



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.



GREAT SPECIALS ON NOW! Scan & Subscribe to save •



— DRINKS, SNACKS & TASMANIAN *Favourites* —





Tasmanian Mountain Spring Water 10L 65¢ per 1L





Duck River Butter Pat 500g \$1.20 per 100g



Coca-Cola/Fanta/ Sprite Soft Drink Cans 24x375mL \$2.28 per 1L



APPLE JUICE S 399 ca

Cottee's Cordial Syrup Double Concentrate 1L \$4.49 per 1L



Allen's Bites 120/140g



Golden Circle Long Life Juice 2L

\$2.00 per 1L

Pascall/
The Natural Confectionery Bags 120-280g



Mission Corn Chips 230g \$1.08 per 100g



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

— PANTRY, HOME & Pet —





Raguletto Pasta Sauce 500g

40¢ per 100g



Praise Salad Dressing 330mL

91¢ per 100mL



Wattie's Spaghetti/Baked Beans 420g

42¢ per 100g



MasterFoods Squeezy Tomato/ **BBQ Sauce** 475/500mL



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



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



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



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



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



Chum Canned Dog Food 1.2kg

27¢ per 100g



Whiskas Favourites Pouches 12x85g 88¢ per 100g



Whiskas Dry Cat Food 800g

62¢ per 100g











Tamar Valley Yoghurt 700g 64¢ per 100g







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



McCain Pizza Pockets 400g \$1.17 per 100g



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

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

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

Visit IGATAS.COM.AU for more info



LIKE US facebook.com/igatas



to receive our weekly online SUBSCRIBE catalogue igatas.com.au/catalogues



find your local store here LOCATE igatas.com.au/store-locator



Savings are off regular prices. In certain stores, some regular prices have been reduced to ensure you receive the lowest competitive price so savings shown may differ from the actual saving in your store. Price Match at participating stores only. Prices matched weekly to Woolworths or Coles everyday shelf price, excludes specials. Terms and conditions apply. To find out more, visit igatas.com.au/pricematch. Some items may not be available at all stores. We reserve the right to correct printing errors.





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

Shrie' Din 200g

Chris' Dip 200g \$1.85 per 100g

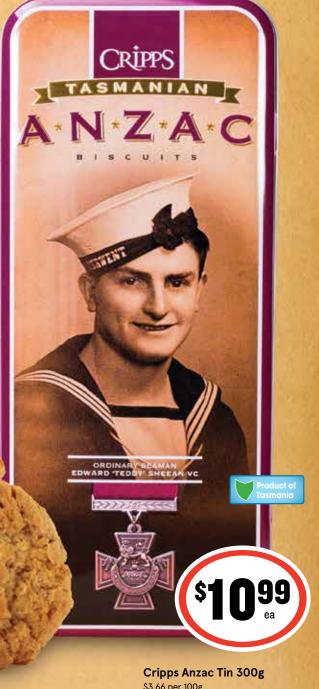


Specials available from participating Tasmanian IGA & IGA X-press Stores. We reserve the right to correct any printing errors. Whilst stocks last. Some products or varieties may not be available at all stores. Pictures used for illustration purposes only. Sales are restricted to retail quantities only. All prices include GST where applicable. Prices correct at time of printing.



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.





Ingredients

- · 1/2 onion, chopped
- · 2 garlic cloves, crushed
- · 400g canned lentils, drained and rinsed
- · 2 cups baby spinach
- \cdot 3 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.