



FRESH FOOD COMP CHECK

NOVEMBER 23 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	25.00 kg Bulk Special	40.00 kg	
T-Bone Steak	30.00 kg	30.00 kg	
Rump Steak	30.00 kg	30.00 kg	
Oyster Blade Steak	25.90 kg	25.00 kg	
Gravy Beef	19.00 kg	19.00 kg	
Chuck Stewing Steak	18.00 kg Special	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	12.00 kg	12.00 kg	
LAMB			
Lamb Leg Roast	12.00 kg Special	15.00 kg	
Lamb Cutlets	43.00 kg	43.00 kg	
Lamb Loin Chops	"21.00 kg Special"	"20.00 kg Special"	
Forequarter BBQ Chops	"16.00 kg Special"	"16.00 kg Special"	
Lamb Leg Boneless	20.00 kg	20.00 kg	
PORK			
Boneless Pork Leg Roast	11.00 kg	11.00 kg	
Pork Loin Chops	18.00 kg	18.00 kg	
Pork Spare Ribs	18.00 kg Special	21.00 kg	
CHICKEN			
Chicken Thigh Fillets	13.00 kg	13.00 kg	Bulk Buy
Chicken Drumsticks	5.00 kg	5.00 kg	Bulk Buy
Chicken Breast Fillets	10.50 kg	10.50 kg	Bulk Buy
Nichols Bocconini	8.00 kg		
Chicken Breast Fillets Nichols	19.00 kg		
Chicken Thigh Fillets Nichols	16.00 kg		
Honey Soy Stir Fry Nichols	20.00 kg		
Whole Birds Nichols	7.50 kg		
Whole Birds Nichols	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	3.90 kg Special	
Wings	4.50 kg Special	6.00 kg	
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	28.00 kg Special	28.00 kg Special	
Roast Pork	24.00 kg Special	25.00 kg	
Salami Mild or Hot	33.00 kg	33.00 kg	
Silverside	25.00 kg	25.00 kg	
Roast Beef	34.00 kg	32.00 kg	
Turkey Breast	28.00 kg	28.00 kg	
Kabana	3.00 EA Special	22.50 kg	
Saveloys	9.00 kg	13.50 kg	
Cocktail Saveloys	7.30 kg Special	6.90 kg Special	
Thin Frankfurts	7.30 kg Special	6.90 kg Special	
Champagne Ham	21.00 kg	21.00 kg	
Honey Leg Ham	24.00 kg		
Hot BBQ Chickens Family Size	11.00 EA	11.00 EA	
Virginian Leg Ham	24.00 kg		
Devon	9.00 kg	9.00 kg	
Chicken Loaf	15.00 kg	15.00 kg	
Chicken Breast Cooked	19.00 kg	19.00 kg	
Premium Leg Ham	25.00 kg Special	25.00 kg Special	
Hickory Smoked Ham	24.00 kg Special		
Triple Smoked Leg Ham		21.50 kg Special	
Melosi Leg Ham	24.00 kg Special		