



FRESH FOOD COMP CHECK

JANUARY 20 2021

MEAT COMP CHECK

PRODUCT	COLES	WOW	COLES DOWN DOWN WOW PRICE DROP
BEEF			
Eye Fillet Steak	44.00 kg	40.00 kg Special	
Scotch Fillet Steak	39.00 kg	39.00 kg	
Porterhouse Steak	36.00 kg	36.00 kg	
T-Bone Steak	26.00 kg	26.00 kg	
Rump Steak	23.00 kg Special	24.00 kg Special	
Round Steak	N.A	19.00 kg	
Oyster Blade Steak	18.00 kg Special	20.00 kg	
Gravy Beef	18.00 kg	18.00 kg	
Chuck Stewing Steak	16.00 kg	16.00 kg	
Blade Roast	11.95 kg	12.00 kg*	PD
1st Grade Beef Mince	16.00 kg	16.00 kg	
Regular Mince	13.00 kg	13.00 kg	
Corned Silverside	9.00 kg	9.00 kg	
LAMB			
Lamb Leg Roast	13.00 kg	12.50 kg Special	
Lamb Cutlets	38.00 kg	38.00 kg	
Lamb Loin Chops	20.00 kg Special	27.00 kg	
Forequarter BBQ Chops	17.00 kg	14.00 kg Special	
Lamb Leg Boneless	20.00 kg	20.00 kg	
PORK			
Boneless Pork Leg Roast	9.00 kg	9.00 kg	
Pork Loin Chops	13.50 kg Special	13.50 kg Special	
Pork Spare Ribs	20.00 kg	17.00 kg Special	
POULTRY			
Chicken Thigh Fillets	12.00 kg	12.00 kg	Bulk Buy
Chicken Drumsticks	4.50 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	8.50 kg Special	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	12.00 kg Special	
Short Cut Bacon	14.00 kg Special	17.00 kg	
Streaky Bacon	17.00 kg	17.00 kg	
Leg Ham Off The Bone	25.00 kg Special	25.00 kg Special	
Roast Pork	22.50 kg Special	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	26.00 kg Special	26.00 kg Special	
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	18.00 kg Special	20.00 kg	
Virginian Ham	22.00 kg	22.00 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	
Hickory Smoked Ham	23.00 kg Special		
Honey Leg Ham	20.00 kg Special		



FRESH COMP CHECK - COLES & WOOLWORTHS

DATE: 20/01/21		COLES			WOOLWORTHS			COMMENTS
Products	Unit	Price	Special	Origin	Price	Special	Origin	
Apples - Golden Delicious	kg	NA			\$5.90			
Apples - Granny Smith	kg	\$5.50			\$5.50			
Apples Red - Royal Gala	kg	\$6.90			\$6.90			
Apples Red - Fuji	kg	\$5.90			\$5.90			
Apricots	kg		\$5.90		\$6.90			
Avocados	ea		\$2.90		\$2.90		NZ	Hass
Bananas	kg	\$3.90			\$3.90			Cavendish
Cherries	kg	na				\$15.90		
Grapes Green	kg	\$5.90				\$4.90		
Grapes Red	kg		\$4.90			\$4.90		
Lemons	kg	1 for \$1.20	4 For \$4			\$6.90	USA	
Mandarins	kg	\$12.90			NA			
Mangoes	ea		\$2.00	Kensington	\$2.90			Kensington
Nectarines	kg	\$3.90				\$3.50		
Oranges Navel	kg		\$3.00		\$5.90		USA	
Oranges Valencia	kg	NA			NA			
Oranges Valencia 3kg Bag	ea		\$6.90		\$7.50			
Peaches	kg		\$3.40		\$4.90			
Plums	kg		\$3.90			\$3.90		
Raspberries	pun	\$4.50				\$4.90		
Strawberries	pun		\$3.00			\$3.00		
Watermelon	kg		\$1.50		\$1.50			
Asparagus	Bun	\$4.50			\$4.50			
Broccoli	kg	\$6.90			\$6.00			
Cabbage Green	ea	\$5.90			\$6.00			
Cabbage Red	ea		\$3.00		\$6.00			
Capsicum Green	kg		\$5.90		\$8.90			
Capsicum Red	kg		\$5.90		\$6.90			
Carrots	kg	\$2.20			\$2.20			
Cauliflower	ea	\$5.90			\$5.00			
Lettuce Iceberg	ea	\$3.50				\$2.50		
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	\$8.50			\$7.00			
Potatoes Washed Loose	kg	\$4.00			\$4.00			
Potatoes Washed Packed	kg		\$4.00		\$7.00			
Pumpkin - Butternut	kg	\$4.00			\$4.00			
Pumpkin - Grey	kg	na			\$4.00			
Pumpkin - Kent	kg	\$4.00			\$4.00			
Tomatoes Gourmet	kg		\$4.90			\$4.90		
Tomatoes Truss	kg		\$2.90		\$3.90			
Zucchini	kg	\$6.90			\$4.90			

