

SHOPPING LIST 2023

INGREDIENTS	TESCO	ALDI	ASDA	SAINSBURYS	MORRISONS
1KG RED ONIONS	£0.65	£0.65	£1.00	£1.10	£0.99
5 PEPPERS	£2.70	£1.29	£1.50	£2.18	£2.70
250G CHERRY TOMATOES	£1.30	£0.65	£0.65	£1.35	£0.59
TOMATOES	£0.85	£0.85	£2.00	£1.60	£0.99
SPRING ONIONS	£0.50	£0.50	£0.50	£0.50	£0.50
2.5KG POTATOES	£1.15	£1.15	£1.25	£1.15	£1.25
BUTTERNUT SQUASH	£1.35	£0.95	£1.35	£1.50	£1.35
1KG CARROTS	£0.40	£0.55	£0.55	£0.50	£0.50
4 CHILLIES	£0.70	£0.57	£0.35	£0.53	£0.59
250G BABY SPINACH	£1.15	£0.79	£1.00	£1.50	£0.99
500G LEEKS	£1.19	£1.19	£1.30	£1.19	£1.29
120G SALAD	£1.00	£0.60	£0.80	£0.90	£1.19
RICE	£0.45	£0.48	£0.48	£0.48	£1.35
TUNA	£0.55	£0.55	£0.79	£1.50	£1.00
CORNED BEEF TIN	£3.50	£1.99	£2.20	£3.10	£3.50
BAKED BEANS	£0.27	£0.27	£0.27	£0.26	£0.49
CHICKPEAS	£0.49	£0.49	£0.45	£0.49	£0.89
CHOPPED TOMATOES	£0.32	£0.32	£0.32	£0.32	£0.32
COCONUT MILK	£0.95	£0.79	£0.75	£1.00	£1.00
2 X PLAIN CRISPS	£0.82	£0.82	£0.82	£1.15	£1.19
TERIYAKI SAUCE	£1.50	£1.29	£1.75	£1.55	£1.85
PUFF PASTRY	£1.25	£1.09	£1.25	£1.25	£1.25
PITTA BREAD	£0.55	£0.55	£0.55	£0.55	£0.79
15 EGGS	£1.99	£1.99	£1.99	£2.60	£2.39
500G GRATED CHEESE	£2.80	£2.80	£2.80	£2.80	£2.80
200G CHORIZO	£2.50	£1.89	£2.25	£2.00	£2.49
340G COOKED CHICKEN	£2.15	£2.15	£3.90	£2.50	£4.65
500G BONELESS CHICKEN THIGHS	£3.00	£3.99	£4.15	£3.00	£4.49
500G TURKEY MINCE	£3.65	£2.49	£2.65	£3.65	£2.99
1KG FROZEN CHIPS	£1.65	£1.29	£1.20	£1.65	£1.85
TOTALS	£41.33	£34.98	£40.82	£43.85	£48.22

OR £33.35 ACROSS THE STORES