

WEEK 283 26/03/21 **Winmalee Neighbourhood Centre PANTRY SELECTION** could you please circle the items below that you most need at this time (1 item per line). 10 items \$10 or 15 items \$15

NAME: _____ Number _____

| Product | TEM-depending on availability | PAID AMOUNT=\$ |
|--------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| Sauces | Tomato/BBQ | |
| B Bean/Spaghetti | Can | |
| Tin soups | Assorted x4 | |
| Tin vegetables | Mix veg/Corn/Peas/Peas, Carrots/Beetroot/Tomatoes/Green Beans | |
| Cup of soups x2 | Assorted | |
| Tin Beans | Red Kidney/Pinto/Cannellini/4 Bean/Lentils/5 beans/black eye beans | |
| Jar sauces & pasta meals | Pasta sauce/Tom paste/Passata/Honey Mustard | |
| Side dishes | Chicken Rice a Riso | |
| Spreads | Vegemite/Jam/Nutino spread/Peanut butter | |
| Tin meals | Assorted | |
| Tin fish & meats | Small flavoured x 4/Sardine/Tuna/Salmon | |
| Pasta | Spaghetti/pasta/Gluten free pasta/Tomato paste/ | |
| Noodles/rice | rice /Instant noodles chicken 5 pack/ Noodle bowls x2 vegan | |
| Biscuits Sweet | /Assorted choc biscuits/ Arnotts Ice Coffee slice x2/ | |
| Savoury Biscuits | / Jatz/Shapes/Lamb & Rosemary Shapes x3/Rice crackers | |
| School Treats | Poppers/Nut bars/Nice & natural Oat barsx2/Belvita Bakes x2/ | |
| Margarine/Cheese | Margarine/ | |
| Hot drinks | Coffee/tea/Almond Latte Sachets x2 boxes/Coconut Latte sachets x2 boxes/ Hot choc. | |
| Cold drinks | /Juice/ | |
| Cereal | Wheat biscuits/Corn Flakesx2/power Grain/Rolled oats/Milo/Nutri Grain Weetbix/Carmen's porridge Honey & Vanilla Cinnamonx2/Honey Nut/Sultana Bran | |
| Milk | Full cream/Coconut milk/Coconut cream/Skim milk/Soy milk | |
| Frozen food | Mix Veg/Mash potato x2/Peas/Frozen Ricotta & spinach cannelloni serves 1 | |
| Basics | /Flour s/r / plain/Oil/Cooking spray/ | |
| Laundry/cleaning | Wash pdr/dish wash/ Glade wax melts French vanilla/Fabric softener/Logix rinse Windex glass/Prewash spray/ | |
| Meat frozen | sausages/mince/Greek whole butterfly chicken/Honey soy chicken wings | |
| Tin Fruit | Assorted/4 pack fruit/Passionfruit pulp | |
| Cake mix | Chocolate/vanilla/ | |
| Desserts | Jelly x2/Apple sauce/ | |
| Eggs | 1 doz. | |
| Personal | baby powder/Toothbrush & Toothpaste/T paper/deodorant/Avon hand/ & Body lotion/Soap/Tissues/Mouthwash/ /2 in 1 shampoo cond./Baby lotion | |
| Women | Pads/Tampons | |
| Dog | Hills Savoury Stew 750gx2/Pal casserole sachets x 4/Treats/Dingo mini bones small | |
| Cat | Veg beef dry food/Fancy Feast cod sole pate x3/ Purr Tuna White meat x 4 | |
| Sunscreens | Spray on/cream | |
| Pantry Veges | Instant mash potatoes 600gx2 | |

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The following items are '1' off & included in your 10 or 15 items

| | | | | |
|-------------------------------|-----------------------------|----------------------------|---------------------------|-----------------------------------|
| | | Jellied cranberry sauce | Cranberry Sauce | Mint flakes |
| Hundreds and thousands | | Balsamic dressing | Wholemeal couscous | Thyme leaves |
| Lime and chilli chips x2 | Scottish mackerel | | Dijon Mustard | Custard powder |
| 680g Morello cherries | Oyster sauce | Peppermint tea | Recipe base shepherds pie | Finishing sauce Hollandaise/white |
| Beef black bean cooking sauce | Fruit mince | | White tea | Gluten free lasagne |
| Tin bean sprouts | 6 pack sultanas | Ryvita bisc. | | Gluten free spirals |
| Biscoff Spread | Skim condensed milk | Ranch dressing with garlic | | Spelt pasta |
| 1kg soft icing sugar | | Recipe base chic curry | | |
| 1k table salt sea | Tuna & Rice meal | | Marsala burgers | Almond spread |
| 1kg frozen Blueberries | Thick caramel cooking sauce | | | Dark Soy sauce |
| Lime juice | Organic vanilla extract | Chinese sate sauce | | |

Weekly Specials-only 1 item can be chosen but is not counted in your 10/15 items

| | | | | | |
|------------------------------|-----|-------------------------------|-----|----------------------------------------------------------------------------------------|------------|
| Vegemite 380g | \$3 | 5 Kransky and cheese sausages | \$3 | Lamb with rosemary & mint gravy serves 3 | \$4 |
| Vegemite 560g | \$4 | | | Beef in red wine serves 4 | \$4 |
| Vegemite 235g salt reduced | \$2 | Plumrose leg ham 450g | \$3 | | |
| Vegemite 455g | \$3 | Pink Salmon 415g | \$3 | Ricotta & spinach tortellini x3 | \$4 |
| Nutella 750g | \$3 | Tiny Teddies | \$2 | | |
| 1kg dry red kidney beans | \$2 | Spiced Ham | \$2 | | |
| Black Cherry finishing sauce | \$2 | Corned Beef tin | \$2 | | |
| Sun dried tomatoes | \$2 | Spam 340g | \$2 | Assorted frozen meals x4-Veal scaloppini, Roast Pork TV dinners, Butter chicken | \$5 |
| | | Spam Turkey | \$3 | | |
| Stevia Sweet 75g | \$4 | | | Malaysian sate Tofu x 4 | \$3 |
| Staminade Trace 72 | \$5 | | | 350g firm Tofu x 3 | \$3 |
| Staminade lemon lime | \$5 | Azalea Grape seed oil | \$4 | Vege sausages in curry x3 | \$3 |
| Salted peanuts x2 | \$2 | | | | |
| 1kg A2 mild powder | \$5 | Powdered milk 1kg | \$2 | | |