

# SHOPPING LIST

BREADS		FROZEN		GENERAL		FRUIT & VEG	
Bread		Mixed Veg		Eggs		Apples	
Buns		Chips		Cocoa		Bananas	
Flat		Hash Browns		Coconut		Oranges	
		Fish pieces		CC's		Lettuce	
		Sausage rolls		Choc chips		Tomatoes	
		Pies		Flour - P		Spuds	
		Ice cream		Flour - SR		Onions	
		Pizza		Flour - Corn		Purple onion	
		Peas		Yeast		Pumpkin	
CEREALS							
Bread crumbs				Pasta		Sw potato	
Oats				Rice		Carrot	
Porridge				Spaghetti		Capsicum	
Weetbix				Mixed herbs		Cabbage	
Cornflakes		DAIRY/DELI		Milk powder		Cucumbers	
		Milk		Tea bags		Celery	
		Cream (whipping)		Coffee			
		Cream (Sour)		Cuppa soup			
		Yoghurt		Fr onion soup			
		Butter		Ch noodle soup			
TINS/GLASS							
Kidney beans		Ham					
Chic peas		Bacon				MEAT	
Corn - kernels		Cheese - block				Sausages	
Corn - creamed		Cheese - plastic				Chops	
Ham		Cheese - grated				Mince	
Jam		Cheese - Philly				Roast	
Honey		Dip		TOILETRIES		Chicken - boneless	
Gherkins				Shampoo		Chicken pieces	
Tomato soup				Conditioner			
Tinned tomatoes				Band-Aids			
Tomato paste		SNACKS		Big band aids J			
Nestles milk		Arvo tea stuff		Paracetamol			
Baked beans		Nuts		Ibuprofen			
Spaghetti		Jatz		Aspirin			M
Pineapple							T
Tuna							W
Garlic							TH
Gravy mix							F
Golden syrup		PAPER GOODS		CLEANING/ MISC			S
Non stick spray		Alfoil		Garbage bags			S
Olive oil		Glad wrap		Fly spray			
Cheap oil		Ziploc bags		Surface spray			
Vinegar		Tissues		White spirit			
Balsamic		Loo paper		DW liquid		* Silverside	
Vegemite		Paper towel		Light bulbs		* Sausages	
Peanut butter				Matches		* Mince - Aldi	
Soy sauce						Bacon - under \$11 is good	
Worcestershire						Chops - under \$12 is good	
Sweet chili						Mince - around \$8 is good	
Tomato						Roast - w/o bone \$12 good	
BBQ						- bone in \$8 good	
						Steak - under \$14 is good	
						- chuck is tough	
						We need about 1.5 kg a meal	