

# INGREDIENTS



16 X ONIONS	£0.55	£0.89	£0.95	£1.10	£0.99
1KG CARROTS	£0.40	£0.55	£0.55	£0.50	£0.50
4 X GARLIC	£0.95	£0.95	£0.75	£0.85	£0.99
3 X PEPPERS (3 PACK)	£1.25	£1.25	£1.25	£1.00	£1.25
SPRING ONIONS	£0.50	£0.50	£0.50	£0.50	£0.50
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500G LEEKS	£1.19	£1.19	£1.30	£1.19	£1.29
250G BABY SPINACH	£1.00	£0.76	£1.00	£1.50	£0.99
20 X SAUSAGES	£1.60	£2.09	£1.50	£1.49	£1.49
1KG CHICKEN BREASTS	£3.99	£3.99	£4.10	£6.00	£5.25
200G CHEESE	£1.99	£1.49	£2.00	£2.00	£1.75
100G SOFT CHEESE	£0.83	£0.95	£1.25	£0.95	£0.83
COOKED HAM	£1.00	£0.85	£1.10	£0.86	£1.25
200G CHORIZO	£2.50	£1.89	£2.25	£2.00	£2.49
MEATBALLS	£4.75	£4.19	£4.50	£4.50	£4.25
TOMATO PUREE	£0.52	N/A	£0.65	£0.65	£0.65
500G SPAGHETTI	£0.28	£0.28	£0.28	£0.56	£0.95
10 X CHICKEN STOCK CUBES	£0.60	£0.52	£0.60	£0.90	£1.25
CHOPPED TOMATOES	£0.32	£0.32	£0.32	£0.32	£0.32
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1KG PASTA	£0.41	£0.41	£0.41	£0.82	£0.95
500G MAYONNAISE	£1.15	£0.79	£1.75	£0.70	£0.49
PASSATA	£0.49	£0.49	£0.60	£0.60	£0.60
MUSTARD	£0.85	£0.59	£0.70	£0.80	£0.85
PAPRIKA	£0.90	£0.59	£0.70	£1.10	£1.09
BBQ SAUCE	£1.20	N/A	£1.00	£1.15	£1.25
MIXED HERBS	£0.90	£0.55	£0.60	£1.10	£1.09
RICE	£0.45	£0.48	£0.48	£0.48	£1.35
HONEY	£0.75	£0.75	£0.75	£0.79	£0.75
2 X TIN POTATOES	£0.76	£0.76	£0.74	£0.74	£1.98
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MIXED HERBS	£0.90	£0.55	£0.60	£1.10	£1.09
OIL	£1.85	£1.85	£1.85	£1.85	£1.99
SALT	£1.35	£0.65	£0.65	£0.65	£0.65
BLACK PEPPER	£0.90	£1.29	£0.90	£1.25	£0.29
1 PINT MILK	£0.90	£0.90	£0.90	£0.90	£0.90
SOFT SPREAD / MARGARINE	£0.99	£0.99	£0.99	£1.00	£1.25
TOTALS	£40.55	£35.88	£40.03	£43.46	£46.36

OR £34.37 ACROSS THE STORES