munno para

FOODLAND

THIS WEEK

We're all about food



Topless Pineapple

$4.90 EACH

Australian Grown

Wed 4th Nov to Tues 10th Nov 2026

munno para FOODLAND



South Australian Grown

Lebanese Cucumber

$3.90 KG

Gold Kiwi Fruit

$8.90 KG



New Zealand Grown

munno para

FOODLAND



South Australian Grown

Iceberg Lettuce

$2.90 EACH

Hass Avocado

$2.50 EACH



Australian Grown

munno para
FOODLAND



Value Pack

Premium Lamb
Fore Quarter Chops
$19 KG
Product of Australia

Premium Beef
Porterhouse Steak
$39 KG
Product of Australia



Value Pack

munno para FOODLAND



Slapes BBQ Sausages 1.5kg pack

$9 PACK

Product of Australia

Pork Leg Steak

$14.90 KG

Product of Australia



Value Pack

munno para FOODLAND



Baked Fresh in store

Pane Di Casa 680g

$3.50 EACH

$0.52 per 100g

Dried Cranberries

$9.90 KG

Product of USA



munno para
FOODLAND

Riviana
Basmati Rice 5kg
$15.20 EA
$3.04 per kg





Red Bull
Energy Drink
4 x 250ml
$8 EA
$8.00 per litre

NOV
13
FRIDAY

SAVE THE DATE Details page 8

munno para FOODLAND

Snap a photo with the Red Bull Racing Car at the front of our store before it heads off to the BIG Race

NOV
13
FRIDAY



WIN 2 x GA 4 DAY PASSES

FOR YOUR CHANCE TO WIN!

Simply purchase ANY Red Bull product in-store, complete the entry form printed at the bottom of your receipt and pop it into the competition box at the front of our store - It's that easy! Good luck!

Competition Dates
Commence 7.30am Wednesday 4th November 2026
Concludes 9.00pm Tuesday 17th November 2026
Drawn Wednesday 18th November 2026

Full T&Cs available at Customer Service Desk

valued at $398



Red Bull

munno para FOODLAND

Monday-Friday: 7:30am-9pm
Saturday: 7.30am-5pm
Sunday: 9am-5pm

shop online | find us | follow us | contact us

SPECIALS VALID WEDNESDAY 4 TO TUESDAY 10 NOVEMBER 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.

We're all about food