



FRESH FOOD COMP CHECK

JANUARY 19 2022

MEAT COMP CHECK

PRODUCT	COLES	WOW	COLES DOWN DOWN WOW PRICE DROP
BEEF			
Eye Fillet Steak	51.00 kg	51.00 kg	
Scotch Fillet Steak	43.00 kg	43.00 kg	
Porterhouse Steak	37.50 kg	40.00 kg	
T-Bone Steak	29.00 kg	29.00 kg	
Rump Steak	25.00 kg Special	27.50 kg	
Oyster Blade Steak	22.50 kg	22.50 kg	
Gravy Beef	19.00 kg	19.00 kg	
Chuck Stewing Steak	20.00 kg	20.00 kg	
Blade Roast	17.00 kg	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	14.00 kg	14.00 kg	
Lamb Cutlets	36.00 kg Special	42.00 kg	
Lamb Loin Chops	23.00 kg Special	28.00 kg	
Forequarter BBQ Chops	18.00 kg	16.00 kg Special	
Lamb Leg Boneless	20.00 kg	20.00 kg	
PORK			
Boneless Pork Leg Roast	7.00 kg Special	10.00 kg	
Pork Loin Chops	14.00 kg Special	17.00 kg	
Pork Spare Ribs	21.00 kg	19.00 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	DD PD

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	5.50 kg	6.00 kg	DD
Middle Bacon	13.00 kg	13.00 kg	
Short Cut Bacon	16.00 kg	16.00 kg	
Streaky Bacon	16.00 kg Special	16.00 kg Special	
Leg Ham Off the Bone	31.50 kg	31.50 kg	
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	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	20.00 kg	20.00 kg	DD PD
Hickory Smoked Leg Ham	24.00 kg Special		
Hot BBQ Chickens Family Size	10.00 EA	10.00 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	
Honey Leg Ham	27.00 kg	27.00 kg	
Triple Smoked Leg Ham		20.00 kg Special	



FRESH COMP CHECK - COLES & WOOLWORTHS

DATE: 19/01/22		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	\$3.90				\$3.00		
Apples Red - Fuji	kg	Na			\$4.50			
Apricots	kg		\$6.90		\$6.50			
Avocados	ea		\$1.20	Hass	\$1.50			Hass
Bananas	kg	\$3.50			\$3.50			
Cherries	kg		\$10.90			\$12.90		
Grapes Green	kg		\$6.90			\$6.90		
Grapes Red	kg		\$6.00			\$5.90		
Lemons	kg	1 For \$2	3For \$5		\$8.50			
Mandarins	kg	\$14.90			\$3.50			Afourer
Mangoes	ea	\$3.50		Calypso	\$3.50			Honey gold
Nectarines	kg		\$3.50			\$3.50		
Oranges Navel	kg	\$7.90			\$7.90		USA	
Oranges Valencia	kg	NA			NA			
Oranges Valencia 3kg Bag	ea		\$5.90			\$5.90		
Peaches	kg	\$4.90			\$3.50			
Plums	kg		\$3.90			\$3.90		
Raspberries	pun		\$4.00			\$4.00		
Strawberries	pun		\$2.50			\$3.00		
Watermelon	kg	\$3.00			\$3.50			
Asparagus	Bun		\$3.50		\$3.50		/aus	
Broccoli	kg	\$5.50			\$6.90			
Cabbage Green	ea	\$5.90			\$7.00			
Cabbage Red	ea	\$5.90			\$7.00			
Capsicum Green	kg	\$10.90			\$9.90			
Capsicum Red	kg	\$12.90			\$11.90			
Carrots	kg	\$2.20			\$2.50			
Cauliflower	ea	\$4.90			\$5.50			
Lettuce Iceberg	ea	\$2.50				\$2.90		
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		\$4.00		\$7.00			
Potatoes Washed Loose	kg	\$4.00			\$4.00			
Potatoes Washed Packed	kg	\$7.00			\$7.00			
Pumpkin - Butternut	kg	\$4.50			\$4.90			
Pumpkin - Grey	kg	na			\$4.90			
Pumpkin - Kent	kg	\$4.50			\$4.90			
Tomatoes Gourmet	kg	\$9.90			\$9.90			
Tomatoes Truss	kg		\$4.90		\$5.90			
Zucchini	kg	\$6.90			\$6.90			