



FRESH FOOD COMP CHECK

MARCH 15 2023

MEAT COMP CHECK

PRODUCT	COLES	WOW	COLES DOWN DOWN WOW PRICE DROP
BEEF			
Eye Fillet Steak	52.00 kg	52.00 kg	
Scotch Fillet Steak	43.00 kg	39.00 kg Special	
Porterhouse Steak	40.00 kg	40.00 kg	
T-Bone Steak	30.00 kg	30.00 kg	
Rump Steak	30.00 kg	30.00 kg	
Oyster Blade Steak	25.00 kg	25.00 kg	
Gravy Beef	19.00 kg	19.00 kg	
Chuck Stewing Steak	20.00 kg	20.00 kg	
Topside Roast	18.00 kg	18.00 kg	
1st Grade Beef Mince	19.00 kg	19.00 kg	
Regular Mince	14.00 kg	14.00 kg	
Corned Silverside	10.00 kg Special	12.00 kg	
LAMB			
Lamb Leg Roast	12.00 kg Special	15.00 kg	
Lamb Cutlets	35.00 kg Special	43.00 kg	
Lamb Loin Chops	28.00 kg	22.00 kg Special	
Forequarter BBQ Chops	16.00 kg Special	19.00 kg	
Lamb Leg Boneless	20.00 kg	20.00 kg	
PORK			
Boneless Pork Leg Roast	11.00 kg	11.00 kg	
Pork Loin Chops	17.00 kg Special	16.00 kg Special	
Pork Spare Ribs	16.00 kg Special	19.00 kg	PD
CHICKEN			
Chicken Thigh Fillets	13.50 kg	13.50 kg	Bulk Buy
Chicken Drumsticks	4.00 kg	4.00 kg	Bulk Buy
Chicken Breast Fillets	10.50 kg	10.50 kg	Bulk Buy
Whole Fresh Chickens	5.00 kg	5.00 kg	

DELI COMP CHECK

PRODUCT	COLES	WOW	COLES DOWN DOWN WOW PRICE DROP
Breast Fillets	11.00 kg	10.50 kg	
Thigh Fillets	13.50 kg	13.50 kg	
Drumsticks	4.00 kg Special	5.00 kg	
Wings	7.00 kg	6.50 kg Special	
Middle Bacon	15.00 kg	15.00 kg	
Short Cut Bacon	16.00 kg Special	16.00 kg Special	
Streaky Bacon	15.00 kg Special	18.00 kg Special	
Leg Ham Off the Bone	29.00 kg Special	29.00 kg Special	
Roast Pork	27.50 kg	27.50 kg	
Salami Mild or Hot	34.50 kg	34.50 kg	
Silverside	25.00 kg	25.00 kg	
Roast Beef	32.00 kg	32.00 kg	
Turkey Breast	28.00 kg	28.00 kg	
Kabana	4.20 EA	22.50 kg	
Saveloys	9.50 kg	13.50 kg	
Cocktail Saveloys	9.00 kg	7.30 kg Special	
Thin Frankfurts	9.00 kg	7.30 kg Special	
Champagne Ham	20.00 kg	22.00 kg	
Honey Leg Ham	27.00 kg		
Hot BBQ Chickens Family Size	11.00 EA	11.00 EA	
Virginian Leg Ham	27.00 kg		
Devon	8.50 kg Special	9.85 kg	
Chicken Loaf	15.00 kg	15.00 kg	
Chicken Breast Cooked	16.50 kg Special	19.00 kg	
Premium Leg Ham	25.00 kg Special	25.00 kg Special	
Hickory Smoked Leg Ham	29.00 kg		
Triple Smoked Leg Ham		22.50 kg	
Honey Leg Ham	21.00 kg Special		