



ON SALE 17<sup>TH</sup>  
APRIL 2024



# MEGA DEALS SALE



**\$2.25**  
ea

Campbell's Real Stock 1L  
23¢ per 100mL



**\$2.29**  
ea

Leggo's Pasta Sauce 490/500g

**ALL  
1/2  
PRICE**



**\$1**  
ea

Cadbury/Fry's/Europe/  
Toblerone Medium Bars 30-60g



**\$2.50**  
ea

Thins Onion Rings 85g/  
Potato Chips 150/175g

MEGA SAVINGS IN EVERY AISLE

Offers available from: 17/04/24 until 23/04/24

Whilst stocks last. Pictures for illustration purposes only. Some products or varieties may not be available at all stores.

*Australian*  
**RED GRAPES**  
**\$4.90**  
kg



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— GREAT *Specials* —

# MEGA DEALS SALE

MOVIE NIGHT AT *Home*



Red Rock Deli Chips 135/165g



Coca-Cola/Fanta/  
Sprite Soft Drink Cans 24x375mL  
\$2.50 per 1L



McCain Pizza Slices 600g  
\$1.33 per 100g



Continental Cup-a-Soup 2pk



Greenseas Canned Tuna 95g  
\$13.68 per 1kg



Kellogg's  
Nutri-Grain/LCM  
Bars 5pk



Twinings  
Teabags 80/100pk



Connoisseur Ice  
Cream Stick 4/6pk



Cadbury Large  
Block Chocolate 315-360g



Sorbent Toilet  
Tissue Hypo-Allergenic 12pk  
28¢ per 100sh



Libra Ultra Thins 12/14pk

ALL  
1/2  
PRICE





**Kirks Canned Soft Drink 10x375mL**  
\$2.13 per 1L



**Cottee's Cordial Syrup Double Concentrate 1L**  
\$4.99 per 1L



**Red Bull Energy Drink 4x250mL**  
\$7.99 per 1L



**Golden Circle Fruit Drink 6x250mL**  
\$2.66 per 1L



**Cadbury Share Pack 144-180g**



**Arnott's Shapes/Savoy/Jatz 130-250g**



**Moccona Coffee Sachets 8/10pk**



**Foster Clarks Snak Pack 120g**  
\$1.24 per 100g



**San Remo Pasta 375/500g**



**Nature's Gift Canned Dog Food 700g**  
36¢ per 100g



**Whiskas Favourites Pouches 12x85g**  
88¢ per 100g



**Dove Antiperspirant 220-254mL**





Golden Crumpet Rounds 6pk  
86¢ per 100g



Beef Scotch Fillet Steak  
From the Meat Department



JC's Sesh Snacks 115/130g

## MEGA DEALS SALE



Bega Natural Cheese Slices 500g  
\$15.98 per 1kg



Pauls Zymil Chilled Milk  
Lactose Free 1L  
\$3.65 per 1L



Tamar Valley The Creamery Yoghurt 170g  
\$1.32 per 100g



Ingham's Chicken Chipees 400g  
\$14.98 per 1kg



McCain Pub Style Wedges or Fries 750g  
\$6.65 per 1kg



Nanna's Crumble 550g  
82¢ per 100g

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ON YOUR FAVOURITE BRANDS.



Nice & Natural Nut Bars 6pk



Indomie Noodles 5pk



Tas Taste Plain/Self Raising Flour 2kg  
\$1.45 per 1kg



Bundaberg Raw Sugar 1kg  
32¢ per 100g



Vitasoy So Milky UHT 1L  
\$2.45 per 1L



Pampas Bulk Puff Pastry 1.6kg  
50¢ per 100g



On The Menu Beef Lasagne 1kg  
80¢ per 100g

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# PUMPKIN SOUP



Campbell's  
Real Stock 1L  
23¢ per 100mL

## Ingredients

- 1 kg peeled, chopped pumpkin
- 1 small onions, peeled and chopped
- 1 litre vegetable stock
- 1/2 cup of cream

## What to do

1. Place the pumpkin, onion and stock in the slow cooker.
2. Cook on LOW for 4 to 6 hours, until pumpkin is soft and cooked through.
3. Cool for 10 minutes.
4. Using a stick blender, blend until nice and smooth.
5. Stir in the cream.
6. Season to taste and serve.



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