

Fancy a tasty looking dish on this page?

Recipes can be found at [www.spar.co.za/recipes](http://www.spar.co.za/recipes)

Beef Wellington | Apple Spring Rolls  
| Portuguese Orange Custard Slice | Beef  
and Onion Stir Fry | Moroccan Avocado  
Hummus | Chicken Corn Sandwich

SERVING SUGGESTION

served **WARM** this winter —



**SPAR  
Bakery**  
Stackers  
Tomato & Herb or  
Caraway Seed  
4s

**12<sup>99</sup>**  
per pack



**SPAR  
freshline**  
Chopped  
Soup Mixes  
Assorted  
600g

**29<sup>99</sup>**  
per pack



**SPAR  
freshline**  
Bananas  
750g

**17<sup>99</sup>**  
per pack



**SPAR  
freshline**  
Oranges  
2.5kg

**24<sup>99</sup>**  
per bag



**SPAR  
freshline**  
Onions  
2kg

**21<sup>99</sup>**  
per bag



**SPAR  
freshline**  
Potatoes  
3kg

**31<sup>99</sup>**  
per bag

Specials available at SPAR, SUPERSPAR and KWIKSPAR stores in the Eastern Cape from 21 June 2022 up to and including 3 July 2022, or while stocks last. We reserve the right to limit quantities. Prices include VAT. No traders please.