

Feed a Family For a

Fruit	Apples 6 pack	£0.90
	Banana 5 pack	£0.71
	Lemons 4 pack	£0.50
	Orange 5 pack	£0.60
Herbs	Coriander fresh 30g	£0.67
	Mint fresh 30g	£0.50
Veg	Carrots 2 x 1.5kg	£0.98
	Cauliflower	£0.55
	Celery	£0.43
	Courgette 500g	£1.15
	Cucumber	£0.59
	Kale or spinach 240g bag	£0.75
	Lettuce	£0.55
	Mushrooms chesnut 1 x 650g essentials	£2.60
	Mushrooms closed cup or button 2 x 300g	£1.78
	Onion 2 x 1kg wonky bags	£0.49
	Parsnips 500g pack	£0.60
	Peppers large bag mixed	£1.16
	Potatoes 2.5kg bag for roast	£0.99
	Potatoes baking x 4	£0.45
	Spinach or mixed salad	£0.57
	Spring onions 1 x bunch	£0.49
	Sweet potatoes 1kg	£0.99
	Tomato fresh pack of 6	£0.75
Tomatoes baby or cherry plum 2 x 250g	£1.20	
Chilled	Cream or soft cheese reduced fat 200g	£0.79
	Filo pastry** 250g	£1.70
	Milk semi skimmed 3 x 4 pint bottles	£3.80
	Cheddar 400g reduced-fat or 250g Parmesan cheese	£2.29
	Reduced-fat sour cream** 300g	£0.99
	Chicken large fresh 1.3kg – 1.8kg	£3.65
	Olive oil spread 500g	£0.99
	Rashers streaky bacon** 300g	£1.39
	Yoghurt natural 1 x 1.5kg tub	£1.95

Fortnight

Shopping List

Frozen	Forest frozen fruits 500g	£1.65
	Green beans** French 900g	£0.69
	Peas 1kg	£0.65
	Summer fruits 500g	£1.65
Pantry	Bread medium whole meal 2 x 800g	£1.30
	Couscous**	£0.80
	Egg 2 x 15 mixed sized boxes	£2.70
	Flour Self Raising 2 x 1.5kg bags	£0.55
	Garlic granules jar or 2 x pack of bulbs £0.79p	£0.49
	Ground ginger	£0.69
	Lentils red 500g bag	£0.99
	Oats 1kg pack	£0.70
	Pasta penne or other shape 500g	£0.69
	Peanut butter	£1.15
	Peanuts 200g	£0.46
	Sultanas or raisins 500g	£0.99
	Tomato passata (or a 400g chopped tomatoes)	£0.28
	Tomato puree	£0.39
Tinned	Beans black 2 x 390g	£0.98
	Beans baked 2 x 400g	£0.44
	Beans cannellini 400g	£0.49
	Beans flageolet 400g	£0.54
	Beans red kidney 400g	£0.33
	Chick peas 5 x 400g	£0.39
	Coconut milk reduced-fat 400g	£0.69
	Pineapple in fruit juice 225g	£0.75
	Sweetcorn 198g	£0.47
	Tomatoes chopped 4 x 400g	£1.12
Total @ Aug 2022		£61.52

** Not always available at discount supermarkets