

INGREDIENTS



M&S

3 X CHERRY TOMATOES	£3.90	£1.95	£1.95	£4.05	£1.77	£2.80
2.5KG POTATOES	£1.15	£1.15	£1.25	£1.15	£1.25	£1.00
1KG CARROTS	£0.40	£0.55	£0.55	£0.50	£0.50	£0.55
SWEDE	£0.80	£0.62	£0.65	£0.62	£0.79	£0.70
1 PEPPER	£0.60	£0.59	£0.60	£0.55	£0.49	£0.60
250G BABY SPINACH	£1.00	£0.76	£1.00	£1.50	£0.99	£1.60
30G BASIL	£0.52	£0.52	£0.55	£0.52	£0.89	£0.85
LEMON	£0.55	£0.55	£0.55	£0.69	£0.50	£0.45
500G PARSNIPS	£0.50	£0.50	£0.65	£0.62	£0.50	£0.44
2 X SALAD BAGS	£1.66	£1.20	£1.60	£2.40	£1.38	£3.20
WHOLE CHICKEN	£3.56	£3.44	£4.50	£4.50	£4.25	£7.25
500G BEEF MINCE	£2.49	£2.49	£3.45	£2.49	£2.49	£2.50
SALAD CHEESE	£0.85	£0.85	£0.85	£0.85	£0.85	£1.90
100G SOFT CHEESE	£0.83	£0.95	£1.25	£0.95	£0.83	£2.00
500G GRATED CHEESE	£2.80	£2.80	£2.80	£2.80	£2.80	£3.00
500G PASTA	£0.41	£0.41	£0.41	£0.82	£0.95	£0.75
TOMATO SALSA	£1.00	£0.85	£1.15	£1.30	£1.40	£1.20
PARSLEY	£0.60	£0.60	£0.55	£0.60	£0.89	£1.50
ROSEMARY	£0.52	£0.52	£0.55	£0.52	£0.89	£1.50
THYME	£0.52	£0.52	£0.55	£0.52	£0.89	£1.50
520G WHITE FISH FILLETS	£2.50	£3.79	£2.50	£2.50	£4.25	£12.50
CORN ON THE COB	£0.55	£0.89	£1.25	£0.80	£1.29	N/A
4 SUB ROLLS	£0.95	£0.72	£1.05	£0.85	£0.89	£2.40
WRAPS	£0.99	£0.69	£1.10	£0.99	£1.19	£2.20
TOTALS	£29.65	£27.91	£31.31	£33.09	£32.92	£52.39

OR £25.37 ACROSS THE STORES