



FRESH FOOD COMP CHECK

DECEMBER 15 2021

MEAT COMP CHECK

PRODUCT	COLES	WOW	COLES DOWN DOWN WOW PRICE DROP
BEEF			
Eye Fillet Steak	44.00 kg Special	48.50 kg	
Scotch Fillet Steak	34.00 kg Special	42.50 kg	
Porterhouse Steak	37.00 kg	33.00 kg Special	
T-Bone Steak	27.00 kg	27.50 kg	
Rump Steak	27.00 kg	27.50 kg	
Oyster Blade Steak	22.50 kg	22.50 kg	
Gravy Beef	19.00 kg	19.00 kg	
Chuck Stewing Steak	17.50 kg Special	18.50 kg	
Blade Roast	12.50kg Special	14.00 kg Special	
1st Grade Beef Mince	18.00 kg	18.00 kg	
Regular Mince	15.00 kg	15.00 kg	
Corned Silverside	10.50 kg	10.00 kg	
LAMB			
Lamb Leg Roast	14.00 kg	12.00 kg Special	
Lamb Cutlets	34.00 kg Special	42.00 kg	
Lamb Loin Chops	21.00 kg Special	28.00 kg	
Forequarter BBQ Chops	17.00 kg	17.00 kg	
Lamb Leg Boneless	20.00 kg	20.00 kg	
PORK			
Boneless Pork Leg Roast	10.00 kg	10.00 kg	
Pork Loin Chops	17.00 kg	17.00 kg	
Pork Spare Ribs	20.00 kg	20.00 kg	
Half Leg Ham	8.50 kg	8.50 kg	CHRISTMAS HAM
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	

DELI COMP CHECK

PRODUCT	COLES	WOW	COLES DOWN DOWN WOW PRICE DROP
Breast Fillets	8.50 kg Special	9.50 kg	
Thigh Fillets	11.50 kg Special	12.00 kg	
Drumsticks	4.00 kg	4.00 kg	
Wings	6.00 kg	6.00 kg	
Middle Bacon	13.00 kg	13.00 kg	
Short Cut Bacon	14.00 kg Special	14.00 kg Special	
Streaky Bacon	15.00 kg Special	16.00 kg Special	
Leg Ham Off the Bone	31.50 kg	26.00 kg Special	
Roast Pork	21.00 kg Special	25.00 kg	
Salami Mild or Hot	28.00 kg Special	31.50 kg	
Silverside	18.00 kg	18.00 kg	
Roast Beef	27.00 kg	27.00 kg	
Turkey Breast	28.00 kg	26.00 kg Special	
Kabana	3.70 EA	21.00 kg	
Saveloys	8.50 kg	11.00 kg	
Cocktail Saveloys	6.50 kg Special	8.00 kg	
Thin Frankfurts	6.50 kg Special	8.00 kg	
Champagne Ham	19.00 kg	19.00 kg	DD PD
Hickory Smoked Leg Ham	24.00 kg Special		
Hot BBQ Chickens Family Size	10.00 EA	10.00 EA	
Hickory Smoked Leg Ham	24.00 kg Special	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	
Premium Leg Ham	22.00 kg Special		
Honey Leg Ham	27.00 kg	27.00 kg	
Triple Smoked Leg Ham		20.00 kg Special	



FRESH COMP CHECK - COLES & WOOLWORTHS

DATE: 15/12/21		COLES			WOOLWORTHS			COMMENTS
Products	Unit	Price	Special	Origin	Price	Special	Origin	
Apples - Golden Delicious	kg	\$4.90			\$4.90			
Apples - Granny Smith	kg	\$3.90			\$3.90			
Apples Red - Royal Gala	kg		\$3.50			\$3.50		
Apples Red - Fuji	kg	Na			\$4.50			
Apricots	kg		\$5.90			\$5.90		
Avocados	ea		\$1.00	Hass	\$1.20			Hass
Bananas	kg	\$3.90			\$3.90			
Cherries	kg	\$13.90				\$13.90		
Grapes Green	kg	\$9.90				\$9.50		
Grapes Red	kg		\$8.90		\$12.90			
Lemons	kg	1 For \$2	3For \$5		\$6.90			
Mandarins	kg	\$4.00		Afourer	\$3.50			Afourer
Mangoes	ea	\$2.50		Kensington	\$2.90			Kensington
Nectarines	kg		\$3.50			\$3.90		
Oranges Navel	kg	\$4.90			\$5.90		Aus	
Oranges Valencia	kg	NA			NA			
Oranges Valencia 3kg Bag	ea	\$8.50			\$6.50			
Peaches	kg		\$3.80			\$3.50		
Plums	kg		\$9.90		NA			
Raspberries	pun	\$3.50				\$3.50		
Strawberries	pun		\$2.80			\$2.70		
Watermelon	kg	\$3.50			\$3.50			
Asparagus	Bun	\$16.00			\$2.50		/aus	
Broccoli	kg	\$4.90			\$4.50			
Cabbage Green	ea	\$5.90			\$7.00			
Cabbage Red	ea	\$5.90			\$7.00			
Capsicum Green	kg	\$9.90			\$9.90			
Capsicum Red	kg	\$12.90			\$12.90			
Carrots	kg	\$2.20			\$2.50			
Cauliflower	ea		\$3.50			\$3.50		
Lettuce Iceberg	ea	1 For \$2	3For \$5		\$3.00			
Mushrooms Brown	kg	\$14.50			\$14.50			
Mushrooms White	kg	\$12.50			\$11.50			
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	\$7.00			\$7.00			
Pumpkin - Butternut	kg		\$3.90		\$4.90			
Pumpkin - Grey	kg	na			\$4.90			
Pumpkin - Kent	kg	\$4.90			\$4.90			
Tomatoes Gourmet	kg	\$9.90				\$4.90		
Tomatoes Truss	kg	\$5.90			\$6.90			
Zucchini	kg	\$7.90			\$7.90			

