

SHOPPING LIST

INGREDIENTS

TESCO

ALDI

500G LEEK	£1.19	£1.19
CELERY	£0.57	£0.57
1KG X CARROTS	£0.50	£0.50
3 X PEPPERS	£1.25	£1.25
250G MUSHROOMS	£0.79	£0.85
500G PARSNIPS	£0.50	£0.50
250G CHERRY TOMATOES	£0.55	£0.55
3 X MIXED CHILLIES	£0.70	£0.57
2.5KG X POTATOES	£1.25	£1.25
250G SPINACH	£1.00	£0.76
CRUSHED CHILLIES	£1.10	£0.59
CHINESE 5 SPICE	£1.10	£0.75
PARSLEY	£1.10	£0.44
16G MINT	£1.10	£1.10
230G MANGO CHUTNEY	£1.35	£1.39
500G PASSATA	£0.45	£0.45
200ML LEMON JUICE	£0.65	£0.35
1KG RICE	£0.48	£0.48
1.5KG SELF-RAISING FLOUR	£0.58	£0.58
20 SAUSAGES	£1.36	£1.99
1KG CHICKEN BREASTS	£3.79	£3.79
400G DICED BEEF	£3.79	£3.79
150G COOKED PRAWNS	£2.49	£2.49
200G CREAM CHEESE	£0.85	£0.85
500G YOGURT	£0.45	£0.45
400G MATURE CHEDDAR CHEESE	£2.69	£2.69
500ML ALE	£0.99	£0.99
TOTAL	£32.62	£31.16

OR £30.43 ACROSS THE TWO STORES