

WEEK 409 14/09/23 **Winmalee Neighbourhood Centre PANTRY SELECTION** could you please circle the items below that you most need at this time-right hand box (1 item per line). 10 items \$10 or 15 items \$15

NAME: \_\_\_\_\_ Number \_\_\_\_\_

<b>Product</b>	TEM-dependng on availability
<b>Sauces</b>	Tomato/BBQ/
<b>B Bean/Spaghetti</b>	Can
<b>Tin soups</b>	Assorted x3/
<b>Tin vegetables</b>	Corn/Peas/Peas, Carrots/Beetroot/Tomatoes/
<b>Cup of soups x2</b>	Assorted
<b>Tin Beans</b>	/Pinto/4 Bean/Lentils/chick peas/Berlotti/Red kidney/
<b>Jar sauces</b>	Pasta sauce/Tom paste/Passata/Soy and garlic/Honey mustard/Butter Chicken Chinese BBQ/Spinach & Garlic Tuna bake/Creamy mushroom
<b>Side dishes</b>	Variety of flavours
<b>Spreads</b>	Vegemite/Jam/Choc spread/Peanut butter
<b>Tin meals</b>	Assorted meal types
<b>Tin fish &amp; meats</b>	Tuna/Sardines/2x 185g tuna/Salmon/Herrings tom sauce
<b>Pasta</b>	Spaghetti/Tomato paste/ pasta
<b>Noodles/rice</b>	rice/Instant noodles 5 pack /noodle cups x2
<b>Biscuits Sweet</b>	Choc Bisc misc/Delta cream/Tic Toc/ TV snack/Malt O Milk x2
<b>Savoury Biscuits</b>	Shapes /Ritz/Cruskits
<b>School Treats</b>	Poppers/ bars muesli/
<b>Margarine/Cheese</b>	Margarine
<b>Hot drinks</b>	Coffee/tea/Hot choc/Chai tea/ Sugar free hot choc
<b>Cold drinks</b>	Juice/Cordial/Lemon cordial zero sugar
<b>Cereal</b>	Rolled oats/wheet bix/Special K/ <b>Just Right/Corn Flakes/ cheerio/Jordans clusters/</b> <b>/Milo/uncle tobys plus/Rice bubbles/Nesquik/Sultana Bran</b>
<b>Milk</b>	LL Milk / Soy milk or unsweetened, /lactose free/coconut milk 44g x6/
<b>Frozen food</b>	peas/mix veg/
<b>Basics</b>	Oil/Cooking spray/
<b>Laundry/cleaning</b>	dish wash/Fabric softener/Laundry liquid/Air freshener/Mr Muscle spray
<b>Meat frozen</b>	mince/sausages/4 pack chicken vege pies/4 pack meat pies/ Potato Croquettes 500g
<b>Tin Fruit</b>	Assorted tin fruits/ <b>4 pack 1 only</b>
<b>Cake mix</b>	FREE
<b>Desserts</b>	Jelly x3/Custard
<b>Eggs/cheese</b>	/ Smokey cheese slices/1 doz eggs
<b>Personal</b>	/Toothbrush &Toothpaste /deodorant/T Paper x3 /Soap/Tissues/Mouthwash/Baby oil/ hair mousse/body wash
<b>Women</b>	Pads/Tampons
<b>Dog</b>	Coles 700g/Dental sticks/Pal 700g x2/Chum
<b>Cat</b>	Sylvester fish sachets x12/Whiskas sachetsx6/Fur ball dry food/Whiskas tinx2 Feast Classic Poultry & Beef Sliced Can 85g x 4/ Fancy feast x4 /Dine x 6/

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**The following items are '1' off & you can pick 1 & its counted in your 10 or 15**

LCM bars	Whole green lentils or red lentils/chick peas	12 blend soup mix/Borlotti beans/Lima beans/Borlotti	Green split peas White beans	Dried legumes-Continental soup mix/soup mix
KTime bars	Green tea	Pancake mix	Rice Malt syrup	GF biscuits
Loose Jasmine tea or Brandy butter	Primo Frozen silverside slices 80g x 2	PRIMO Frozen Roast Beef 80g x2	Chinese tea	GF Pasta spaghetti, chickpea,
Desiccated coconut	Bread crumbs/	Strawberry topping	Stuffing mix	Pitted dates
Tin crab	maple syrup x2	3 breakfast milk low sugar	Rice cream	Rice cakes
Meal Kit sweet and sour	Sparkling Apple Juice	Hoi Sin sauce	natural coconut water 1 litre	Cous Cous
Apple sauce or cranberry sauce	White tea	Cinnamon spice	Ayam Sweet & sour sauce	
Tin small prawns	Smoked oysters	Oyster sauce	Icing sugar	
Seasoned stuffing mix	Olives Lemon and herb	Red wine vinegar	Vegetarian Burger Patty 600g	Railway Cutlet, spicy Sabudana Vada 800g vegetarian
Sugar free lemonade cans x6	Microwave light Popcorn	Baby cucumbers	Gherkins	instant mash

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

Nutella 750g	\$5	Milo 460g	\$3	
16 Lavazza coffee pods	\$7			
		Organic white quinoa 1kg	\$5	
Lemon scented tea	\$2			
QVT Camomile vanilla & honey	\$4			
Opulent French Earl Grey Tea	\$5	Honey 375g	\$4	DANDY Frozen Economy Bacon 1kg \$7
New born nappies x 28	\$5	Pink salmon 415g	\$2	McCain Ultra Thin Crust Spinach & Mozzarella Pizza \$4
Healtheries pure goats milk powder	\$12	Creamy garlic chicken bites	\$3	Whole Butterfly Greek chicken \$2
100 QVT Vanilla Chai tea	\$4	2kg chicken wings	\$6	Lge chic stuffed roast \$4
Seedless tamarind	\$4			4 Lemon chic breasts \$2

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

**FREE:** plant base pulled beef, vegetarian patties, tin ham, Spam, dry dog food, cake mixes, tortellini, Large Bags loose tea-T2 includes Earl Grey, China Jasmine