

Wake up to a
GREAT START!



TV **BUY ME TO ENTER** Brookes Oros Squash Assorted 2 litre **32⁹⁹** each

ENERGAD Energade Sports Drink Assorted 500 ml **9⁴⁹** each

ULTRA MEL **BUY ME TO ENTER** Ultramel Long Life Custard 1 litre **2^{46⁰⁰}** FOR

KitKat **BUY ME TO ENTER** Nestlé Milky Bar or Smarties Chocolate Slab 80 g **11⁹⁹** each

KitKat **BUY ME TO ENTER** Nestlé Countline Chocolate Bars 41.5 g / 40 g / 50 g / 55 g **3^{24⁰⁰}** FOR

LIQUI-FRUIT **BUY ME TO ENTER** Liqui-Fruit 100 % Fruit Juice Blend Assorted 2 litre **32⁹⁹** each

SPAR **BUY ME TO ENTER** Douwe Egbert Coffee Range Assorted 200 g **106⁹⁹** each

Simba **BUY ME TO ENTER** Simba Potato Chips 120 g **2^{28⁰⁰}** FOR

Crosse & Blackwell **BUY ME TO ENTER** Tangy and Creamy Mayonnaise Only 750 g **29⁹⁹** each

Simba **BUY ME TO ENTER** Simba Smoked Beef **MULTI-BUY** Buy any 2 and get **R 4 off** Rewards Customers Pay **24⁰⁰**

All Gold **BUY ME TO ENTER** All Gold Tomato Sauce 700ml **2^{50⁰⁰}** FOR

6 SMEG COFFEE MACHINES UP FOR GRABS!

BUY A CUP OF COFFEE AT YOUR FAVOURITE BEAN TREE TO ENTER



COMPETITION VALID FROM 1 JUNE - 31 JULY 2022.



BEANTREE

AVAILABLE AT SELECTED STORES

Freshpak Tagless Rooibos Teabags 80s

34⁹⁹ each



Stock up and SAVE!



Black Cat Peanut Butter Assorted 400 g **29⁹⁹** each



All Gold Smooth Apricot or Apricot & Peach Jam 900 g **29⁹⁹** each



GRANDÉ Pasta Grandé Spaghetti and Macaroni 500 g **2^{22⁰⁰}** FOR



TASTIC Tastic Parboiled Rice 2 kg **2^{50⁰⁰}** FOR



REFINED WHITE SUGAR SPAR White Sugar 2.5 kg **44⁹⁹** each



Mrs Ball's Chutney Assorted 470 g **28⁹⁹** each



SPAR Corned Meat 300 g **1⁹⁹** each



SPAR Light Meat Shredded Tuna in Oil or Water 170 g **15⁹⁹** each



NESCAFÉ GOLD Nescafé Cappuccino Sticks 10's **54⁹⁹** per pack



KOO Baked Beans in Tomato Sauce 410 g **2^{22⁰⁰}** FOR



SPAR Full Cream Milk Low Fat or Fat Free 6 x 1 litre **74⁹⁹** each



Maggi 2-Minute Noodles Multipack 5's **22⁹⁹** each



BOKOMO Pronutro Assorted 500 g **34⁹⁹** each



LIPTON Lipton Ice Tea Assorted 1.5 litre **21⁹⁹** each



Mushroom macaroni

PREP TIME 20 mins
COOK TIME 20 mins
SERVES 4

Ingredients

- 1 onion, chopped
- 1 tsp chopped garlic
- 1 tsp chopped chilli (optional)
- 285g tin SPAR mushroom pieces and stems, drained
- 1/2 packet SPAR bacon
- 410g tin SPAR chopped tomatoes
- Salt and pepper, to taste
- 1 tsp Worcestershire sauce
- 1 tsp sugar
- 3 cups uncooked SPAR macaroni
- Grated Cheddar cheese, for serving

Method

Fry onion, garlic, chilli, mushrooms and bacon until the bacon is crisp. Add the tomatoes, salt and pepper, Worcestershire sauce and sugar. Simmer for 20 minutes. Boil the macaroni until al dente. Drain and add the bacon mix. Sprinkle over the cheese and serve immediately.

SPAR

Specials available from **23 MAY** at SPAR Aurora, Bellville, Brackenfell, Cape Quarter, Cedar (Bothasig), Century Village, Fish Hoek, Glenwood, Hout Bay, Kasselsvlei, Old Oak, Palm Grove, Platteklouf, Protea Hoogte, Sea Point, Uitzicht, Vredeklouf, Van Riebeeckshof, Yzerfontein & Woodstock Quarter stores, up to and including **06 JUNE 2022**, while stocks last. Offers exclude George, Knysna & Plettenberg Bay stores. Prices include VAT. No traders please.