

INGREDIENTS



CELERY	£0.57	£0.57	£0.60	£0.57	£0.65	£1.35
2.5KG POTATOES	£1.15	£1.15	£1.25	£1.15	£1.25	£0.85
1KG CARROTS	£0.40	£0.55	£0.55	£0.50	£0.50	£0.50
3 X PEPPERS (3 PACK)	£1.25	£1.25	£1.25	£1.00	£1.25	£1.85
SPRING ONIONS	£0.50	£0.50	£0.50	£0.50	£0.50	£0.55
BEANSPOUTS	£0.75	N/A	£0.50	£0.75	£0.99	N/A
LEMON	£0.55	£0.55	£0.55	£0.69	£0.50	£0.49
120G SALAD	£1.00	£0.79	£0.80	£0.90	£1.19	£1.15
WHOLE CHICKEN	£3.66	£3.53	£4.57	£4.50	£4.25	£5.30
500ML NATURAL YOGHURT	£0.45	£0.45	£1.10	£0.60	£0.45	£1.20
200G CHEESE	£1.99	£1.49	£2.00	£2.00	£1.75	£2.95
1KG CHICKEN BREASTS	£4.25	£4.25	£4.25	£6.00	£6.00	£9.40
500G BEEF MINCE	£2.49	£2.49	£3.45	£2.49	£2.49	£3.10
SALAD CHEESE	£0.85	£0.85	£0.85	£0.85	£0.85	£2.50
CHOPPED TOMATOES	£0.32	£0.32	£0.32	£0.32	£0.32	£0.70
500G SPAGHETTI	£0.28	£0.28	£0.28	£0.56	£0.95	£0.90
500G COUS COUS	£0.90	N/A	£0.90	£1.60	£0.89	£1.30
2 X TUNA	£1.10	£1.10	£1.58	£3.00	£2.00	£2.40
BAKED BEANS	£0.27	£0.27	£0.27	£0.26	£0.49	£0.55
15 X EGGS	£1.99	£1.99	£1.99	£2.60	£2.39	£1.80
LEMON JUICE	£0.65	£0.39	£0.65	£0.75	£0.79	£0.95
150ML WORCESTERSHIRE SAUCE	£1.00	£0.69	£0.80	£1.19	£1.00	N/A
LIGHT SOY SAUCE	£0.65	£0.55	£0.65	£0.65	£0.89	£1.20
TOMATO PUREE	£0.52	N/A	£0.65	£0.65	£0.65	£1.25
EGG NOODLES	£1.25	£1.19	£1.50	£1.25	£1.49	£1.40
500G RED LENTILS	£1.40	£1.15	£1.35	£1.35	£1.39	£1.75
VEGETABLE STOCK CUBES	£0.60	£0.52	£0.60	£1.20	£0.89	£2.05
BBQ SAUCE	£1.20	N/A	£1.00	£1.15	£1.25	£1.50
900G FROZEN PEAS	£0.55	£0.89	£1.25	£0.80	£1.29	£0.61
TOTALS	£32.54	£27.76	£36.01	£39.83	£39.30	£49.55

OR £29.37 ACROSS THE STORES