

munno para
FOODLAND
THIS WEEK

We're all about food



Finger Buns
Fruit | Fruitless 4 pack

\$3.50
PACK

\$0.88 each

Freshly Baked In-store



CLOSED Monday 5th October | Public Holiday

Wed 30th Sep to Tues 6th Oct 2026

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Australian Grown

Blueberries 125g

\$3⁹⁰

PUNNET

\$31.20 per kg



Pineapple
Topless

\$4⁹⁰

EACH

Australian Grown

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New Zealand
Grown

Kiwi Fruit
Gold

\$**890**
KG



Iceberg Lettuce

\$**280**
EACH

Australian Grown

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Premium Beef
Porterhouse Steak

\$**39**KG

Product of Australia

Value Pack

Premium Lamb
Fore Quarter Chops

\$**19**KG

Product of Australia



Value Pack

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Slapes BBQ
Sausages 1.5kg Pack

\$8⁷⁵
PACK

\$5.84 per kg
Product of Australia

Premium Pork
Loin Medallions

\$16^{KG}

Product of Australia



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Bakery
NEW LINE

Chocolate Brownie
Bites 8 Pack

\$ **5.50**
PACK

\$0.68 each



Pistachios
Roasted and Salted

\$ **25.90**
KG

Product of Australia

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Palmolive Ultra
Dishwashing Liquid 500mls

\$2.75
EACH

\$0.55 per 100ml

Spring Cleaning

OMO Laundry Liquid 2L

\$15
EACH

\$7.50 per litre



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Dolmio Pasta
Sauce 490 - 500g
\$2.30
EACH

Pantry

Tamma Pasta
250 - 500g
\$2.35
EACH



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Allen's
Lolly Bags 140 - 200g

\$250
EACH

Pantry

Maggi 2minute
Noodles 5 pack

\$250
EACH



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Monday-Friday: 7:30am-9pm

Saturday: 7.30am-5pm

Sunday: 9am-5pm



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SPECIALS VALID WEDNESDAY 30TH SEPTEMBER TO TUESDAY 6TH OCTOBER 2026.

WHILE STOCKS LAST. AVAILABLE ONLY AT MUNNO PARA FOODLAND

and are in addition to this week's Foodland colour catalogue.

Pictures for serving suggestions and illustration purposes only.

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