

Simply PRINT

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DAIRY

- | | |
|--|--|
| <input type="checkbox"/> Milk | <input type="checkbox"/> Parmesan |
| <input type="checkbox"/> Butter/ Margarine | <input type="checkbox"/> Block Cheese |
| <input type="checkbox"/> Sour Cream | <input type="checkbox"/> Sliced Cheese |
| <input type="checkbox"/> Whipped Cream | _____ |
| <input type="checkbox"/> Yoghurt | _____ |
| <input type="checkbox"/> Cottage Cheese | _____ |
| <input type="checkbox"/> Cream Cheese | _____ |

MEAT / POULTRY / SEAFOOD

- | | |
|-----------------------------------|---------------------------------|
| <input type="checkbox"/> Bacon | <input type="checkbox"/> Beef |
| <input type="checkbox"/> Sausages | <input type="checkbox"/> Lamb |
| <input type="checkbox"/> Ham | <input type="checkbox"/> Pork |
| <input type="checkbox"/> Mince | <input type="checkbox"/> Fish |
| <input type="checkbox"/> Chicken | <input type="checkbox"/> Prawns |
| <input type="checkbox"/> Turkey | _____ |
| <input type="checkbox"/> Eggs | _____ |

FROZEN FOODS

- | | |
|--|---|
| <input type="checkbox"/> Ice Cream | <input type="checkbox"/> Frozen Chips |
| <input type="checkbox"/> Ice Blocks | <input type="checkbox"/> Pizza |
| <input type="checkbox"/> Chips | <input type="checkbox"/> Frozen Chicken |
| <input type="checkbox"/> Frozen Fish | <input type="checkbox"/> Pies |
| <input type="checkbox"/> Frozen Vegies | _____ |

BREADS

- | | |
|--------------------------------------|--------------------------------|
| <input type="checkbox"/> Bread | <input type="checkbox"/> Cakes |
| <input type="checkbox"/> Bread Rolls | _____ |
| <input type="checkbox"/> Muffins | _____ |
| <input type="checkbox"/> Crumpets | _____ |

BEVERAGES

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> Coffee | <input type="checkbox"/> Juice/Cordial |
| <input type="checkbox"/> Tea | _____ |
| <input type="checkbox"/> Soft Drink | _____ |
| <input type="checkbox"/> Spring Water | _____ |

CONDIMENTS

- | | |
|---|-----------------------------------|
| <input type="checkbox"/> Vinegar | <input type="checkbox"/> Mustard |
| <input type="checkbox"/> Mayonnaise | <input type="checkbox"/> Vegemite |
| <input type="checkbox"/> Pickles | <input type="checkbox"/> Syrup |
| <input type="checkbox"/> Salad Dressing | <input type="checkbox"/> Sauce |
| <input type="checkbox"/> Honey | <input type="checkbox"/> Milo |
| <input type="checkbox"/> Jam | _____ |
| <input type="checkbox"/> Peanut Butter | _____ |

FRUIT & VEG

- | | |
|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Carrots |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Cabbage |
| <input type="checkbox"/> Oranges | <input type="checkbox"/> Onions |
| <input type="checkbox"/> Lemons | <input type="checkbox"/> Rhubarb |
| <input type="checkbox"/> Tomatoes | <input type="checkbox"/> Corn |
| <input type="checkbox"/> Watermelon | <input type="checkbox"/> Potatoes |
| <input type="checkbox"/> Strawberries | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Kiwi Fruit | <input type="checkbox"/> Celery |
| <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Broccoli |
| <input type="checkbox"/> Mandarines | <input type="checkbox"/> Cucumbers |
| <input type="checkbox"/> Grapes | <input type="checkbox"/> Cauliflower |
| <input type="checkbox"/> Pears | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Pumpkin | _____ |
| <input type="checkbox"/> Lettuce | _____ |

DRY GOODS / COOKING

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> Cereal/Oatmeal | <input type="checkbox"/> Salt |
| <input type="checkbox"/> Dry Fruit | <input type="checkbox"/> Pepper |
| <input type="checkbox"/> Biscuits | <input type="checkbox"/> Cake Mix |
| <input type="checkbox"/> Crackers | <input type="checkbox"/> Muffin Mix |
| <input type="checkbox"/> Muesli Bars | <input type="checkbox"/> Bicarb Soda |
| <input type="checkbox"/> Potato Chips | <input type="checkbox"/> Icing Sugar |
| <input type="checkbox"/> Rice | <input type="checkbox"/> Bread Crumbs |
| <input type="checkbox"/> Coconut | _____ |
| <input type="checkbox"/> Flour | _____ |
| <input type="checkbox"/> Sugar | _____ |

CLEANING

- | | |
|--|--|
| <input type="checkbox"/> Dish Detergent | <input type="checkbox"/> Air Freshener |
| <input type="checkbox"/> Laundry Powder | <input type="checkbox"/> Bleach |
| <input type="checkbox"/> Fabric Softener | <input type="checkbox"/> Cleaning Cloths |
| <input type="checkbox"/> Floor Cleaner | <input type="checkbox"/> All Purpose Spray |
| <input type="checkbox"/> Toilet Cleaner | _____ |
| <input type="checkbox"/> Bi-carb Soda | _____ |

BATHROOM & TOILET

- | | |
|--|--|
| <input type="checkbox"/> Razors | <input type="checkbox"/> Combs/Brushes |
| <input type="checkbox"/> Cotton Balls | <input type="checkbox"/> Tissues |
| <input type="checkbox"/> Cotton Buds | <input type="checkbox"/> Hair Spray |
| <input type="checkbox"/> Band Aids | <input type="checkbox"/> Hair Gel |
| <input type="checkbox"/> Toilet Paper | <input type="checkbox"/> Shampoo |
| <input type="checkbox"/> Deodorant | <input type="checkbox"/> Conditioner |
| <input type="checkbox"/> Tooth Paste | <input type="checkbox"/> Soap |
| <input type="checkbox"/> Tooth Brushes | _____ |

MISCELLANEOUS

- | | |
|--------------------------------------|---|
| <input type="checkbox"/> Vitamins | <input type="checkbox"/> Aspirin |
| <input type="checkbox"/> Light Bulbs | <input type="checkbox"/> Pens/Pencils |
| <input type="checkbox"/> Pet Food | <input type="checkbox"/> Greeting Cards |
| <input type="checkbox"/> Newspaper | <input type="checkbox"/> Magazines |