

# FORTNIGHTLY GROCERY LIST

2 Adults & 3 kids (14, 8 and 4 years) & 1 adult over 65



## FRUITS AND VEGGIES:

8kg (53) apples  
8kg (53) bananas  
8kg (53) oranges  
3.2kg carrots  
3kg potatoes  
3.2kg pumpkin  
23 onions (2.3kg)  
15 tomatoes (2.3kg)  
2.3kg Frozen mixed veg  
2.3kg Frozen peas



## MEATS:

1.5kg mince  
1.5kg lamb chops  
1.5kg Beef rump steak  
2.6kg canned tuna  
2.1kg Chicken breast  
3.2kg eggs  
1kg unsalted nuts



## GRAINS:

2.9kg Weetbix  
9.5 loaves  
Wholemeal bread  
8.5kg Rolled oats  
850g Cornflakes  
2kg pasta  
2kg rice  
1kg wholegrain  
crackers



## CANNED GOODS:

2.7kg Four Bean mix  
(7 cans of 400g)  
  
2.3kg diced tomatoes  
(6 cans of 400g)



## DAIRY:

1.5kg cheddar cheese  
7.5L Milk  
11kg yoghurt

