

EF
 - 6-13 July - SDC
 - 13-10 - Aj

Total
 £4-80

- Potatoes 200+200+200+ 600g (47p/kg) 28p
- Cornflakes 150g (500g 25p) 8p
- Pitta 11 1/2 x 1 1/2 4 (30p-6) 24p
- Bread ||||| 8 med (40p/13) 18p
- Yoghurts 4 x 125g 34p 34p
- Milk 600ml (£1/2200ml) 26p
- Eggs ||| 3 med (£1.29/12) 34p
- Sardines in tins 120g 1 tin. = 34p
- Fish fingers 3 (60p-10) 3 = 18p
- Baked beans 200g 24p/400g = 12p
- Chickpeas 240g 1 tin = 30p
- Kidney beans 240g 1 tin = 30p
- Peanut butter 20+15+20+20+30+20 ^(340g/16p) 125g 22p
- Mushy peas 150g (300g 16p) 1/2 tin. 8p
- Onions 25g+100g 125g (70p/11g) 9p
- Carrots 100+100+100+200+100 500g 25p
- Spinach 30g+30g 60g (£1.750g) 8p
- Orange juice 150ml+150+200+200 ^(65p/10) 700ml 45p
- Sultanas 50g+50g 100g 8p
- Butter 10+20+20+10+10+20+30 60g 21p
- Coffee || 5g 3p
- 1 tin tomatoes 400g 35p