

# INGREDIENTS



1KG CARROTS	£0.40	£0.55	£0.55	£0.50	£0.50	£0.60
BUTTERNUT SQUASH	£1.35	£0.95	£1.35	£1.50	£1.35	£1.60
3 X COURGETTES	£1.29	£1.29	£1.68	£1.29	£1.29	£1.50
2.5KG POTATOES	£1.15	£1.15	£1.25	£1.15	£1.25	£1.50
4 X BAKING POTATOES	£0.67	£0.67	£0.70	£0.67	£0.62	£0.75
BROCCOLI	£0.72	£0.69	£0.69	£1.15	£0.69	£1.00
6 X SWEET POTATOES	£0.99	£0.99	£1.09	£1.24	£1.09	£0.96
1KG RED ONIONS	£0.65	£0.65	£0.90	£1.10	£0.99	£0.68
3 PACK OF PEPPERS	£1.25	£1.25	£1.25	£1.00	£1.25	£1.20
2 X 120G BAGS OF SALAD	£1.66	£1.20	£1.60	£2.40	£1.38	£1.90
COLESLAW	£0.99	£0.69	£0.50	£1.19	£0.45	£1.10
500G PORK TENDERLION	£8.25	£7.19	£4.10	£7.36	£3.11	£6.51
1KG CHICKEN BREASTS	£3.99	£3.99	£4.10	£6.00	£5.25	£7.85
20 X SAUSAGES	£1.60	£2.09	£1.50	£1.49	£1.49	£5.00
TURKEY MINCE	£3.65	£2.49	£2.65	£3.65	£2.99	£4.40
SOUR CREAM	£0.75	£1.05	£0.75	£0.50	£0.75	£0.85
SESAME OIL	£2.40	N/A	£2.40	£1.80	£2.49	£2.50
HOT SAUCE	£0.60	£1.99	£0.60	£1.10	£1.49	£1.65
2 X TINNED POTATOES	£0.76	£0.76	£0.74	£0.74	£1.98	£1.70
BAKED BEANS	£0.27	£0.27	£0.27	£0.26	£0.49	£1.10
15 X EGGS	£1.99	£1.99	£1.99	£2.60	£2.39	£2.50
12 X BEEF STOCK CUBES	£0.70	£0.52	£0.60	£0.90	£0.89	£1.80
STUFFING MIX	£0.46	£0.46	£0.25	£0.55	£1.35	£1.40
BREADCRUMBS	£1.00	£0.89	£1.10	£1.55	£1.15	£1.30
6 X PITTA BREADS	£0.55	£0.55	£0.65	£0.55	£0.65	£0.60
ACTIVE YEAST SACHETS	£1.20	N/A	£0.45	£1.30	£0.55	£1.40
PUFF PASTRY	£1.25	£1.09	£1.25	£1.25	£1.25	£1.25
TOTALS	£40.54	£35.41	£34.96	£44.79	£39.13	£54.60

**OR £30.08 ACROSS THE STORES**