

SHOPPING LIST 2023

INGREDIENTS	TESCO	ALDI	ASDA	SAINSBURYS	MORRISONS
500G LEEKS	£1.25	£1.25	£1.30	£1.25	£1.29
5KG POTATOES	£2.50	£2.30	£2.60	£2.30	£2.50
30G BASIL	£0.52	£0.52	£0.55	£0.52	£0.89
3 X COURGETTES	£1.49	£1.45	£1.68	£1.45	£1.39
16 X ONIONS	£0.55	£0.89	£0.95	£1.10	£0.99
2 X PEPPERS	£1.20	£1.18	£1.40	£1.08	£0.98
250G BABY SPINACH	£1.15	£0.79	£1.00	£1.50	£0.99
250G CHERRY TOMATOES	£1.30	£0.65	£0.65	£1.35	£0.59
1KG SPAGHETTI	£0.56	£0.56	£0.56	£0.56	£0.95
3 X CHOPPED TOMATOES	£0.96	£0.96	£0.96	£0.96	£0.96
BAKED BEANS	£0.27	£0.27	£0.27	£0.26	£0.49
GOLDEN BREADCRUMBS	£1.15	£0.79	£1.55	£1.55	£1.15
500ML NATURAL YOGHURT	£0.45	£0.45	£1.10	£0.60	£0.45
100G ITALIAN CHEESE	£1.39	£1.39	£1.79	£2.80	£1.59
2 X PUFF PASTRY	£2.50	£2.18	£2.50	£2.50	£2.50
1KG CHICKEN BREASTS	£3.99	£3.99	£4.10	£6.00	£5.25
400G DICED BEEF	£3.99	£3.99	£4.00	£4.50	£4.49
20 X SAUSAGES	£1.60	£2.09	£1.50	£1.49	£1.49
150G COOKED PRAWN	£1.99	£1.99	£2.80	£2.75	£2.32
1KG CASSEROLE VEG	£1.00	£0.95	£1.00	£1.25	£1.29
TOTALS	£29.81	£28.64	£32.26	£35.77	£32.55

OR £27.37 ACROSS THE STORES