

**AS SEEN ON TV**

**SPAR**  
Extra Shelf Life Milk  
2 litre  
**28<sup>99</sup>** each

**NutriDay**  
Low Fat Dairy  
Snack  
1 kg  
**27<sup>99</sup>** each

**Nestlé**  
18 LARGE EGGS  
**34<sup>99</sup>** each

**McCain**  
Skinny or Slap  
Frozen Chips  
1 kg  
**34<sup>99</sup>** each

**Parmalat**  
Steri Stumple  
Flavoured Milk  
350 ml  
**13<sup>99</sup>** each

**SUNSHINE**  
LITE  
40% FAT SPREAD  
500 g  
**18<sup>99</sup>** each

**Parmalat**  
Smooth or Yum Chums  
Yoghurt Assorted  
6s  
**16<sup>99</sup>** each

**SPAR**  
Margarine Tub  
500g  
**28<sup>99</sup>** each

**McCain**  
Country Crop  
Vegetable Mix  
250g  
**BUY 2 FOR 23<sup>00</sup>**

**freshline**

**Freshline**  
Soft Citrus  
1 kg  
**8<sup>99</sup>** each

**Freshline**  
Soup Mix Assorted  
600 g  
**ANY 2 FOR 50<sup>00</sup>**

**Freshline**  
Potato  
2 kg  
**25<sup>99</sup>** each

**SPAR**

**SAVOUR**

**Lancewood**  
Cheese  
900 g  
**104<sup>99</sup>** each

**Parmalat or Melrose**  
Processed Cheese Slices  
400 g  
**49<sup>99</sup>** each

**SPAR Select**  
Beef Sausage  
**69<sup>99</sup>** per kg

**SPAR Select**  
Fresh or Skinpack  
4 Drum & 4 Thigh  
Star Pack  
**69<sup>99</sup>** per kg

**SPAR Select**  
Fresh Whole Bird  
in Bag  
**49<sup>99</sup>** per kg

**SPAR Select**  
Bulk Beef Sirloin Steak  
**139<sup>99</sup>** per kg

**SPAR Select**

**CHIKKA CHICKEN**

**Chikka Chicken**  
2 Piece (1 x drumstick & 1 x Wing) and Chips  
**30<sup>00</sup>** per combo

**Large**  
Sourdough  
French Loaf  
**10<sup>99</sup>** each

**Sasko**  
Dumplings Assorted  
**Get R1 off**  
**16<sup>99</sup>**

**Apple Crumble**  
**51<sup>99</sup>** each

**SPAR**