

## Marks & Spencer :

### *Poissons*

Maquereaux - 1S  
Sardines (x6) - 10P  
Cabillaud - 1S  
Morue - 9P  
Anguille - 6P  
Hareng (x12) - 1S 3P  
NEW Saumon - 2S  
NEW Bar - 9P

### *Légumes :*

Laitue - 6P  
Chou - 6P  
Champignon - 4P  
Radis - 9P  
Navet - 6P  
Carotte - 9P  
Petits Pois - 6P  
Haricots Verts - 9P  
Haricots Blancs - 6P  
Oignons - 4P  
Poireaux - 6P  
Maïs - 6P  
Pommes de terre - 6P  
NEW Epinards - 6P  
NEW Concombres - 8P  
NEW Aubergine - 9P

### *Viandes :*

Lard - 9P  
Porc - 1S 3P to 2S 2P  
Mouton - 10P to 1S 6P  
Bœuf - 2S to 4S  
Lapin (unité)- 1S to 2S  
Volailles - 1S to 1S 10P

*Fruits :*

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Orange - 1S  
Pomme - 6P  
Raisin - 1S 6P  
Tomate - 6P  
Pêche - 2S  
Prune - 9P  
Mirabelle - 9P  
NEW Amande - 1S  
Noix - 9P  
Noisette - 6P  
Banane - 1S 5P  
Mûre - 9P  
Myrtille - 1S  
Cerise - 9P  
Figue - 9P  
Citron - 9P  
Citron Vert - 1S3P  
Poire - 6P  
Marron - 6P  
Melon - 1S 5P

*Pains :*

Baguette - 6P  
Boule de campagne - 8P  
Pain aux céréales - 11P

*Autres :*

Farine - 2S  
Œuf (x6) - 9P  
Sucre - 10P  
Miel - 9P to 2S  
Beurre - 1S  
Crème - 1S 3P  
Lait (3 bouteilles) - 10P  
Céréales - 1S

Chocolat en poudre (100g) - 9P  
Levure - 1S 2P  
Biscuits secs (boite de 10) - 2S  
Confitures (1 pot) - 10P to 1S 8P  
Riz - 1S 3P  
*NEW* Feuilles de gélatine (x3) - 10P  
*NEW* Sauce Worcestershire - 2S

MARKS &  
SPENCER