



FOOD ORDER TO COLES

- Fax this order directly to Coles on **(07) 4051 3828** (or, from outside Australia, +61 7 4051 3828).
- You can list additional items in the appropriate section.
- Substitutes for items not available will be made by Coles staff unless you instruct otherwise.
- Select sizes/ flavours where indicated by CIRCLING an option, otherwise the shopper will have to guess.
- Write your name on each page at the bottom and change page numbers if you send fewer than 5 pages.

Order for (name): _____

Deliver to Sea Swift by 3 pm on (date): _____

Payment:	Charge to credit card detailed below [<input type="checkbox"/>] or Charge to LIRS account * [<input type="checkbox"/>]
	Cardholder's name _____
	Cardholder's signature _____
	Card type Mastercard [<input type="checkbox"/>] Visa [<input type="checkbox"/>]
	Card number _____ _____ _____ _____
	Expiry date _____

*NB: If you pay LIRS for your food by credit card, you will be charged a 3% fee. No fee will be charged if you pay LIRS by cash, cheque or direct deposit. If you wish to pay by credit card and avoid the fee, quote your card number and expiry date here so that Coles can make the charge directly.

CHILLER

Chocolate-coated biscuits

- _____ Tim Tams (pk)
- _____ Mint slice (pk)
- _____ Chocolate Monte (pk)
- _____ _____

Chocolate bars

- _____ Bags of mini bars: Mars Bars/ Snickers
- _____ Milk chocolate (250g/ 400g)
- _____ Fruit & nut milk chocolate (250g/ 400g)
- _____ Dark chocolate (250g/ 400g)
- _____ _____

Dairy products

- _____ Camembert/ Brie cheese (125g)
- _____ Tasty cheddar cheese (500g/ 1kg)
- _____ Mild cheddar cheese (500g/ 1kg)
- _____ Fetta cheese, Jacaranda (375g)
- _____ Mozzarella cheese, grated (500g)
- _____ Parmesan cheese, grated (250 g)
- _____ Sour cream (light/ full cream) (250g)
- _____ Chris' Dip, (Hommus /Tzatziki /Guacamole)
- _____ Yoghurt, fruit (200g punnet)
- _____ Yoghurt, natural (200g punnet)
- _____ _____

CHILLER *continued*

Eggs, meat, unleavened bread, pasta

- _____ dozen eggs, (M/ L /XL eggs)
- _____ Salami, whole (375g)
- _____ Bacon, middle rashers (250g/pk)
- _____ Ham, smoked, sliced, (125g/ 250g)
- _____ Pita bread (large pk)
- _____ Lavash bread (pk)
- _____ Latina tortellini (meat or cheese, serves 4)
- _____
- _____

FREEZER

Bread/ pastry/ pizza

- _____ Wholemeal, sliced loaf
- _____ Multigrain, sliced loaf
- _____ White, sliced loaf
- _____ Fruit loaf (unsliced / sliced)
- _____ French bread sticks (2/pk)
- _____ English muffins (6/pk; white/ whlgrn/ fruit)
- _____ Hamburger buns (6/pk)
- _____ Pizza bases (2/pk)
- _____ Pizza supreme, McCain (700g)
- _____ Pampas pastry, 6 sheets (puff/ shortcrust)
- _____ Filo pastry
- _____
- _____

Frozen vegetables, juices

- _____ Stirfry vegetables (500g /1 kg)
- _____ Chunky homestyle vegetables (1 kg)
- _____ Carrots (500g)
- _____ Beans, sliced green (500g)
- _____ Peas (500 g)
- _____ Corn kernels (500 g)
- _____ Potato wedges (oven bake, 750g)
- _____ Spinach, chopped, Logan Farm (250 g)
- _____ Orange juice, concentrated (500ml)
- _____
- _____

Meat

- _____ Chicken, whole, 1.5 kg
- _____ pks ea of 1 kg mixed chicken pieces
- _____ pks ea of _____g chicken breast fillets
- _____ pks ea of _____g thin beef sausages
- _____ pks ea of _____g steak, rib eye
- _____ pks ea of _____g steak, rump
- _____ pks ea of _____g minced beef
- _____
- _____
- _____
- _____

Dairy products

- _____ Margarine, S/M/L
- _____ Butter, 250g
- _____ Milk, full cream, 1 litre carton
- _____ Milk, light, 1 litre carton
- _____ Ice cream, vanilla, 2 litres
- _____
- _____
- _____
- _____

NON-PERISHABLES

Personal & paper products

- _____ Shampoo _____
- _____ Conditioner _____
- _____ Bath soap _____
- _____ Sunscreen SPF 30+ (125ml/ 500ml/1L)
- _____ Calamine lotion (for insect bites)
- _____ Mosquito coils (10/pk)
- _____ Rid or Aeroguard (insect repellent) (S/L)
- _____ Clingwrap (15 metres/ 30 metres)
- _____ Alfoil (15 metres/ 30 metres)
- _____ Kleenex tissues (200/ 300/ 400)
- _____ Paper towels (pk of 2 rolls)
- _____
- _____

NON-PERISHABLES continued

Cooking, pasta, sauces, condiments

_____ Salt (50g)
_____ Pepper (ground, 50g)
_____ Mixed herbs (15g)
_____ Parsley, dried (15g)

_____ Garlic, crushed (jar)
_____ Ginger, crushed (jar)
_____ Stock cubes, beef/chicken (smallest pk)
_____ Chilli, John West (small jar)
_____ Sugar, (raw or white, 500g/ 1kg)
_____ Sugar, brown (500g/ 1kg)
_____ Dried apricots (500g)
_____ Dried sultanas (500g/ 1kg)
_____ Chocolate cake mix (needs baking)
_____ Mud cake mix (needs baking)
_____ Flour (plain or self-raising, 1kg)
_____ Leggo tomato paste, 140g tub (4 or 2 pk)
_____ Tomato puree (425g can)
_____ Dolmio tomato bolognese sauce for pasta (790g jar)
_____ Raguletto Basilico tomato sauce for pasta (large jar)
_____ Thai curry paste (red or green, small jar)
_____ Sharwoods Korma curry paste (small jar)
_____ Parmesan cheese, granules (250g)
_____ Spaghetti (500g)
_____ Fettuccini (500g)
_____ Spiral pasta (500g)
_____ Penne pasta (500g)
_____ Instant lasagne sheets (240g)
_____ Olive oil (light or not; 500 ml/ 1 litre)
_____ Vegetable oil (750 ml/ 2 litres)
_____ Vinegar, white/ brown (750 ml)
_____ Mustard (French, English, seedy; 150g)
_____ Mayonnaise (340g)
_____ Coleslaw dressing (340g/ 500g)

_____ French dressing (= oil & vinegar), 375 ml
_____ Olives, Kalimata (375 ml)
_____ Olives, Kalimata, seedless (small jar)
_____ Dill pickles, Polskie Ogorkie (500ml)
_____ Tomato sauce (= ketchup) (300/ 600ml)
_____ Tabasco sauce, green or red (60ml)
_____ Tartare sauce, Kraft (230g)
_____ Coconut milk (425g can)
_____ Satay sauce, Royal (150ml)
_____ Sweet & sour sauce (150ml)
_____ Soy sauce (250 ml/ 500ml/1 litre)
_____ Sweet chilli sauce (250ml/ 750 ml)
_____ Rice, brown (1kg)
_____ Rice, white, long grain (1kg)
_____ Rice, basmati (1kg)
_____ Rice, jasmine (1 kg)
_____ Rice, Japanese short grain (1 kg)
_____ Tuna in brine (425 g can)
_____ Tuna in olive oil (125 g/ 425 g can)
_____ Smoked oysters, can
_____ Sardines, can
_____ Taco shells, XL size (10 per pk)
_____ Taco seasoning mix (sachet)
_____ Salsa (mild/ medium/ hot; 325g)
_____ Tea (250g)
_____ Tea bags (25/ 50/ 100 bags)
_____ Herbal tea bags
_____ Instant coffee, Nescafe (100g/ 150g)
_____ Instant coffee, Moccona (50g/100g/200g)
_____ Ground coffee, small pkt _____
_____ UHT long-life milk (fullcream/ skim; 1 litre)
_____ Longlife soy milk, 1 litre

NON-PERISHABLES continued

Soup and canned vegetables

- _____ Thick vegetable soup (425g can)
- _____ Cream of chicken soup (425g can)
- _____ Tomato soup (425g can)
- _____ Champignons, Admiral (190g)
- _____ Bread & butter cucumbers (large jar)
- _____ Red kidney beans (310g)
- _____ Whole tomatoes (425g can/ 850g can)
- _____ Baked beans in tomato sauce (420g)
- _____ Pappadams (12/ pk)
- _____ Leg ham (450g can)
- _____ Pine nuts (100 g)
- _____

Spreads, breakfast cereals, potato chips

- _____ Nutella (250g)
- _____ Vegemite (235g)
- _____ Honey (375g/ 500g)
- _____ Peanut butter, smooth/ crunchy (375g)
- _____ Marmalade (375g)
- _____ Jam (raspberry/ boysenberry/ strawberry/ apricot; 375g)
- _____ Muesli bars (pk)
- _____ Rice Bubbles (425g / 850g)
- _____ Corn Flakes (425g/ 850g)
- _____ Weetbix (425g/ 850g)
- _____ Muesli, natural (1 kg)
- _____ Muesli, toasted (1 kg)
- _____ Instant oats, Uncle Toby's (S/ M/ L)
- _____ Special K (425 g/ 850 g)
- _____
- _____
- _____ Corn chips (240g)
- _____ Potato chips (200g)
- _____ Mixed nuts, Nobbys (375g/ 500g)
- _____ Corn kernels for popping (440g)

Drinks, canned fruit

- _____ Coke, regular (375ml can/ 1.25 litre bottle)
- _____ Diet Coke (375ml can/ 1.25 litre bottle)
- _____ Lemonade (= Sprite) (375 ml can/ 1.25 litre bottle)
- _____ Soda water (1.25 litre bottle/ 4-pack of small bottles)
- _____ Tonic water (1.25 litre bottle/ 4-pack of small bottles)
- _____ 100% Apple juice (1 litre)
- _____ 100% Orange juice (NOT "drink", 1 litre)
- _____ Pure _____ juice (1 litre)
- _____ Ribena blackcurrant cordial (750ml)
- _____ Lime cordial, Schweppes (750ml)
- _____ Lemon cordial, Schweppes (750 ml)
- _____ Cordial, _____ flavour (750ml / 2 litres)
- _____ Pineapple pieces (190g)
- _____ Peaches, sliced (440g/ 800g)
- _____ Pears, sliced (440g/ 800g)
- _____
- _____

Biscuits, crackers

- _____ Water crackers
- _____ Breton crackers
- _____ Country Cheese crackers
- _____ Ritz/ Jatz/ Clix crackers
- _____ Sao/ Vita Weat crackers
- _____ Ryvita crackers
- _____ Savoury Shapes
- _____ Delta Cream biscuits
- _____ Nice biscuits
- _____ Chocolate chip cookies
- _____ Butternut biscuits
- _____ Gingernut biscuits

FRUIT & VEGETABLES

Order by number or weight in kilograms (1 kg = 2.2 pounds); use weight where indicated

_____ Alfalfa sprouts, punnet

_____ Apples, green / red

_____ Avocadoes

_____kg Bananas

_____g Beans, green

_____ Broccoli, small head

_____ Cabbage

_____ Capsicum, red

_____ Capsicum, green

_____ Carrots

_____ Celery, bunch

_____ Cucumbers

_____ Cucumbers, continental

_____ Eggplant (Aubergine)

_____ Garlic

_____ Kiwi fruit

_____ Lemons

_____ Lettuce

_____ Limes

_____ Mandarines

_____ Mangoes (Nov to Feb only)

_____g Mushrooms

_____ Oranges

_____kg Onions, white/ brown/ spanish

_____ Paw Paw

_____ Pineapples

_____ Pears

_____kg Potatoes, washed

_____kg Sweet potatoes

_____ Pumpkin, whole, medium

_____ Rockmelons (Cantaloupe)

_____ Tomatoes

_____ Tomatoes, Cherry, punnet

_____ Zucchini
