

SHOPPING LIST

INGREDIENTS	TESCO	ALDI	ASDA	SAINSBURYS	MORRISONS
2.5KG POTATOES	£1.25	£1.25	£1.25	£1.25	£1.15
16 X ONIONS	£0.55	£0.79	£0.85	£1.10	£0.99
CABBAGE	£0.65	£0.61	£0.96	£0.65	£0.65
STIR FRY VEG	£1.50	£0.95	£1.00	£1.45	£1.49
500G PARSNIPS	£0.50	£0.50	£0.65	£0.62	£0.50
1KG CARROTS	£0.50	£0.50	£0.50	£0.50	£0.49
SWEDE	£0.80	£0.62	£0.65	£0.62	£0.79
500G LEEKS	£1.19	£1.19	£1.30	£1.19	£1.29
120G SALAD	£1.00	£0.60	£0.80	£0.90	£1.19
SPRING ONIONS	£0.50	£0.50	£0.50	£0.50	£0.50
PARSLEY	£0.60	£0.60	£0.55	£0.60	£0.89
CORIANDER	£0.52	£0.52	£0.55	£0.52	£1.39
250G CHERRY TOMATOES	£0.65	£0.65	£0.65	£1.35	£0.59
LEMON	£0.55	£0.55	£0.55	£0.69	£0.50
500G BEEF MINCE	£2.19	£2.19	£3.10	£1.99	£1.99
WHOLE CHICKEN	£3.56	£3.44	£4.50	£4.50	£4.25
500G COOKING BACON	£0.85	£2.80	£0.90	£0.85	£1.49
200G SOFT CHEESE	£0.83	£0.95	£1.25	£0.95	£0.83
GARLIC BAGUETTE	£0.37	£0.37	£0.37	£0.37	£0.37
BASIL	£1.10	£0.49	£0.60	£0.95	£0.99
ROSEMARY	£1.10	£0.55	£0.60	£0.95	£0.99
SAGE	£1.10	N/A	£0.60	£0.95	£0.99
ONION POWDER	£1.10	N/A	£0.70	£0.95	£0.99
500G RED LENTILS	£1.35	£1.15	£1.35	£1.35	£1.39
500G COUSCOUS	£0.90	N/A	£0.90	£1.60	£0.89
SWEET CHILLI SAUCE	£1.75	£1.19	£1.00	£1.10	£1.19
PEANUT BUTTER	£1.19	£1.19	£1.15	£1.19	£1.15
CHOPPED TOMATOES	£0.32	£0.32	£0.32	£0.32	£0.32
LASAGNE SHEETS	£0.95	£0.79	£0.80	£0.95	£0.99
200G CHICKEN PIECES	£2.62	£5.38	£4.70	£4.30	£6.98
520G WHITE FISH FILLETS	£2.50	£3.29	£2.50	£2.00	£2.15
1KG FROZEN MIXED VEG	£0.99	£0.99	£0.82	£1.00	£1.19
LOAF OF BREAD	£0.39	£0.39	£0.39	£0.39	£0.69
TOTAL	£35.92	£35.31	£37.31	£38.60	£42.24

OR £30.27 ACROSS THE STORES