



FRESH FOOD COMP CHECK

SEPTEMBER 15 2021

MEAT COMP CHECK

PRODUCT	COLES	WOW	COLES DOWN DOWN WOW PRICE DROP
BEEF			
Eye Fillet Steak	46.50 kg	46.50 kg	
Scotch Fillet Steak	41.00 kg	41.00 kg	
Porterhouse Steak	37.00 kg	25.00 kg Special	Woolworths Save \$12.00
T-Bone Steak	27.00 kg	24.00 kg Special	
Rump Steak	27.00 kg	27.00 kg	
Round Steak	N.A	19.00 kg	
Oyster Blade Steak	22.50 kg	22.50 kg	
Gravy Beef	18.00 kg	18.00 kg	
Chuck Stewing Steak	18.00 kg	18.00 kg	
Blade Roast	13.50 kg Special	15.00 kg	PD
1st Grade Beef Mince	18.00 kg	18.00 kg	
Regular Mince	15.00 kg	15.00 kg	
Corned Silverside	10.00 kg	10.00 kg	
LAMB			
Lamb Leg Roast	14.00 kg	12.00 kg Special	
Lamb Cutlets	42.00 kg	42.00 kg	
Lamb Loin Chops	22.00 kg Special	27.00 kg	
Forequarter BBQ Chops	17.00 kg	17.00 kg	
Lamb Leg Boneless	20.00 kg	20.00 kg	
PORK			
Boneless Pork Leg Roast Boneless	8.50 kg	8.50 kg	PD
Pork Loin Chops	17.00 kg	17.00 kg	
Pork Spare Ribs	20.00 kg	17.00 kg Special	
POULTRY			
Chicken Thigh Fillets	12.00 kg	12.00 kg	Bulk Buy
Chicken Drumsticks	4.00 kg	4.00 kg	Bulk Buy
Chicken Breast Fillets	9.50 kg	9.50 kg	Bulk Buy
Whole Fresh Chickens	3.90 kg	3.90 kg	PD DD

DELI COMP CHECK

PRODUCT	COLES	WOW	COLES DOWN DOWN WOW PRICE DROP
Breast Fillets	9.50 kg	9.50 kg	
Thigh Fillets	12.00 kg	12.00 kg	
Drumsticks	4.00 kg	2.90 kg Special	
Wings	6.00 kg	6.00 kg	
Middle Bacon	13.00 kg	13.00 kg	
Short Cut Bacon	14.00 kg	14.00 kg	DD PD
Streaky Bacon	15.00 kg Special	15.00 kg Special	
Leg Ham Off the Bone	26.50 kg Special	31.00 kg	
Roast Pork	25.00 kg	25.00 kg	
Salami Mild or Hot	31.50 kg	31.50 kg	
Silverside	18.00 kg	18.00 kg	
Roast Beef	27.00 kg	27.00 kg	
Turkey Breast	28.00 kg	28.00 kg	
Kabana	3.70 EA	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	19.00 kg	19.00 kg	DD PD
Hickory Smoked Leg Ham	27.00 kg		
Hot BBQ Chickens Family Size	10.00 EA	10.00 EA	
Triple Smoked Leg Ham		20.00 kg Special	
Devon	8.60 kg	8.60 kg	
Chicken Loaf	14.00 kg	14.00 kg	
Chicken Breast Cooked	19.00 kg	19.00 kg	
Premium Leg Ham	24.00 kg Special	23.00 kg Special	
Virginian Leg Ham	20.00 kg Special		



FRESH COMP CHECK - COLES & WOOLWORTHS

DATE: 15/09/21		COLES			WOOLWORTHS			COMMENTS
Products	Unit	Price	Special	Origin	Price	Special	Origin	
Apples - Golden Delicious	kg	\$4.90			\$5.50			
Apples - Granny Smith	kg		\$3.90		\$3.90			
Apples Red - Royal Gala	kg	\$3.90			\$3.90			
Apples Red - Fuji	kg	Na			\$4.50			
Apricots	kg	NA			NA			
Avocados	ea		\$1.30	Hass	\$1.30			Hass
Bananas	kg	\$4.00			\$4.00			
Cherries	kg	NA			NA			
Grapes Green	kg		\$9.50			\$9.90	USA	
Grapes Red	kg	\$9.90				\$9.90	USA	
Lemons	kg	1 For \$1.20	3For \$3		\$4.90			
Mandarins	kg	\$3.70		Afourer	\$3.50			Afourer
Mangoes	ea	\$3.50				\$3.90		
Nectarines	kg	NA			NA			
Oranges Navel	kg		\$2.50			\$2.90	Aus	
Oranges Valencia	kg	NA			NA			
Oranges Valencia 3kg Bag	ea		\$5.50		\$6.50			
Peaches	kg	NA			NA			
Plums	kg	NA			NA			
Raspberries	pun	\$7.00			NA			
Strawberries	pun		\$1.90			\$1.80		
Watermelon	kg		\$2.90		\$2.90			
Asparagus	Bun		\$2.00			\$3.00	Mexico/aus	
Broccoli	kg	\$4.90			\$4.90			
Cabbage Green	ea	\$5.90			\$7.00			
Cabbage Red	ea	\$5.90			\$7.00			
Capsicum Green	kg	\$6.90			\$6.90			
Capsicum Red	kg	\$6.90			\$6.90			
Carrots	kg	\$2.20			\$2.20			
Cauliflower	ea	\$3.90				\$2.50		
Lettuce Iceberg	ea	\$3.90			\$3.50			
Mushrooms Brown	kg	\$14.00			\$14.00			
Mushrooms White	kg	\$11.00			\$11.00			
Onions Loose	kg	\$3.00			\$3.00			
Potatoes Brushed Loose	kg	\$4.00			\$3.50			
Potatoes Brushed Packed	bag		\$6.00		\$7.00			
Potatoes Washed Loose	kg	\$4.00			\$4.00			
Potatoes Washed Packed	kg		\$3.90		\$7.00			
Pumpkin - Butternut	kg	\$3.50				\$2.50		
Pumpkin - Grey	kg	n			\$3.50			
Pumpkin - Kent	kg	\$3.50			\$3.50			
Tomatoes Gourmet	kg	\$7.90			No tag			
Tomatoes Truss	kg	\$8.50			\$8.50			
Zucchini	kg		\$3.90			\$3.90		

