

munno para

FOODLAND

THIS WEEK

We're all about food



White | Red
Loose Potatoes

\$3⁹⁰
KG

South Australian Grown

Wed 7th Oct to Tues 13th Oct 2026

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Australian Grown

Blueberries 125g

\$3.50

PUNNET

\$28.00 per kg



Mini Roma
Tomatoes 250g

\$2.90

PUNNET

\$11.60 per kg

Australian Grown

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Hass Avocado

\$2.50
EACH

Australian Grown



Walnut Pieces

\$18.90
KG

Product of Australia

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Pork Shoulder
Roast Bone In

\$**6⁹⁰**
KG

Product of Australia

Premium Pork
Spare Ribs | Belly

\$**16⁹⁰**
KG

Product of Australia



Value Pack

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Value Pack

Premium
Beef Rump Steak

\$ **24⁹⁰**
KG

Product of Australia



Premium
Beef Mince

\$ **17**
KG

Product of Australia

Value Pack

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Freshly Baked
In store

White | Wholemeal
Lunch Rolls 6 pack

\$2.50
EACH

\$0.42 each

Golden Bakery Crumpets
Rounds 6pack

\$2.40
EACH

\$0.80c each



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Now Available

Lilydale

Hot Roast Free
Range Chicken
with Sage & Onion
Stuffing



With a traditional sage and onion stuffing, Lilydale Free Range Hot Roast Chicken is convenience delivered with premium taste. Enjoy as is, or shred it to pair with a fresh and colourful summer salad

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Pistachio Papi 430g

Ooozy Mudcake

A fluffy, rich chocolate mudcake, ready to be baked, layered with Pistachio Papi that melts through the centre and finished with another layer of chocolate mudcake

Ooozy Blondie

white chocolate, layered with Pistachio Papi that oozes out with every bite, topped with biscuit crumble and raspberry

Frozen New Lines



Wonderbao Buns 6 pack

BBQ Pork | Char Sui
Chicken | Shiitake Mushroom and Chestnut
Custard | Golden Buttery Custard with hit of Coconut

Made in Melbourne

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Monday-Friday: 7:30am-9pm

Saturday: 7.30am-5pm

Sunday: 9am-5pm



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SPECIALS VALID WEDNESDAY 7 TO TUESDAY 13 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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