

Quorn Christmas Dinner Cost Matrix

Calculations for food prices based on the average cost of ingredients purchased from the top online retailers according to [Statista](https://www.statista.com) data: M&S Food, Tesco, Aldi*, Sainsbury's and ASDA, correct as of 1st November 2022. Prices may vary.

Quorn Roast average price based on in-market prices for Tesco, Sainsbury's and Asda, correct as of 11th November 2022. Retail pricing is at the sole discretion of the retailer and may vary.

*Aldi fresh turkey prices are based on 2021 prices, due to 2022 stock not yet being available to purchase online at the time of data collation.

Ingredient	Supermarket	Price	Average price
Large Turkey (Frozen)	M&S Food	£ 38.00	£ 25.10
	Tesco	£ 22.00	
	Aldi	£ 19.99	
	Sainsbury's	£ 24.00	
	ASDA	£ 21.50	
Medium Turkey (Frozen)	M&S Food	£ 35.00	£ 21.30
	Tesco	£ 18.00	
	Aldi	£ 15.99	
	Sainsbury's	£ 20.00	
	ASDA	£ 17.50	
Small Turkey (Frozen)	M&S Food	£ 30.00	£ 17.50
	Tesco	£ 14.00	
	Aldi	£ 13.99	
	Sainsbury's	£ 16.00	
	ASDA	£ 13.50	
Large Turkey (fresh)	M&S Food	£ 112.00	£ 52.24
	Tesco	£ 36.81	
	Aldi	£ 24.12*	
	Sainsbury's	£ 57.00	
	ASDA	£ 31.25	
Medium Turkey (fresh)	M&S Food	£ 88.00	£ 41.86
	Tesco	£ 28.71	
	Aldi	£ 18.11*	
	Sainsbury's	£ 47.50	
	ASDA	£ 27.00	
Small Turkey (fresh)	M&S Food	£ 64.00	£ 27.42
	Tesco	£ 20.61	
	Aldi	£ 9.99*	
	Sainsbury's	£ 26.25	
	ASDA	£ 16.25	
Roast potatoes (premade)	M&S Food	£ 3.15	£ 1.39
	Tesco	£ 0.71	
	Aldi	£ 0.89	
	Sainsbury's	£ 1.30	
	ASDA	£ 0.88	
Maris piper potatoes (for	M&S Food	£ 2.70	£ 1.75

roasting)	Tesco	£ 1.49	
	Aldi	£ 1.49	
	Sainsbury's	£ 1.59	
	ASDA	£ 1.49	
Pigs in blankets (pre-made, meat-based)	M&S Food	£ 13.00	£ 4.73
	Tesco	£ 3.00	
	Aldi	£ 1.99	
	Sainsbury's	£ 3.25	
	ASDA	£ 2.40	
Pigs in blankets (pre-made meat-free)	M&S Food	£ 5.00	£ 3.45
	Tesco	£ 2.00	
	Aldi	£ 2.99	
	Sainsbury's	£ 4.50	
	ASDA	£ 2.75	
Stuffing mix	M&S Food	£ 2.50	£ 0.83
	Tesco	£ 0.60	
	Aldi	£ 0.39	
	Sainsbury's	£ 0.40	
	ASDA	£ 0.25	
Sprouts	M&S Food	£ 1.15	£ 1.05
	Tesco	£ 0.95	
	Aldi	£ 0.95	
	Sainsbury's	£ 1.00	
	ASDA	£ 1.20	
Yorkshire puddings (pre-made)	M&S Food	£ 1.35	£ 0.69
	Tesco	£ 0.50	
	Aldi	£ 0.50	
	Sainsbury's	£ 0.62	
	ASDA	£ 0.50	
Parsnips	M&S Food	£ 0.70	£ 0.62
	Tesco	£ 0.62	
	Aldi	£ 0.49	
	Sainsbury's	£ 0.62	
	ASDA	£ 0.65	
Cauliflower cheese (premade)	M&S Food	£ 2.65	£ 1.84
	Tesco	£ 1.22	
	Aldi	£ 1.39	
	Sainsbury's	£ 2.20	
	ASDA	£ 1.75	
Mashed potatoes (premade)	M&S Food	£ 1.85	£ 0.99
	Tesco	£ 0.71	
	Aldi	£ 0.79	
	Sainsbury's	£ 0.90	
	ASDA	£ 0.71	
Russet potatoes (for mashing)	M&S Food	£ 1.05	£ 0.67
	Tesco	£ 0.57	
	Aldi	£ 0.57	



	Sainsbury's	£	0.57		
	ASDA	£	0.60		
Carrots	M&S Food	£	0.45	£	0.41
	Tesco	£	0.45		
	Aldi	£	0.24		
	Sainsbury's	£	0.40		
	ASDA	£	0.49		
Broccoli	M&S Food	£	0.75	£	0.78
	Tesco	£	0.72		
	Aldi	£	0.53		
	Sainsbury's	£	1.20		
	ASDA	£	0.69		
Gravy granules	M&S Food	£	1.10	£	0.63
	Tesco	£	0.32		
	Aldi	£	0.89		
	Sainsbury's	£	0.54		
	ASDA	£	0.32		
Quorn Roast	M&S Food		N/A	£	3.33
	Tesco	£	3.75		
	Aldi		N/A		
	Sainsbury's	£	3.75		
	ASDA	£	2.50		
Cranberry sauce	M&S Food	£	1.05	£	0.77
	Tesco	£	0.65		
	ASDA	£	0.85		
	Aldi	£	0.55		
	Sainsbury's	£	0.75		