

munno para
FOODLAND
THIS WEEK

We're all about food

Blueberries 125g

\$3.90

PUNNET

\$31.20 per kg

Australian Grown

Wed 16th Sep to Tues 22nd Sep 2026

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FOODLAND



Navel Oranges 3kg

\$4.90
BAG

\$1.63 per kg

South Australian
Riverland Grown

Brown Buerre
Bosc Pears

\$3.90
KG

Adelaide Hills
Grown



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South Australian
Grown

Potatoes White
5kg Bag

\$690
BAG

\$1.38 per kg



Loose
Sweetcorn Cobs

\$1
EACH

Australian
Grown

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Premium
Pork Medallions

\$16
KG

Product of Australia



Premium
Lamb Loin Chops

\$27⁹⁰
KG

Product of Australia

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Premium
Beef Rump Steak

\$**24.90**
KG

Product of Australia



Premium
Gerello Roast

\$**18**
KG

Product of Australia

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Freshly Baked
In store

Sour Rye Loaf
680g

\$4.50
EACH

\$0.66 per 100g



Cashews
Salted or Unsalted

\$22.90
KG

Product of Vietnam

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FOODLAND



Bulla Murray St.
Ice Cream 1L

\$6 EACH

\$6.00 per litre

Dairy | Frozen

Farmers Union
Yoghurt Protein Pouch
150g

\$2 EACH

\$1.33 per 100g



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Uncle Tobys Muesli Bars,
Roll Ups or Snackbars
94-185g

\$2.75
EACH

Pantry

Doritos
Corn Chips 150-170g

\$2.50
EACH



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Monday-Friday: 7:30am-9pm

Saturday: 7.30am-5pm

Sunday: 9am-5pm



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**SPECIALS VALID WEDNESDAY 16 TO TUESDAY 22 SEPTEMBER 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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