

munno para
FOODLAND
THIS WEEK

We're all about food



Spinach or Silverbeet
Bunch

\$3⁹⁰
BUNCH

South Australian Grown

Wed 14th Oct to Tues 20th Oct 2026

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Mini Cucumber 250g

\$3.00
PUNNET

\$12.00 per kg

Australian Grown

Whole
White Cauliflower

\$3.90
EACH



Australian Grown

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**South Australian
Riverland Grown**

Navel Oranges
3kg Bag

\$4⁹⁰
BAG

\$1.63 per kg

Party Mix

\$9⁹⁰
KG

Made in Australia from Local
and Imported Ingredients



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**Mango
SEASON IS HERE!**

Fresh from the
Australian Tropics
The first mangoes
of the season have
arrived

Keep an eye out in
store as the season
gets into full swing!



Adam, Produce Coordinator
Manbulloo Farm | QLD

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Premium Chicken
Breast Schnitzel

\$17⁹⁰
KG

Made in Australia from 90%
Australian Ingredients

Premium
Lamb Loin Chops

\$26
KG

Product of Australia



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Premium
Pork Loin Medallions

\$15 **KG**

Product of Australia

Beef Osso
Bucco

\$16 **KG**

Product of Australia



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**Freshly Baked
In store**

Sultana Bar
Cake 350g

\$5
EACH

\$1.43 per 100g

Riviera Bakery
Crusty Cobb Sliced 450g

\$4.40
EACH

\$0.98 per 100g



FIRE UP WITH FOODLAND!

Free Weber® Products When You Scan Your Great Rewards App



Fire Up with Foodland Weber Products
Located | Aisle 6

WIN A WEBER® BABY Q® BARBECUE

SPEND \$20 in one transaction and
SCAN your Great Rewards App to
RECEIVE one entry into the prize draw

**20
TO BE
WON!**



**WEBER® BABY Q®
(Q1000N) GAS BARBECUE**



FIRE UP WITH FOODLAND!

Free Weber® Products When You Scan Your Great Rewards App

**FREE
WITH 49
STAMPS**

Instant Read
Thermometer

**EVERY
\$20 SPENT
=
1 STAMP***

when you scan your
Great Rewards App

**FREE
WITH 59
STAMPS**

Portable Griddle BBQ
Tool Set - 3 Piece



*For full terms & conditions visit foodlandsa.com.au/fire-up-with-foodland

FIRE UP WITH FOODLAND!

Free Weber® Products When You
Scan Your Great Rewards App

**FREE
WITH 49
STAMPS**

Pizza Stone
and Tray Small

**EVERY
\$20 SPENT
=
1 STAMP***

when you scan your
Great Rewards App

**FREE
WITH 59
STAMPS**

Precision Tong and
Spatula Set - 2 Piece



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BONUS STAMP CREDIT*

**1
BONUS
STAMP**

when you **PURCHASE** a participating product and
SPEND \$20 in one transaction and
SCAN your Great Rewards App

Mars

Coca-Cola

finish

NUROFEN

Toblerone

Panadol

whiskas

SMITH'S

PANTENE

D'ORSOGNA

Cold Power

Bref

GARNIER

Mortein

TENA

DON

Sorbent

Kleenex

Wonder

Bulla

spc

**FARMERS
UNION**

HUGGIES

HELLMANN'S

Rexona

Bega

**FERRERO
ROCHER**

Kellogg's

weber

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Monday-Friday: 7:30am-9pm

Saturday: 7.30am-5pm

Sunday: 9am-5pm



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SPECIALS VALID WEDNESDAY 14 TO TUESDAY 20 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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