

Aldi - Christmas dinner

Family of 4 - 2 adults and 2 children

Starter: Carrot soup

Main meal: mash, roast potatoes, carrots, swede, broccoli, cauliflower, parsnips, sprouts cabbage, pigs in blankets stuffing, Yorkshire puddings, gravy.

Dessert: Mince pies/ jelly & custard

| item | price | total |
|---------------------|-------|--------|
| Sprouts | 19p | 19p |
| Potatoes | 28p | 48p |
| Carrots | 19p | 67p |
| Parsnips | 19p | 86p |
| Swede | 28p | £1.14 |
| Cabbage | 28p | £1.42 |
| Broccoli | 57p | £1.99 |
| Stuffing | 34p | £2.33 |
| Onions | 70p | £3.03 |
| Turkey breast joint | £4.49 | £7.52 |
| Gravy | 89p | £8.41 |
| Mince pies | 85p | £9.26 |
| Custard | 45p | £9.71 |
| Tiger Bread | 99p | £10.77 |
| Oil | £1.09 | £11.86 |
| Pigs in blankets | £1.69 | £13.55 |
| Stock cube | 36p | £13.91 |
| Jelly | 39p | £14.41 |
| Yorkshire puddings | 50p | £14.91 |

Prices based on the 2018 Christmas veg reduction

Food can be subtracted or substituted for items that you prefer.

Pate and bread as a starter would cost 45p for pate and 42p for part baked rolls bringing the total to £15.78

Disclaimer: All prices are approximate, they may go up and well as down and St Helens council cannot be held responsible for price changes.

Teresa Mercer, Community and Business Health Promotions Officer, St Helens Council

Iceland - Christmas dinner

This would make at least 2 full roast dinners using the 4 for £10 joints of meat.

Family of 4 – 2 adults, 2 children

Starter: Pate and Tiger bread

Main meal: mash, roast potatoes, carrots and swede, broccoli and cauliflower, stuffing balls, Yorkshire puddings, gravy and meat of your choice.

Dessert: Mince pies/ jelly & custard

| Item | price | total |
|----------------------------------|-------|--------|
| Mash | £1 | £1 |
| Carrots and swede | £1 | £2 |
| Floret mix | £1 | £3 |
| 20 Stuffing balls | £1.50 | £4.50 |
| Roast potatoes | £1 | £5.50 |
| Turkey gravy | £1 | £6.50 |
| 16 Yorkshire puddings | £1 | £7.50 |
| Mince pies | £1 | £8.50 |
| Ambrosia Devon custard | £1 | £9.50 |
| Hartleys strawberry jelly 3 pack | £1 | £10.50 |
| 4 joints of meat | £10 | £20.50 |
| Pate | £1 | £21.50 |
| Tiger Bread | £1 | £22.50 |

Based on sept 2019 online prices.

Food can be subtracted or substituted for items that you prefer.

Iceland have an offer of 4 joints of meat for £10 or £3 each, from the reviews they would not serve 4 people so 2 would be needed for example Turkey wrapped in bacon with gammon, leaving chicken and pork joint for other meals. Plus, there will be more than enough veg left over for other meals

No pigs in blanket or parsnips in Iceland

Could possible have pate (£1) and bread as starter.

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Tesco - Christmas Dinner

Family of 4 – 2 adults, 2 children

Starter: Pate and Crusty bread

Main meal: mash, roast potatoes, mixed veg, stuffing balls, Yorkshire puddings, pigs in blanket, gravy, sprouts and turkey.

Dessert: Mince pies/ jelly & custard

| Item | price | total |
|------------------------------|-------|--------|
| Tinned potatoes for roasting | 56p | 56p |
| Frozen mixed veg | 1.40 | £1.96 |
| Stockwell gravy | 25p | £2.21 |
| Sage and onion stuffing mix | 40p | £2.61 |
| 20 pigs in blanket | £3.50 | £6.11 |
| Instant mash | 80p | £6.91 |
| Oil | £1.10 | £8.01 |
| Turkey joint | £5 | £13.01 |
| Custard | 70p | £13.72 |
| Mince pies | £1.50 | £15.22 |
| Jelly | 55p | £15.77 |
| Sprouts | £1.10 | £16.87 |
| Pate | 45p | £17.32 |
| French bread | 45p | £17.77 |

Based on sept 2019 online prices.

Food can be subtracted or substituted for items that you prefer.

Or £1.50 for 2.5kg of potatoes which would make more future meals

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Morrison's - Christmas Dinner

Family of 4 – 2 adults, 2 children

Starter: Pate and Crusty Bread

Main meal: mash, roast potatoes, mixed veg, stuffing balls, Yorkshire puddings, pigs in blanket, gravy and turkey.

Dessert: Mince pies/ jelly & custard

| Item | price | total |
|--------------------|-------|--------|
| Potatoes | £1.50 | £1.50 |
| Sprouts | £1.50 | £3 |
| Carrot and swede | 80 | £3.80 |
| Turkey* | £4 | £7.80 |
| Gravy | 70p | £8.50 |
| Stuffing | 30p | £8.80 |
| Pigs in blanket | £2 | £10.80 |
| Yorkshire pudding | £1 | £11.80 |
| Mince pies | £1 | £12.80 |
| Custard | 50p | £13.30 |
| Jelly | 55p | £13.85 |
| Bake at home bread | 40p | |
| pate | 45p | |

Based on sept 2019 online prices.

Food can be subtracted or substituted for items that you prefer.

* Fresh Ideas Basted Turkey Breast Joint

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Asda - Christmas dinner

Family of 4 – 2 adults, 2 children

Starter: Pate and Crusty bread

Main meal: mash, roast potatoes, mixed veg, sprouts, stuffing, Yorkshire puddings, pigs in blanket, gravy and turkey.

Dessert: Mince pies/ jelly & custard

| Item | price | total |
|-------------------|-------|--------|
| Potatoes | £1.30 | £1.30 |
| Sprouts | 99p | £2.29 |
| Carrot and swede | 40p | £2.69 |
| Turkey | £7.98 | £10.76 |
| Gravy | 60p | £11.27 |
| Stuffing | 25p | £11.52 |
| Pigs in blanket | £2 | £13.52 |
| Yorkshire pudding | 50p | £14.02 |
| Mince pies | £1 | £15.02 |
| Custard | 49p | £15.51 |
| Jelly | 37p | £15.88 |
| Part baked bread | £1 | £16.88 |
| Pate | 60p | £17.48 |

Based on sept 2019 online prices.

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Sainsbury's - Christmas dinner

Family of 4 – 2 adults, 2 children

Starter: Pate and Crusty bread

Main meal: mash, roast potatoes, mixed veg, stuffing balls, Yorkshire puddings, pigs in blanket, gravy and turkey.

Dessert: Mince pies/ jelly & custard

| Item | price | total |
|-------------------|-------|--------|
| Potatoes | £2 | £2 |
| Sprouts | £1.30 | £3.30 |
| Carrot and swede | 75p | £4.05 |
| Turkey * | £4 | £8.05 |
| Gravy | 75p | £8.80 |
| Stuffing | 25p | £9.05 |
| Pigs in blanket | £3.50 | £12.55 |
| Yorkshire pudding | 65p | £13.20 |
| Mince pies | £1 | £14.20 |
| Custard | 35p | £14.55 |
| Jelly | 55p | £15.10 |
| Part baked bread | 85p | £15.95 |
| Pate | 80p | £16.75 |

Based on sept 2019 online prices.

Food can be subtracted or substituted for items that you prefer.

* Just Cook Turkey Breast Joint Butter Basted 500g (Serves 3)

(due to this being a small turkey joint you may wish to add a Gammon joint for around £4)

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