

Starting Sum (4 people for 5 days at £1 per head)	£	20.00
Off-set figure for Dominic having school-lunches	£	0.93
Tesco		
Sunflower Spread	£	0.38
Aldi		
Semi Skimmed Milk 4pt x 2	£	2.00
Digestive Biscuits	£	0.30
Salad Potatoes	£	0.69
Everyday Essentials White Bread	£	0.50
Tinned Peach Slices x 8	£	2.32
Tin Tuna Flakes	£	0.49
Tinned Spaghetti in Tomato Sauce	£	0.19
	£	6.49
Sainsbury's		
Hi-Juice Blackcurrant 1L	£	1.50
Basics Chocolate Mousse x 6	£	0.30
Basics Frozen Fish Finger	£	0.60
Basics Milk Chocolate	£	0.33
Basics Tinned Processed Peas	£	0.17
Basics Tinned Plum Tomatoes	£	0.31
Basics Tinned Pineapple Pieces x 4	£	1.28
Basics Tinned Baked Beans	£	0.25
Basics Strawberry Jam	£	0.29
Basics Fromage Frais x 6	£	0.42
Sainsbury's Wafer Thin Ham x 2 (linked promotion)	£	1.00
Basics Breakfast Wheat Biscuit x 24	£	0.94
Carrot x 1 loose	£	0.22
Basics Pasta Shapes	£	0.39
Onions x 2 loose	£	0.23
Basics Cornflakes	£	0.31
Basics Tinned Sweetcorn	£	0.22
Basics Gravy Granules	£	0.18
Basics Beef Mince	£	1.32
Sainsbury's Chipolatas (reduced on-date)	£	0.60
Basics White Bread	£	0.50
Haribo Starmix x 3 packet	£	0.30
	£	11.66
Morrison's		
M Savers Coffee	£	0.47
Total Spend	£	19.93
Remaining	£	0.07