

**New World** Everyday Value

**EVERYDAY  
VALUE**

# Autumn Favourites

*shopping list*

## *Pasta & pastry*

- 6 sheets puff pastry
- 400g fresh lasagne sheets

## *Produce and herbs*

- 4 carrots
- 6 potatoes
- 1 leek
- ¼ cabbage
- 2 garlic or crushed garlic
- 8 onions
- Basil leaves
- Fresh or crushed ginger

## *Spices*

- Curry powder
- Nutmeg
- Oregano
- Turmeric
- Chilli powder
- Ground cumin
- Paprika
- Cayenne pepper or chilli powder
- Dried mixed herbs

## *Butchery*

- 500g chicken breast
- 1kg beef mince
- 200g Pams Streaky Bacon

## *Canned and pantry*

- 400ml tin red kidney beans\*
- 400ml tin Value canned tomatoes\*
- 400ml tin coconut cream\* or milk
- 400g can tomato purée
- 1 can Pams creamed corn\*

## *Dairy*

- Mozzarella
- 750g ricotta
- Tasty cheddar cheese
- Parmesan
- Milk 1L

## *Staples - make sure you have at home*

- 2 x egg
- Cornflour
- Salt and pepper
- Flour
- Rice (brown)
- Red lentils
- Olive oil
- Pams classic mayonnaise\*
- 2 x Chicken or vegetable stock

## *Frozen*

- Green beans
- Mixed vegetables\*
- Peas
- Spinach



\*Green stars indicate Everyday Value range, look out for green labels in store