



Connoisseur Ice Cream Stick 4/6pk



Radiant Laundry Powder 2kg/Liquid 2L

Offers available from:

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







## — FRESH MEAT & *Produce* —









JC's Salted/ Unsalted Mixed Nuts 350g \$22.83 per 1kg

\$**7**99

Marion Bay Free Range Chicken





Scottsdale Pickled Pork





Ingham's Chicken Schnitzel 600g \$19.98 per 1kg







### – DELICIOUS DELI & *Bakery* -





















## — SNACK & DRINK *Favourites* —













Golden Circle Long Life Juice 2L \$2.00 per 1L

Mount Franklin Spring Water 12x500mL \$1.00 per 1L



Allen's Bites 120/140g



The Natural Confectionery Bags 120-280g



Arnott's Cream Favourites 500g \$1.00 per 100g



Mission Corn Chips 230g \$1.08 per 100g



Thins Potato Chips 120-175g



Twisties/Burger Rings/ Toobs/Cheetos 125-270g

#### - STOCK UP THE Pantry -





Wattie's Spaghetti/Baked Beans 420g 42¢ per 100g





**Raguletto Pasta Sauce 500g** 40¢ per 100g



Praise Salad Dressing 330mL 91¢ per 100mL



Campbell's Real Stock 1L 35¢ per 100mL



Edgell Baby Peas & Corn/
Peas & Carrots/Peas Corn & Carrots 420g
\$4.02 per 1kg



Kellogg's Crunchy Nut
Corn Flakes/Special K/
Nutri-Grain/Sultana Bran 290-420g



Lowan Oats 1kg 30¢ per 100g



Cadbury Baking Blocks/ Chips/Melts/Buttons 150-225g



#### — FILL UP THE FRIDGE & Freezer —



Mainland Tasty Cheese Block 250g \$15.96 per 1kg



Product of Tasmania

Tamar Valley Kids
Val

Tamar Valley Kids Pouches 110g \$1.35 per 100g







**Streets Golden Gaytime 4pk** \$1.50 per 100mL



On the Menu Frozen Meal 260g 96¢ per 100g



McCain Pizza Pockets 400g \$1.17 per 100g



Birds Eye Oven Bake Fish Fillets 425g \$21.15 per 1kg



Peters Polar Pies/ Lifesavers/Frosty Fruit 6/8pk

## — HOME, BEAUTY & Pet —













Whiskas Dry Cat Food 800g 62¢ per 100g

Whiskas Favourites Pouches 12x85g 88¢ per 100g



BabyLove Nappy Pants 22-38pk (excl. Beyond)



Softwash Liquid Soap Pump 250mL \$1.00 per 100mL



Palmolive Gold/Naturals Soap 4pk 75¢ per 100g



Multix Handy Tie Garbage Bags 45/50's



Airwick Air Freshener 157-174g



Earth Choice Dishwash Tablet 42s \$1.93 per 100g



Offers available from 09/11/22 until 15/11/22

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# You'll find Low Prices Every Day right across the store



Nice & Natural Nut Bars 6pk



Coca-Cola Cans 250mL \$8.00 per 1L



Lindt Excellence/Lindor Chocolate Block 100g (excl. 70%) \$4.35 per 100g



Maggi Recipe Base Sachets 21-43g



La Famiglia Just for 2 Garlic Bread 170g \$1.76 per 100g



**Chris' Dip 200g** \$1.85 per 100g



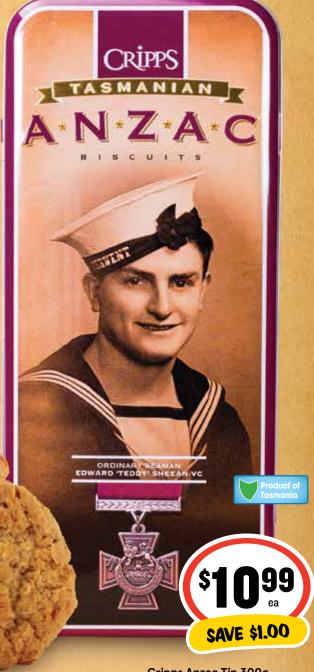
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On 1 December 1942, in the Arafura
Sea en route to Timor the HMAS
Armidale was attacked three times by
Japanese bombers, fighters and a float
plane. The Armidale was hit twice by
torpedoes and the order was given to
abandon the sinking ship.

The aircraft returned to machine gun survivors in the water. Teddy Sheean, although twice wounded, stayed at his post at the aft Oerlikon gun and began firing at the aircraft, bringing down one and damaging two others.

He was still firing when the ship sank, drowning him.



Cripps Anzac Tin 300g \$3.66 per 100g



## Ingredients

- · 1/2 onion, chopped
- · 2 garlic cloves, crushed
- · 400g canned lentils, drained and rinsed
- · 2 cups baby spinach
- $\cdot \textbf{3} \, \text{cups mushrooms, chopped}$
- · 160g feta, crumbled
- · I egg
- · 375g frozen filo pastry
- · sesame seeds for garnish

## What to do

- I. Preheat the oven to 180C.
- 2. Heat a drizzle of olive oil in a frypan over medium heat. Saute onions until translucent then add the garlic, lentils, spinach and mushrooms. Cook for 6-7 minutes or until excess water has evaporated. Take off heat, and cool.
- 3. Add the feta and egg to the cooled vegetables. Mix to combine.
- 4. Taking 2 sheets of filo at a time, brush both sheets with olive oil.
- 5. Cut sheets into 4, lengthwise. Place a spoonful of filling at one end and fold the corner over diagonally. Continue folding until you reach the end of the filo maintaining the triangle shape. Repeat with the remaining filo and lentil filling.
- 6. Bake for 15-20 minutes or until triangles are crispy and golden.