

SHOPPING LIST 2023

INGREDIENTS	TESCO	ALDI	ASDA	SAINSBURYS	MORRISONS
SPRING GREENS	£1.45	£1.09	£0.20	£0.80	£1.29
CAULIFLOWER	£0.95	£0.95	£1.00	£0.75	£0.79
BROCCOLI	£0.72	£0.69	£0.20	£1.15	£0.69
1KG CARROTS	£0.19	£0.19	£0.20	£0.19	£0.19
FRESH THYME	£0.52	£0.52	£0.55	£0.52	£0.89
ROSEMARY	£0.52	£0.52	£0.55	£0.52	£0.89
4 BAKING POTATOES	£0.67	£0.67	£0.70	£0.67	£0.62
2.5KG POTATOES	£1.15	£0.19	£1.25	£1.15	£1.25
1KG SWEET POTATOES	£0.99	£0.99	£1.09	£1.24	£1.09
CELERY	£0.57	£0.57	£0.60	£0.57	£0.65
500G PARSNIPS	£0.19	£0.19	£0.19	£0.19	£0.19
SWEDE	£0.19	£0.19	£0.19	£0.20	£0.79
2 X PEPPERS	£1.25	£1.25	£1.25	£1.00	£1.25
BAG OF STIR FRY VEG	£1.50	£0.95	£1.00	£1.45	£1.49
SPRING ONIONS	£0.50	£0.39	£0.50	£0.50	£0.50
LIME	£1.20	£1.19	£1.00	£0.24	£0.99
SALAD	£0.83	£0.60	£0.80	£1.20	£0.69
2.5KG LEG OF LAMB	£16.00	£16.23	£16.25	£16.25	£19.97
15 X EGGS	£1.99	£1.99	£3.20	£1.66	£2.39
DOUBLE CREAM	£1.19	£1.19	£1.35	£1.19	£1.35
100G SOFT CHEESE	£0.83	£0.95	£1.25	£0.95	£0.83
85G ITALIAN HARD CHEESE	£1.39	£1.39	£1.79	£2.80	£1.59
500G GRATED CHEESE	£2.80	£2.80	£2.80	£2.80	£2.60
GARLIC BREAD	£0.37	£0.37	£0.37	£0.37	£0.37
500G SPAGHETTI	£0.28	£0.28	£0.28	£0.56	£0.95
213G TINNED SALMON	£1.70	£2.49	£1.70	£1.80	£3.40
GRAVY BROWNING	£1.00	N/A	£1.00	£1.00	£1.00
MINT SAUCE	£0.46	£0.69	£0.85	£1.00	£0.69
BBQ SAUCE	£1.20	N/A	£1.00	£1.15	£1.25
RICE	£0.45	£0.48	£0.48	£0.48	£1.35
2KG CHICKEN BREASTS	£7.98	£7.98	£8.20	£12.00	£10.50
2 PART-BAKED BAGUETTES	£0.69	£0.69	£1.45	£1.15	£1.09
TOTAL	£51.72	£48.67	£53.26	£57.49	£63.58

OR £45.91 ACROSS THE STORES