

# SHOPPING LIST 2023

INGREDIENTS	TESCO	ALDI	ASDA	SAINSBURYS	MORRISONS
5250G BABY SPINACH	£1.15	£0.79	£1.00	£1.50	£0.99
CABBAGE	£0.80	£0.75	£0.96	£0.80	£0.80
16 X ONIONS	£0.55	£0.89	£0.95	£1.10	£0.99
1KG CARROTS	£0.40	£0.55	£0.60	£0.60	£0.55
6 X PEPPERS	£2.70	£1.29	£1.70	£2.16	£2.70
PARSLEY	£0.60	£0.60	£0.55	£0.60	£0.99
2.5KG POTATOES	£1.15	£1.15	£1.30	£1.15	£1.25
MOZZARELLA	£0.69	£0.69	£0.95	£0.69	£0.55
100G ITALIAN CHEESE	£1.49	£1.49	£1.75	£2.80	£1.74
250G RICOTTA	£1.29	£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	£1.35	£1.10	£1.69
WHOLE CHICKEN	£3.66	£3.53	£4.57	£4.50	£4.25
500G BEEF MINCE	£2.49	£2.49	£3.45	£2.49	£2.49
10 X CHICKEN STOCK CUBES	£0.75	£0.54	£0.60	£0.90	£1.25
12 X BEEF STOCK CUBES	£0.75	£0.54	£0.60	£0.90	£0.89
1.5KG PLAIN FLOUR	£0.69	£0.58	£0.70	£0.79	£1.65
LASAGNE SHEETS	£0.95	£0.79	£0.80	£0.95	£0.99
500G SPAGHETTI	£0.28	£0.28	£0.31	£0.56	£0.95
CHICKEN GRAVY GRANULES	£0.95	£1.09	£0.95	£0.85	£1.15
BEEF GRAVY GRANULES	£0.32	£1.09	£0.35	£0.62	£0.32
BREADCRUMBS	£1.00	£0.79	£1.10	£1.55	£1.15
500G RED LENTILS	£1.70	£1.15	£1.40	£1.90	£1.89
RICE	£0.48	£0.48	£0.52	£1.60	£1.59
PASSATA	£0.45	£0.45	£0.60	£0.60	£0.79
CHOPPED TOMATOES	£0.32	£0.32	£0.55	£0.32	£0.39
GARLIC GRANULES	£0.90	£0.52	£0.60	£1.10	£1.09
CHILLI POWDER	£0.90	£0.59	£0.70	£1.10	£1.09
STUFFING MIX	£0.46	£0.46	£0.25	£0.55	£1.35
PORRIDGE OATS	£0.70	£0.70	£0.84	£0.70	£0.70
950G FROZEN SWEETCORN	£1.22	£1.35	£1.60	£1.28	£1.69
1KG FROZEN MIXED VEG	£0.99	£0.99	£0.72	£1.30	£0.72
TOTALS	£32.96	£30.36	£35.02	£39.55	£41.38

OR £27.94 ACROSS THE STORES