

WEEK 330 18/03/22 **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
Sauces	Tomato/BBQ/Chinese Sate sauce
B Bean/Spaghetti	Can
Tin soups	Assorted x4
Tin vegetables	Mix veg/Corn/Peas/Peas, Carrots/Beetroot/Tomatoes/
Cup of soups x2	Assorted
Tin Beans	Red Kidney/Pinto/Cannellini/4 Bean/Lentils/5 beans/
Jar sauces & pasta meals	Pasta sauce/Tom paste/Tuna bake spinach & garlic/Passata/ Butter chic/Honey & mustard/Carbonara/ Sweet & Sour
Side dishes	Chicken rice/ Oriental rice /chicken curry/Alfredo
Spreads	Vegemite/Jam/Nutino spread/Peanut butter-1 only
Tin meals	Assorted
Tin fish & meats	Small tuna x 4/Sardine/Tuna/Salmon/Mussels in tom sauce
Pasta	Spaghetti/ /Tomato paste/ Risoni
Noodles/rice	rice/Instant noodles chicken 5 pack /Couscous/
Biscuits Sweet	choc biscuits/Dark choc moments x2/Oreo/Scotch fingers/choc chip/ Shortbreads /Choc ripple/ /Peanut cookies/Butternut
Savoury Biscuits	Shapes/Ritz/ /Jatz/Square crackers Thai red curry/Peri Peri Chicken
School Treats	Poppers/Nut bars/Oat slice/Fruit strings/Twistia bars
Margarine/Cheese	Margarine
Hot drinks	Coffee/tea/ Oat Latte or coconut sachets x 2/1 only cookies & cream latte sachets
Cold drinks	/Juice/Cordial/Twinings infuse passionfruit, mango & blood orange
Cereal	Corn Flakesx2/power Grain/Rolled oats/Milo/Weetbix/Sultana Bran/Rice oats sachets/cluster crunch/
Milk	Full cream/Skim milk/Lactose free/Light/Soy/Almond Rice milk/Milk Lab Almond-made for coffee
Frozen food	Mix veg
Basics	SR Flour/ plain flour/Oil/Cooking spray/Chicken gravy powder
Laundry/cleaning	Wash pdr/dish wash/ Glade wax melts French vanilla/Fabric softener/Logix rinse Windex glass/Prewash spray/
Meat frozen	sausages/mince/4 meat pies
Tin Fruit	Assorted/Passionfruit pulp/4 pack in jelly
Cake mix	Chocolate/vanilla/
Desserts	Jelly x3/Custard x 2/
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 Mini treats chic/Fresh meatball toppers 750g/1kg fresh chicken
Cat	Chic Salmon dry food/ Ultimates Chic with shrimp x5/Sylvester fish sachets x12 Ultimates dry food chic sweet pot or salmon sweet pot/Fancy feast classic pate x 4 Dine Turkey 50g sachets x 10
Sunscreens	Spray on/cream

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

Dried legumes- Continental soup mix/soup mix	Whole green lentils/red lentils/chick peas	12 blend soup mix/Borlotti beans	Green split peas Crystallised ginger	Custard Pdr
1kg pdr milk/ Golden syrup	Cocoa, hazelnut cluster cereal	Pancake mix x2	Bi-Carb soda	GF Pancake mix
410g Tin potatoes or small	Instant mash potato	Tiny Teddies	GF Belvita bisc	GF Biscuits
Mac & Cheese Earl Grey tea	Bread crumbs/ Yam Sweet & sour sauce	Salt 500g Or bacon seasoning	GF Pasta sauce	GF Rice flour GF Chic veg soup
Rainbow Chip party cake mix	maple syrup x2	Tuna & rice meal	GF cookies	Gluten free Vanilla cupcakes
Cucumbers bread and butter	Natural popcorn 5 pack	Noodle cup beef x2	Freedom crunch cereal	GF Pasta spaghetti, chickpea,
Baby cucumbers	White tea	Green curry sauce or curry marinade	Messy Monkeys cereal	Gluten free corn flakes
Red wine vinegar or white vinegar	Creamy stroganoff sauce	Spam Turkey	GF choc chip cookies	Gluten free shortbreads
Satay sauce packet	Seasoned stuffing mix	Smoked oysters	GF CoCoa	Gluten free bread mix
Solo cans or lemonade x6	Coffee whitener	Ham/spiced ham or spam	Vegan pumpkin risotto	GF plain/SR flour
Lime juice	Organic vanilla extract	Dettol shower gel	GF Pancake mix	GF choc baking buttons

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

Vegemite 380g	\$3	Organic carob pdr	\$4	
Vegemite 560g	\$4	Ovaltine 415g	\$2	
Vegemite 235g salt reduced	\$2	Organic white quinoa 1kg	\$5	
Vegemite 455g	\$3	Organic Decaf coffee	\$4	Butterfly chic peri peri \$4
Nutella 750g	\$3	Milo 700g	\$5	12 mini chic curry pies \$5
Up & Go 3 pack	\$3			Penne pasta 1.5kg frozen fresh \$2
Latina Spinach/ricotta	\$2			12 mini pepper steak pies \$5
Heat & Eat meatball meal x2	\$3			12 mini sausage rolls \$4
				12 mini lamb rosemary party pies \$5
Staminade Trace 72	\$5	Golden syrup 850g	\$2	
Staminade lemon lime	\$5	Kalamata olives	\$2	1kg beer batter onion rings \$8
Salted Beer nuts x2	\$2			Veg patties 1kg \$2
				Yellow curry tempeh x4 \$2

Paid \$.....Number items.....

FREE TODAY MIX FROZEN MEALS/Baked POTATOES

Herb bread or garlic bread and vegemite