

SHOPPING LIST

INGREDIENTS	TESCO	ALDI	ASDA	SAINSBURYS	MORRISONS
1KG BABY POTATOES	£0.95	£0.69	£1.00	£0.80	£1.00
1KG ONIONS	£0.55	£0.89	£0.95	£1.10	£0.99
1KG RED ONIONS	£0.65	£0.65	£1.00	£1.10	£0.99
CAULIFLOWER	£0.95	£0.95	£1.00	£0.75	£0.79
250G MUSHROOMS	£1.25	£1.25	£1.29	£1.55	£1.88
240G BABY SPINACH	£1.00	£0.79	£1.00	£1.50	£0.99
250G CHERRY TOMATOES	£2.60	£1.30	£1.30	£2.70	£1.18
250G SALAD	£1.00	£0.60	£0.80	£0.90	£1.19
1KG CARROTS	£0.40	£0.55	£0.55	£0.50	£0.50
500G LEEKS	£1.19	£1.19	£1.30	£1.19	£1.29
SPRING ONIONS	£0.50	£0.50	£0.50	£0.50	£0.50
CUCUMBER	£0.79	£0.79	£0.79	£0.79	£0.75
TOMATOES	£0.85	£0.85	£2.00	£1.60	£0.99
6 X PITTA BREADS	£0.55	£0.55	£0.65	£0.55	£0.65
KIDNEY BEANS	£0.33	£0.33	£0.33	£0.45	£0.65
3 X CHOPPED TOMATOES	£0.96	£0.96	£0.96	£0.96	£0.96
RICE	£0.45	£0.48	£0.48	£0.48	£1.35
500G RED LENTILS	£1.40	£1.15	£1.35	£1.35	£1.39
LASAGNE SHEETS	£0.95	£0.79	£0.80	£0.95	£0.99
500G PASTA	£0.41	£0.41	£0.41	£0.82	£0.95
CINNAMON	£0.90	£0.65	£0.70	£1.09	£1.10
GARLIC GRANULES	£0.90	£0.52	£0.70	£1.09	£1.10
BREADCRUMBS	£1.15	£0.79	£1.55	£1.55	£1.15
2 X TUNA	£1.10	£1.10	£1.58	£3.00	£2.00
MOZZARELLA	£0.69	£0.69	£1.10	£0.55	£0.69
100G SOFT CHEESE	£0.83	£0.95	£1.25	£0.95	£0.83
PUFF PASTRY	£1.25	£1.09	£1.25	£1.25	£1.25
900G MEAT FREE MINCE	£4.00	£2.70	£4.00	£4.50	£4.00
1KG CHICKEN BREASTS	£3.79	£3.79	£4.10	£6.00	£5.25
TOTALS	£31.39	£27.26	£33.69	£39.72	£36.35

OR £26.12 ACROSS THE TWO STORES