

INGREDIENTS



6 X SWEET POTATOES	£0.99	£0.99	£1.09	£1.24	£1.09	£1.09
2.5KG POTATOES	£1.15	£1.15	£1.25	£1.15	£1.25	£1.25
3 X COURGETTES	£1.29	£1.29	£1.68	£1.29	£1.29	£2.39
1KG CARROTS	£0.40	£0.55	£0.55	£0.50	£0.50	£0.55
SPRING ONIONS	£0.50	£0.50	£0.50	£0.50	£0.50	£0.50
4 X GARLIC	£0.95	£0.95	£0.75	£0.85	£0.99	£0.95
GINGER	£1.10	£0.49	£0.70	£1.10	£0.99	£0.16
400G MUSHROOMS	£1.25	£1.25	£1.29	£1.55	£1.88	£0.95
1 X PEPPER	£0.60	£0.59	£0.60	£0.55	£0.49	£0.39
16 X ONIONS	£0.55	£0.89	£0.95	£1.10	£0.99	£0.95
FRESH PARSLEY	£0.60	£0.60	£0.55	£0.60	£0.89	£0.60
CUCUMBER	£0.79	£0.79	£0.79	£0.79	£0.75	£0.79
120G SALAD	£1.00	£0.60	£0.80	£0.90	£1.19	£0.83
1KG GAMMON JOINT	£4.09	£4.09	£7.50	£4.29	£7.49	£3.99
500G PORK MINCE	£2.65	£2.69	£2.65	£2.69	£2.41	£2.69
200G CHORIZO	£2.50	£1.89	£2.25	£2.00	£2.49	£1.79
900G BONELESS CHICKEN THIGHS	£6.20	£5.19	£8.30	£6.00	£5.99	£5.79
300G DOUBLE CREAM	£1.19	£1.19	£1.35	£1.19	£1.35	£1.15
200G CHEESE	£1.99	£1.49	£2.00	£2.00	£1.75	£2.80
225G HALLOUMI	£2.15	£2.15	£2.70	£2.15	£2.69	£2.15
500ML NATURAL YOGURT	£0.45	£0.45	£1.10	£0.60	£0.45	£0.35
GARLIC POWDER	£0.90	£0.52	£0.60	£1.10	£1.09	£0.60
OREGANO	£0.90	£0.55	£0.60	£1.10	£1.09	£0.79
PAPRIKA	£0.90	£0.59	£0.70	£1.10	£1.09	£0.69
CHILLI POWDER	£0.90	£0.59	£0.70	£1.10	£0.99	£0.79
CHINESE 5 SPICE	N/A	£0.90	£0.75	£1.10	£1.09	£0.75
CHILLI FLAKES	£1.10	£0.65	£0.70	£1.10	£0.99	£0.65
CUMIN	£0.90	£0.65	£0.70	£1.10	£1.09	£0.75
CAJUN SPICES	£1.85	£0.65	£0.80	£1.10	£1.85	£0.89
TUMERIC	£0.90	£0.55	£0.70	£1.10	£1.09	£0.75
ONION POWDER	£1.10	N/A	£0.70	£0.95	£0.99	£0.89
MIXED HERBS	£0.90	£0.55	£0.60	£1.10	£1.09	£0.85
TANDOORI MASALA	£1.20	N/A	£0.99	£1.15	£0.99	£0.99
HONEY	£0.75	£0.75	£0.75	£0.79	£0.75	£0.75
MUSTARD	£0.85	£0.59	£0.70	£0.80	£0.85	£0.59
DARK SOY SAUCE	£0.65	£0.55	£0.65	£0.65	£0.89	£0.55
TOMATO KETCHUP	£1.35	£0.93	£0.60	£0.63	£0.87	£0.79
RICE WINE VINEGAR	£2.00	£1.35	£1.20	£2.10	£2.10	£0.95
GOLDEN BREADCRUMBS	£1.15	£0.79	£1.55	£1.55	£1.15	£1.19
CORNFLOUR	£1.00	£1.50	£2.75	£1.00	£1.29	£1.25
1.5KG PLAIN FLOUR	£0.58	£0.58	£0.58	£0.58	£1.65	£0.79
RICE	£0.45	£0.48	£0.48	£0.48	£1.35	£0.48
CORNFLAKES	£0.70	£2.25	£2.25	£0.70	£0.85	£1.25
BAKED BEANS	£0.27	£0.27	£0.27	£0.26	£0.49	£0.33
PINEAPPLE CHUNKS	£1.00	£0.89	£1.00	£1.00	£1.09	£1.09
1KG FROZEN MIXED VEG	£0.99	£0.99	£0.82	£1.00	£1.19	£0.99
950G FROZEN SWEETCORN	£1.22	£1.35	£1.60	£1.28	£1.69	£1.35
20 SAUSAGES	£1.60	£2.09	£1.50	£1.49	£1.49	£2.29
15 EGGS	£1.99	£1.99	£1.99	£2.60	£2.39	£1.99
TOTALS	£60.49	£53.33	£66.58	£63.05	£70.95	£58.13

OR £48.92 ACROSS THE STORES