES	£1.49	£0.95
PARSLEY	£0.60	£0.60
STIR FRY VEG BAG WITH BEANSPROUTS	£1.50	£1.25
100G GRANA PADANO	£1.49	£1.49
300G DOUBLE CREAM	£1.15	£1.15
1KG CHICKEN BREASTS	£3.79	£3.79
12 X STREAKY BACON	£1.15	£1.35
400G DICED BEEF	£3.79	£3.79
500G SPAGHETTI	£0.28	£0.28
300G EGG NOODLES	£1.00	£0.89
1 X TIN OF BAKED BEANS	£0.27	£0.27
200G GRAVY GRANULES	£0.32	£0.32
MIXED HERBS	£1.05	£0.49
DIJON MUSTARD	£0.65	£0.49
150ML LIGHT SOY SAUCE	£0.65	£0.55
340G WORCESTERSHIRE SAUCE	£1.00	£0.69
1KG RICE	£0.48	£0.48
1 X TIN OF SWEETCORN	£0.50	£0.52
360G FROZEN SMOKED HADDOCK	£4.00	£3.29
PART BAKED BAGUETTES	£0.65	£0.65
TOTAL	£33.72	£30.09

**OR £29.87 ACROSS THE TWO STORES**