



FRESH FOOD COMP CHECK

AUGUST 17 2022

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	43.00 kg	
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	25.83 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	16.00 kg	16.00 kg	
Corned Silverside	10.00 kg Special	12.00 kg	
LAMB			
Lamb Leg Roast	15.00 kg	12.00 kg Special	
Lamb Cutlets	38.00 kg Special	43.00 kg	
Lamb Loin Chops	28.00 kg	28.00 kg	
Forequarter BBQ Chops	17.00 kg Special	19.00 kg	
Lamb Leg Boneless	17.00 kg Special	20.00 kg	
PORK			
Boneless Pork Leg Roast	8.00 kg	8.00 kg	
Pork Loin Chops	18.00 kg	14.00 kg Special	
Pork Spare Ribs	17.00 kg Special	21.00 kg	
CHICKEN			
Chicken Thigh Fillets	13.00 kg	12.50 kg	Bulk Buy
Chicken Drumsticks	4.00 kg	5.00 kg	Bulk Buy
Chicken Breast Fillets	10.50 kg	10.50 kg	Bulk Buy
Whole Fresh Chickens	4.50 kg	3.50 kg Special	
Nichols Bocconini	8.00 kg		
Chicken Breast Fillets	17.00 kg		
Chicken Thigh Fillets	16.00 kg		
Honey Soy Stir Fry	20.00 kg		
Whole Birds	7.50 kg		

DELI COMP CHECK

PRODUCT	COLES	WOW	COLES DOWN DOWN WOW PRICE DROP
Breast Fillets	10.50 kg	10.00 kg Special	
Thigh Fillets	13.00 kg	13.00 kg	
Drumsticks	5.00 kg	3.50 kg Special	
Wings	5.00 kg Special	6.00 kg Special	
Middle Bacon	14.00 kg	14.00 kg	
Short Cut Bacon	15.00 kg Special	15.00 kg Special	
Streaky Bacon	17.00 kg	17.00 kg	
Leg Ham Off the Bone	33.00 kg	28.00 kg Special	
Roast Pork	26.00 kg	25.00 kg	
Salami Mild or Hot	33.00 kg	33.00 kg	
Silverside	24.50 kg	23.00 kg	
Roast Beef	34.00 kg	32.00 kg	
Turkey Breast	26.00 kg Special	28.00 kg	
Kabana	3.90 EA	22.50 kg	
Saveloys	9.00 kg	12.00 kg	
Cocktail Saveloys	8.40 kg	8.40 kg	
Thin Frankfurts	8.40 kg	8.40 kg	
Champagne Ham	20.00 kg	21.00 kg	
Honey Leg Ham	24.00 kg		
Hot BBQ Chickens Family Size	11.00 ea	11.00 ea	
Virginian Leg Ham	23.00 kg		
Devon	9.00 kg	9.00 kg	
Chicken Loaf	14.00 kg	14.00 kg	
Chicken Breast Cooked	19.00 kg	19.00 kg	
Premium Leg Ham	25.00 kg Special	25.00 kg Special	
Melosi Ham	22.00 kg Special		
Triple Smoked Leg Ham		20.00 kg Special	

