

SHOPPING LIST					
INGREDIENTS	TESCO	ALDI	ASDA	SAINSBURYS	MORRISONS
2 X BROCCOLI	£1.64	£1.58	£1.64	£2.00	£1.64
SWEDE	£0.69	£0.49	£0.62	£0.62	£0.69
15 X PEPPERS	£6.36	£3.30	£3.80	£2.76	£5.96
2 X 1KG ONIONS	£1.98	£1.98	£1.98	£2.00	£1.98
2 X 1KG CARROTS	£1.20	£1.30	£1.30	£1.30	£1.30
GARLIC	£0.95	£0.95	£0.75	£0.95	£0.99
CELERY	£0.57	£0.62	£0.65	£0.57	£0.60
7.5KG POTATOES	£3.57	£3.45	£4.47	£3.45	£3.87
7 X CHILLIES	£1.40	£1.14	£0.90	£0.90	£1.18
3 X CAULIFLOWER	£2.97	£1.85	£3.00	£2.25	£3.00
4 X COURGETTES	£1.39	£1.39	£1.90	£1.40	£1.39
2 X LEEKS	£1.19	£1.19	£1.30	£1.19	£1.50
PARSLEY	£0.52	£0.52	£0.60	£0.52	£0.85
400G MUSHROOMS	£1.19	£1.19	£1.29	£1.50	£0.95
ROOT GINGER	£0.55	£0.79	£0.60	£0.55	£1.25
450G SPINACH	£1.90	£1.90	£2.00	£3.00	£2.67
2 X SALAD BAGS	£1.56	£1.70	£1.60	£1.56	£1.00
SPRING ONIONS	£0.55	£0.55	£0.55	£0.55	£0.55
CHERRY TOMATOES	£0.69	£0.69	£0.69	£0.69	£0.60
BUTTERNUT SQUASH	£1.50	£1.15	£1.62	£1.50	£1.35
LEMON	£0.55	£0.55	£0.55	£0.69	£0.50
2 X SPAGHETTI	£0.56	£0.56	£0.56	£1.12	£1.50
3 X PASTA	£1.23	£1.23	£1.23	£1.64	£1.50
LASAGNE SHEETS	£0.75	£0.79	£0.64	£0.75	£0.99
2 X RICE	£1.04	£2.50	£1.04	£1.04	£3.18
3 X PASSATA	£1.65	£1.65	£1.80	£1.65	£1.80
6 X CHOPPED TOMATOES	£2.10	£2.10	£2.10	£2.10	£2.22
3 X CHICKPEAS	£1.62	£1.65	£1.35	£1.65	£1.65
STUFFING MIX	£0.45	£0.45	£0.30	£0.40	£0.39
2 X COCONUT MILK	£1.58	£1.58	£1.70	£1.58	£2.00
2 X TUNA	£1.10	£1.10	£1.64	£1.50	£2.00
LEMON JUICE	£0.80	£0.44	£0.75	£0.80	£0.79
HONEY	£0.75	£0.75	£0.75	£0.75	£0.75
22 SAUSAGES	£3.00	£3.00	£3.00	£3.30	£3.75
CHICKEN WINGS	£2.30	£2.19	£2.41	£2.19	£2.00
FROZEN MIXED VEG	£0.89	£0.99	£0.85	£1.50	£0.89
CHICKEN BREASTS	£5.10	£4.25	£4.10	£4.25	£6.49
FROZEN SWEETCORN	£1.32	£1.45	£1.70	£1.38	£1.70
FROZEN PEAS	£0.99	£0.99	£1.45	£0.80	£1.45
FROZEN WHITE FISH FILLETS	£2.50	£3.49	£2.50	£2.49	£2.16
FROZEN CHIPS	£1.65	£1.49	£1.65	£1.65	£1.95
GAMMON JOINT	£4.09	£4.09	£4.79	£4.29	£4.09
COOKED PRAWNS	£1.99	£1.99	£2.80	£2.75	£2.15
WHOLE CHICKEN	£3.76	£3.53	£4.57	£4.95	£4.25
2 X BEEF MINCE	£4.98	£4.98	£4.98	£4.98	£4.98
COOKING BACON	£1.00	£1.45	£2.25	£1.00	£1.00
TURKEY MINCE	£3.70	£2.49	£2.65	£3.99	£2.99
PORK JOINT	£5.00	£5.69	£5.70	£5.31	£6.25
CHORIZO	£2.25	£1.89	£2.50	£2.25	£2.50
PEPPERONI	£1.05	£1.05	£1.00	£1.00	£1.20
3 X 300ML DOUBLE CREAM	£2.97	£2.97	£3.45	£2.97	£4.05
2 X 15 EGGS	£3.98	£3.98	£3.98	£5.20	£4.78
3 X 400G CHEESE	£7.47	£7.47	£7.65	£7.47	£6.94
2 X GARLIC BAGUETTE	£0.74	£0.74	£0.74	£0.72	£0.74
2 X GRANA PEDANO	£3.58	£4.50	£5.00	£6.00	£6.38
GRATED MOZZARELLA	£4.00	£2.80	£5.10	£2.80	£4.50
SOUR CREAM AND CHIVE DIP	£1.35	£0.85	£1.00	£1.35	£1.40
RICOTTA	£1.40	£1.29	£1.29	£1.40	£1.39
RED LENTILS	£1.90	£1.29	£1.90	£1.89	£1.89
WORCESTERSHIRE SAUCE	£1.00	£0.85	£0.69	£1.30	£1.30
BEEF STOCK CUBES	£0.90	£0.65	£0.65	£1.00	£1.00
PLAIN FLOUR	£0.70	£0.79	£0.70	£0.79	£0.79
BREADCRUMBS	£1.15	£0.89	£1.00	£1.55	£1.15
ROSEMARY	£1.00	£0.59	£1.00	£1.10	£1.09
ITALIAN HERB SEASONING	£1.00	£0.59	£1.00	£1.10	£1.09
CHILLI FLAKES	£1.00	£0.65	£1.00	£1.25	£1.09
OREGANO	£1.00	£0.55	£1.00	£1.10	£1.09
SMOKED PAPRIKA	£1.00	£0.69	£1.00	£1.90	£1.09
BROWN SUGAR	£1.80	£1.05	£1.35	£1.80	£1.75
VEGETABLE STOCK CUBES	£0.90	£0.65	£0.65	£1.00	£2.99
LEMONADE	£0.60	£0.35	£0.60	£0.65	£0.65
BAKING POWDER	£0.57	£0.65	£0.65	£1.35	£1.35
CURRY POWDER	£1.30	£0.79	£0.95	£1.05	£0.99
SOY SAUCE	£0.75	£0.55	£0.55	£0.75	£0.89
BBQ SAUCE	£1.00	£0.89	£1.20	£1.15	£1.25
THYME	£1.00	£0.65	£1.00	£1.10	£1.09
MUSTARD	£0.90	£0.75	£0.65	£0.55	£0.65
CHICKEN STOCK CUBES	£0.90	£0.65	£0.65	£1.00	£1.50
GARLIC GRANULES	£1.00	£0.59	£1.00	£1.10	£1.09
2 X INSTANT NOODLES	£0.70	£0.70	£0.56	£0.56	£1.00
TOMATO PUREE	£0.59	£0.59	£0.65	£0.59	£0.65
CHINESE 5 SPICE	£1.00	N/A	£1.00	£1.10	£1.09
PARSLEY	£1.00	£0.49	£1.00	£1.10	£1.09
CORNFLOUR	£1.00	£1.50	£2.75	£1.00	£1.29
PEANUT BUTTER	£1.25	£1.25	£1.22	£0.99	£1.25
TOTALS	£144.52	£132.33	£149.15	£150.74	£164.72

**OR £122.60 ACROSS THE FIVE STORES**