

SHOPPING LIST 2023

INGREDIENTS	TESCO	ALDI	ASDA	SAINSBURYS	MORRISONS
250G BABY SPINACH	£1.00	£0.75	£1.00	£1.50	£0.99
CABBAGE	£0.65	£0.61	£0.96	£0.65	£0.65
16 X ONIONS	£0.55	£0.55	£0.85	£1.10	£0.99
1KG CARROTS	£0.50	£0.50	£0.50	£0.50	£0.49
2 X PACK OF 3 PEPPERS	£2.50	£2.50	£2.50	£2.00	£2.50
PARSLEY	£0.60	£0.60	£0.55	£0.60	£0.89
2.5KG POTATOES	£1.25	£1.25	£1.25	£1.25	£1.15
250G MOZZARELLA	£1.38	£1.38	£1.90	£1.38	£0.94
PARMEGIANA REGIANO	£2.35	£1.39	£2.35	£3.50	£2.09
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
SOFT SPREAD	£0.99	£0.99	£0.95	£1.10	£1.29
WHOLE CHICKEN	£3.56	£3.44	£4.50	£4.50	£4.25
500G BEEF MINCE	£1.99	£1.99	£3.10	£1.99	£1.89
10 CHICKEN STOCK CUBES	£0.60	£0.52	£0.60	£0.90	£1.25
12 BEEF STOCK CUBES	£0.70	£0.52	£0.60	£0.90	£0.89
1.5KG PLAIN FLOUR	£0.58	£0.58	£0.58	£0.58	£1.65
LASAGNE SHEETS	£0.95	£0.79	£0.80	£0.95	£0.99
500G SPAGHETTI	£0.28	£0.28	£0.28	£0.56	£0.95
200G CHICKEN GRAVY GRANULES	£0.80	£0.99	£0.80	£0.85	£1.15
200G BEEF GRAVY GRANULES	£0.32	£0.99	£0.32	£0.58	£0.32
BREADCRUMBS	£1.00	£0.79	£0.85	£1.00	£1.00
500G RED LENTILS	£1.35	£1.15	£1.35	£1.35	£1.39
500G LONG GRAIN RICE	£0.48	£0.48	£0.48	£0.48	£1.35
PASSATA	£0.45	£0.45	£0.50	£0.60	£0.79
CHOPPED TOMATOES	£0.32	£0.32	£0.32	£0.32	£0.32
GARLIC GRANULES	£1.10	£0.52	£0.60	£0.95	£0.99
CHILLI POWDER	£1.10	£0.59	£0.70	£0.95	£0.75
STUFFING MIX	£0.46	£0.46	£0.25	£0.50	£0.25
PORRIDGE OATS	£0.70	£0.70	£0.70	£0.80	£1.25
FROZEN SWEETCORN	£1.22	£1.35	£1.60	£1.25	£1.69
1KG FROZEN MIXED VEG	£0.99	£0.99	£0.82	£1.00	£1.19
TOTAL	£33.26	£30.86	£35.26	£37.08	£39.03

OR £28.32 ACROSS THE STORES