

SHOPPING LIST

INGREDIENTS	TESCO	ALDI	ASDA	SAINSBURYS	MORRISONS
250G BABY SPINACH	£1.00	£0.76	£1.00	£1.50	£0.99
CELERY	£0.57	£0.57	£0.60	£0.57	£0.65
16 X ONIONS	£0.55	£0.55	£0.85	£1.10	£0.99
2.5KG POTATOES	£1.25	£1.25	£1.25	£1.25	£1.15
1KG CARROTS	£0.50	£0.50	£0.50	£0.50	£0.49
2 X 250G CHERRY TOMATOES	£1.30	£1.30	£1.30	£1.35	£1.18
FRESH BASIL	£0.52	£0.52	£0.55	£0.52	£0.89
3 X PEPPERS	£1.25	£1.25	£1.25	£1.00	£1.25
500G X BEEF MINCE	£1.99	£1.99	£3.10	£1.99	£1.89
1KG GAMMON JOINT	£3.79	£3.79	£5.50	£4.55	£3.79
500G TURKEY MINCE	£4.20	£2.39	£2.65	£3.00	£4.29
500G GRATED CHEESE	£3.98	£2.50	£2.60	£2.60	£2.49
250G MOZZARELLA	£1.38	£1.38	£1.90	£1.38	£0.94
200G GREEK SALAD CHEESE	£0.70	£0.70	£0.70	£0.70	£0.70
250G RICOTTA	£1.35	£1.25	£1.35	£1.30	£1.39
300G DOUBLE CREAM	£1.19	£1.19	£1.35	£1.19	£1.35
CAJUN SPICES	£1.85	£0.65	£0.80	£1.10	£1.85
THYME	£1.10	£0.49	£0.60	£0.95	£0.99
500G SPAGHETTI	£0.28	£0.28	£0.28	£0.95	£0.95
150ML WORCESTERSHIRE SAUCE	£1.00	£0.69	£0.80	£1.19	£1.00
10 VEGETABLE STOCK CUBES	£0.60	£0.52	£0.60	£1.20	£0.89
10 CHICKEN STOCK CUBES	£0.60	£0.52	£0.60	£0.90	£1.25
CORNFLOUR	£1.00	£1.50	£2.75	£1.00	£1.29
CHOPPED TOMATOES	£0.32	£0.32	£0.32	£0.32	£0.32
520G WHITE FISH FILLETS	£2.50	£3.79	£2.50	£2.50	£4.25
900G FROZEN PEAS	£0.55	£0.89	£1.25	£0.80	£1.29
900G BROCCOLI & CAULIFLOWER FLORETS	£0.80	£1.00	£1.30	£1.30	£1.49
TOTAL	£36.12	£32.54	£38.25	£36.71	£40.46

OR £29.18 ACROSS THE STORES