



SPAR
IQF Mixed
Chicken Portions
2 kg

68⁹⁹
each

Serve up a SUPER SUPPER



Nature's Garden
Mixed Vegetables
1 kg

32⁹⁹
each



McCain
Skinny or Slap
Frozen Chips
1 kg

34⁹⁹
each



SPAR
Cold Meats
Range
200 g

19⁹⁹
each

Say Cheese

Lancewood
Cheese
900 g

104⁹⁹
each

Kiri
Cream Cheese
216 g

51⁹⁹
each

Parmalat or
Melrose
Processed
Cheese Slices
400 g

49⁹⁹
each



McCain
Vegetable Range
250 g

BUY
2
FOR
23⁰⁰



Dr. Oetker
Ital Pizza Familia
424 g

54⁹⁹
each



Nu-Laid
Large Eggs
18's

34⁹⁹
each

SPAR



SPAR
Margarine Tub
500 g

28⁹⁹
each



Sunshine D
Lite 40% Fat
Spread Brick
500 g

18⁹⁹
each



Clover Amasi
Medium Cream
Maas
2 kg

25⁹⁹
each



Parmalat
Steri Stumpie
Flavoured Milk
350 ml

13⁹⁹
each



Quali
Nectar Blend
3 litre

32⁹⁹
each



Parmalat
Smooth or
Yum Chums
Yoghurt
Assorted
6's

16⁹⁹
per pack



Ola
Paddle Pop Tube
100 ml

BUY
2
FOR
30⁰⁰



Nutriday
Low Fat
Dairy Snack
1 kg

27⁹⁹
each



Ola
Rich 'n Creamy
1.8 litre

42⁹⁹
each



SUPERSPAR