

WEEKLY SHOPPING LIST FOR 3 PEOPLE

QUANTITY	ITEM	INDICATIVE PRICE
PRODUCE		
1 PACK	BOBBY BANANAS	3.49
2	TELEGRAPH CUCUMBERS	3.00
1KG	ROYAL GALA APPLES	3.49
2 HEADS	BROCCOLI	2.50
1KG	CARROTS	1.89
2 x 120G BAG	MESCLUN SALAD	6.58
1KG	WHITE WASHED POTATOES	2.29
1KG	BROWN ONIONS	0.99
2 x 250 PUNNET	CHERRY TOMATOES	5.98
1 HALF	GREEN CABBAGE	1.39
800G	RED KUMARA	3.19
BUTCHERY		
1.1KG	HERB & GARLIC BUTTERFLY CHICKEN	9.99
550G	PORK SIRLOIN STEAK	8.79
500G	PREMIUM BEEF MINCE	8.50
500G	BEEF SCOTCH STEAK	13.50
1.5KG	CHICKEN DRUMSTICKS	5.69
BAKERY		
2 LOAVES	SOYA LINSEED BREAD	6.60
DAIRY & EGGS		
1 x 750 TUB	NATURAL YOGURT	2.79
1 x 12 PACK	EGGS, SIZE 7	2.99
2 x 2L BOTTLE	STANDARD MILK	6.74
1KG BLOCK	COLBY CHEESE	10.79
FROZEN FOODS		
2 x 1KG BAG	MIXED VEGES	5.38
700G	POTATO ROASTERS	3.89
1KG	FROZEN BERRIES	8.99
BISCUITS & CRACKERS		
1 PACK	CHOCOLATE CHIP BISCUITS	2.00
1 PACK	HUNDREDS & THOUSANDS BISCUITS	2.00
BREAKFAST CEREALS		
750G	WEET-BIX	4.69
500G	NUTRI-GRAIN	5.00
CANNED & PREPARED FOODS		
3 x 400G CAN	DICED PLAIN TOMATOES	2.55
3 x 400G CAN	RED KIDNEY BEANS	2.97
10 x 95G CAN	TUNA	17.90
1 x 375G BAG	WHOLE RED LENTILS	1.99
CONDIMENTS & DRESSINGS		
1 x 250ML BOTTLE	BALSAMIC VINAIGRETTE	2.00
HOT DRINKS		
1 x 100G BAG	INSTANT COFFEE	4.79
PASTA, RICE & NOODLES		
1KG	LONG GRAIN WHITE RICE	1.79
500G	SPAGHETTI NOODLES	0.94
SAUCES, STOCK & MARINADES		
1 x 450G JAR	BUTTER CHICKEN SIMMER SAUCE	4.19
TOTAL:		182.24

All prices in this shopping list are indicative only. Prices were taken from PAK'nSAVE Mt Albert's online shop on 20 November 2020. Prices will vary depending on seasonality, sales and demand. Products, prices and limits may also vary between store.

PAK'nSAVE