### Free Foods:

Aldi Turkey Breast Steaks

Aldi Turkey Mince

Aldi Ocean Rise Tuna Chunks in Brine

Aldi Oakhurst Marinated Chicken Breast, Garlic & Herb, frozen 4 pack

Almare Cod Fillets, Chilled

Almare Hot Smoked Salmon Fillets, Chilled

Aldi Murrays Peppered Beef Chunks, chilled (100g pack)

Alpenmark Bavarian Ham Slices

Alpenmark Bavarian Pork Loin Slices

Almare King Prawns, Chilled

Almare Salmon Fillets, Chilled

Almare Seafood Pesto Salmon with Mustard & Orange Sauce, Frozen

Almare Seafood Sticks, Chilled

Applebys Breaded Ham Joint, Chilled

Applebys Pastrami Slices, Chilled

Applebys Roast Topside of Beef Slices, Chilled

Appleby's slow cook bbq pork fillet

Ashﬁeld Farm Chicken Tikka Breast Slices, Chilled

Ashﬁeld Farm Honey & Mustard Dry Cured Ham, Chilled

Ashﬁeld Pork Loin Steaks, Chilled

Brannan‘s Chicken Tikka Breast Slices, Chilled

Brannan‘s Deli Style Chicken Slices, Chilled

Comeragh Sparkling Flavoured Water, All Varieties

Comeragh Still Flavoured Water, All Varieties

Everyday Essentials Gammon Round Steaks, Chilled

Four Seasons Black Forest Fruits, Frozen

Four Seasons Pineapple Chunks, Frozen

Four Seasons Summer Fruits, Frozen

Freshcure Extra Large Smoked Gammon joint, Chilled

Nature‘: Isle Irish Ham Fillet, Chilled

Oakhurst Garlic & Herb Chicken Breasts, Frozen

Optiﬁt Fat Free Cherry Vogurt

Optiﬁt Fat Free Forest Fruits Vogurt

Severn Vale Super Lean Minced Beef, Chilled

Specially Selected Cranberry & Orange Ham, Chilled

Specially Selected Roast Peppered Turkey, Chilled

The Cheese Emporium Cottage Cheese with Chives

The Cheese Emporium Natural Cottage Cheese

The Lake District Quark

Brooklea Fat Free Greek Style Lemon Yogurt

Brooklea Fat Free Greek Style Strawberry Yogurt

Duneen Low Fat Fruit Yogurts, Blackberry & Blackcurrant

Duneen Low Fat Fruit Yogurts, Peach & Nectarine

Duneen Low Fat Fruit Yogurts, Strawberry

Glenisk Greek Style Fat Free Yoghurts

Optifit Active Fat Free Yoghurts Cherry/Forest Fruits

Make in Minutes Cupshotz Noodle Snack, Chicken / Spicy / Chinese

Make in mins pasta & sauce chicken & mushroom

Oakhurst boneless chicken roasting joint

Quixo chicken stock cubes

Aldi Stores Sweet Harvest, Oriental Stir Fry Vegetables, canned

Aldi Quixo Stock Cubes

### Low Syn

Aldi Bilash Chickpea Dahl, canned - 1.5 syn

Aldi Bilash Vegetable Curry, Chickpea Dahl in a Spicy Tomato & Onion Sauce (400g can) - 1 syn\*

Aldi Specially Selected Orzo Pasta & Slow Roasted Tomatoes (215g pack) - 2 syns

Aldi Hunters Stewed Steak 411g can (per 100g) - 1 Syn

Aldi Todays Special Sliced Beef in Gravy, frozen (210g pack) - 1.5 syns

Aldi Asia Specialities Pilau Rice, frozen (380g pack) - 2 syns

Aldi slow cooked beef brisket in red wine gravy, 400g - 1 syn

Aldi Beautifully Butterfully Light Spread - 1 syn per level teaspoon

Aldi Bramwells lighter than light mayonnaise - 0.5 syns per level teaspoon

Aldi Brooklea light fat free vanilla yoghurt with dark chocolate flakes (165g pot) - 0.5 syns

Aldi Be Light Coronation Tuna - canned 3 pack (per 80g can) - 1 syn

Aldi Simply Bistro Sweet and Sour Chicken with Basmati rice (400g pack) - 4 syns

Aldi make in minutes cheese and broccoli pasta sauce - 1.5 syns

Aldi Make in minutess savoury rice chicken - 0.5 syn for 100g

Aldi make in minutes cheese n brocoLli pasta sauce - 3.5 syns per pack

Aldi Stores Corale, Ravioli in Tomato Sauce, canned 400g can - 1 Syn

Aldi Northern Catch Thai salmon fishcakes with Chilli sauce, 180g - 4.5 syns

Aldi Northern Catch Salmon Fillets with Garlic & Herb Butter, frozen (112g each) - 3 syns

Applebys slow cook minted lamb shoulder - 2 syns per pack

Aldi Ashfield Farm Southern Fried Chicken Goujons, chilled 270g pack (30g each) - each 2 syns

Asia specialities chicken in chow mein - 4 syns

Aldi Oakhurst Chicken Kebabs, Tikka, frozen 4 pack (70g each) - 0.5 syns

Oakhurst red Thai mini chicken fillets (frozen) - 5 syns per pack

Oakhurst frozen chicken breast fillets - 1 syn per 100g

Oakhurst beef burgers 16 pack frozen - 3 syns each

Oakhurst gammon joint ham & muscavado - 0.5 syn per 100g

Oakhurst chicken breast joint with with Sage & Onion stuffing - 2.5 syns per 100g

Oakhurst pork shanks in peppercorn sauce Twin pack - Each shank 3 syns

Oakhurst sweet & sour pork shanks Twin pack frozen - Each shank 1.5 syns

The Cheese Emporium Cottage Cheese with Pineapple - 1 syn per 100g

### Sweet stuff

Sweet freedom choc shot hot chocolate syrup - 0.5 syn per teaspoon

Aldi Giannis Milk Lollies (35ml each) - 3 syns each

Aldi Stores Ice Cream Cornets 21 pack - 0.5 syns each

Aldi Alcafe Hot Chocolate Light - Original or Mint - 2 syns per 10g sachet

Aldi Stores the pantry luxury meringue nests 8 pack - 2.5 syns each

Aldi Dreamy Bar (17g funsize) - 4 syns

### Healthy B

Harvest Morn Bran Flakes - 40g

Harvest morn light benefit bars - 2

Aldi Harvest Morn Wheat Bisks (2)

Aldi Harvest Morn Bran Flakes (40g)

Aldi Harvest Morn Malt Wheaties Cereal 625g pack (35g)

Aldi Harvest Morn Fruit & Fibre Cereal 750g pack (35g)

Aldi Has No Wholegrain Rolls, Gluten Free (1 x 60g)