FRESH FOOD COMP CHECK

MARCH 2 2022

MEAT COMP CHECK

PRODUCT	COLES	WOW	COLES DOWN DOWN WOW PRICE DROP
BEEF			
Eye Fillet Steak	51.00 kg	52.00 kg	
Scotch Fillet Steak	43.00 kg	43.00 kg	
Porterhouse Steak	40.00 kg	37.00 kg Special	
T-Bone Steak	30.00 kg	30.00 kg	
Rump Steak	30.00 kg	30.00 kg	
Oyster Blade Steak	22.50 kg	25.00 kg	
Gravy Beef	19.00 kg	19.00 kg	
Chuck Stewing Steak	20.00 kg	21.00 kg	
Blade Roast	14.00 kg Special	17.00 kg	
1st Grade Beef Mince	19.00 kg	19.00 kg	
Regular Mince	16.00 kg	16.00 kg	
Corned Silverside	12.00 kg	12.00 kg	
LAMB			
Lamb Leg Roast	15.00 kg	15.00 kg	
Lamb Cutlets	43.00 kg	43.00 kg	
Lamb Loin Chops	28.00 kg	25.00 kg Special	
Forequarter BBQ Chops	19.00 kg	19.00 kg	
Lamb Leg Boneless	18.00 kg Special	20.00 kg	
PORK			
Boneless Pork Leg Roast	11.00 kg	10.00 kg	
Pork Loin Chops	18.00 kg	18.00 kg	
Pork Spare Ribs	21.00 kg	18.00 kg Special	
POULTRY			
Chicken Thigh Fillets	12.00 kg	12.50 kg	Bulk Buy
Chicken Drumsticks	4.50 kg	4.50 kg	Bulk Buy
Chicken Breast Fillets	10.00 kg	10.00 kg	Bulk Buy
Whole Fresh Chickens	4.50 kg	4.50 kg	

DELI COMP CHECK

PRODUCT	COLES	WOW	COLES DOWN DOWN WOW PRICE DROP
Breast Fillets	10.00 kg	9.50 kg Special	
Thigh Fillets	12.00 kg	12.50 kg	
Drumsticks	4.50 kg	3.50 kg Special	
Wings	5.50 kg	5.50 kg Special	DD
Middle Bacon	11.00 kg Special	13.00 kg	
Short Cut Bacon	14.00 kg Special	14.00 kg Special	
Streaky Bacon	16.00 kg Special	16.00 kg Special	
Leg Ham Off the Bone	31.50 kg	26.00 kg Special	
Roast Pork	25.00 kg	25.00 kg	
Salami Mild or Hot	31.50 kg	31.50 kg	
Silverside	20.00 kg	20.00 kg	
Roast Beef	28.00 kg	28.00 kg	
Turkey Breast	28.00 kg	28.00 kg	
Kabana	2.90 kg Special	21.00 kg	
Saveloys	8.50 kg	11.00 kg	
Cocktail Saveloys	8.00 kg	8.00 kg	
Thin Frankfurts	8.00 kg	8.00 kg	
Champagne Ham	20.00 kg	20.00 kg	DD
Hickory Smoked Leg Ham	27.00 kg		
Hot BBQ Chickens Family Size	10.00 EA	11.00 EA	
Virginian Leg Ham	23.00 kg		
Devon	8.60 kg	8.60 kg	
Chicken Loaf	14.00 kg	14.00 kg	
Chicken Breast Cooked	19.00 kg	19.00 kg	
Red Gum Honey Leg Ham	24.00 kg Special		
Honey Leg Ham	20.00 kg Special	27.00 kg	
Triple Smoked Leg Ham		20.00 kg Special	

FRESH COMP CHECK - COLES & WOOLWORTHS

DATE: 2/03/22		COLES			WOOLWORTHS			COMMENTS
Products	**Unit**	**Price**	**Special**	**Origin**	**Price**	**Special**	**Origin**	
Apples - Golden Delicious	kg	na			$4.90			
Apples - Granny Smith	kg	$3.90			$3.90			
Apples Red - Royal Gala	kg	$3.50				$2.90		
Apples Red - Fuji	kg	Na			$4.50			
Apricots	kg	na			$6.00			
Avocadoes	ea		$1.50	Hass	$1.50			Hass
Bananas	kg	$3.90			$3.90			
Cherries	kg	na			na			
Grapes Green	kg		$3.80			$4.90		
Grapes Red	kg	$5.00				$3.90		
Lemons	kg	1 For $1.70	3 For $4		$7.90			
Mandarins	kg	$10.50			$14.90			
Mangoes	ea		$3.50	Keitt	$2.90			Keitt
Nectarines	kg	$3.50			$7.90			
Oranges Navel	kg	$7.90				$6.90	USA	
Oranges Valencia	kg	$4.90			NA			
Oranges Valencia 3kg Bag	ea	$7.90				$5.90		
Peaches	kg		$4.50			$3.50		
Plums	kg		$3.50		$4.50			
Raspberries	pun		$4.50			$4.50		
Strawberries	pun	$3.50				$3.70		
Watermelon	kg		$1.90		$1.90			
Asparagus	Bun	$3.50			$3.50		/aus	
Broccoli	kg		$4.80		$6.90			
Cabbage Green	ea	$5.90			$7.00			
Cabbage Red	ea		$4.90		$7.00			
Capsicum Green	kg	$10.90			$9.90			
Capsicum Red	kg	$11.90			$11.90			
Carrots	kg	$2.20			$2.50			
Cauliflower	ea	$7.50			$5.50			
Lettuce Iceberg	ea	$4.50			$4.50			
Mushrooms Brown	kg	$14.50			$14.50			
Mushrooms White	kg	$11.50			$11.50			
Onions Loose	kg	$3.00			$3.00			
Potatoes Brushed Loose	kg	$4.00			$3.50			
Potatoes Brushed Packed	bag		$5.00		$7.00			
Potatoes Washed Loose	kg	$4.00			$4.00			
Potatoes Washed Packed	kg		$4.00		$7.00			
Pumpkin - Butternut	kg	$4.90			$4.90			
Pumpkin - Grey	kg	na			$4.90			
Pumpkin - Kent	kg	$4.00			$4.00			
Tomatoes Gourmet	kg		$4.90		$3.90			
Tomatoes Truss	kg	$5.90			$5.90			
Zucchini	kg	$7.90			$7.90			