**Supplementary file 8a**

|  |  |  |
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| **Bacteria** | **Carbon source** | **Biological replicate** |
|  |  | 1 | 2 | 3 | 4 | 5 |
| *P. aeruginosa* | Acetate | 0.126 | 0.150 | 0.134 | - | - |
| α-ketoglutarate | 0.110 | 0.095 | 0.267 | 0.029 | - |
| Galactose | 0.147 | 0.176 | 0.174 | - | - |
| Glucose | 0.112 | 0.086 | 0.096 | - | - |
| Glycerol | 0.132 | 0.141 | 0.155 | - | - |
| Lactic acid | 0.142 | 0.133 | 0.120 | - | - |
| Lactose | 0.206 | 0.123 | 0.458 | - | - |
| Mannose | 0.232 | 0.147 | 0.123 | - | - |
| Pyruvate | 0.118 | 0.088 | 0.132 | - | - |
| Ribose | 0.172 | 0.168 | 0.188 | - | - |
| Sorbitol | 0.109 | 0.162 | 0.160 | - | - |
| Succinate | 0.374 | 0.711 | 0.117 | 0.106 | - |
| Sucrose | 0.087 | 0.123 | 0.170 | - | - |
| *S. aureus* | Acetate | 0.022 | 0.040 | 0.024 | - | - |
| α-ketoglutarate | 0.069 | 0.0124 | 0.064 | 0.0397 | - |
| Galactose | 0.300 | 0.291 | 0.262 | - | - |
| Glucose | 0.053 | 0.074 | 0.048 | - | - |
| Glycerol | 0.461 | 0.035 | 0.054 | - | - |
| Lactic acid | 0.432 | 0.087 | 0.062 | - | - |
| Lactose | 0.494 | 0.517 | 0.468 | - | - |
| Mannose | 0.302 | 0.264 | 0.251 | - | - |
| Pyruvate | 0.027 | 0.0403 | 0.024 | - | - |
| Ribose | 0.076 | 0.065 | 0.054 | - | - |
| Sorbitol | 0.028 | 0.039 | 0.031 | - | - |
| Succinate | 0.536 | 0.205 | 0.131 | 0.182 | 0.075 |
| Sucrose | 0.128 | 0.168 | 0.131 | - | - |

**Supplementary file 8b**

|  |  |  |
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| **Bacteria** | **Carbon source** | **Biological replicate** |
|   |   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| *P. aeruginosa* | a-ketoglutarate | 0.071 | 0.099 | 0.084 | 0.079 | 0.133 | 0.285 | 0.123 | 0.210 | 0.153 | 0.274 | - | - | - | - | - | - |
| Glucose | 0.062 | 0.195 | 0.239 | 0.186 | 0.167 | 0.228 | 0.121 | 0.088 | 0.215 | 0.222 | - | - | - | - | - | - |
| Lactic acid | 0.075 | 0.114 | 0.365 | 0.322 | 0.103 | 0.128 | 0.217 | 0.199 | 0.139 | 0.122 | 0.297 | - | - | - | - | - |
| Pyruvate | 0.034 | 0.122 | 0.154 | 0.112 | 0.156 | 0.214 | 0.222 | 0.261 | 0.200 | 0.410 | - | - | - | - | - | - |
| Ribose | 0.108 | 0.127 | 0.290 | 0.232 | 0.219 | 0.178 | 0.284 | 0.279 | 0.279 | - | - | - | - | - | - | - |
| Succinate | 0.099 | 0.236 | 0.161 | 0.537 | 0.249 | 0.192 | 0.252 | 0.791 | - | - | - | - | - | - | - | - |
| Sucrose | 0.132 | 0.178 | 0.178 | 0.172 | 0.253 | 0.151 | 0.185 | 0.240 | 0.428 | 0.324 | - | - | - | - | - | - |
| *S. aureus* | a-ketoglutarate | 0.036 | 0.017 | 0.026 | 0.022 | 0.055 | 0.070 | 0.062 | 0.126 | 0.198 | - | - | - | - | - | - | - |
| Glucose | 0.032 | 0.027 | 0.025 | 0.038 | 0.277 | 0.164 | 0.368 | 0.494 | 0.286 | 0.057 | 0.050 | 0.047 | 0.055 | 0.045 | - | - |
| Lactic acid | 0.041 | 0.031 | 0.023 | 0.026 | 0.033 | 0.031 | 0.186 | 0.370 | 0.249 | 0.623 | 0.070 | 0.111 | 0.099 | 0.156 | 0.065 | 0.051 |
| Pyruvate | 0.014 | 0.016 | 0.029 | 0.011 | 0.014 | 0.008 | 0.087 | 0.095 | 0.028 | - | - | - | - | - | - | - |
| Ribose | 0.052 | 0.023 | 0.018 | 0.030 | 0.020 | 0.015 | 0.123 | 0.058 | 0.086 | 0.234 | 0.178 | 0.316 | - | - | - | - |
| Succinate | 0.019 | 0.028 | 0.013 | 0.016 | 0.016 | 0.013 | 0.116 | 0.094 | 0.060 | 0.082 | 0.102 | 0.137 | - | - | - | - |
| Sucrose | 0.024 | 0.019 | 0.017 | 0.023 | 0.015 | 0.012 | 0.072 | 0.042 | 0.089 | 0.290 | - | - | - | - | - | - |

**Supplementary file 8c**

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| **Bacteria** | **Carbon source** | **Biological replicate** |
|   |   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| *P. aeruginosa* | Glucose | 0.097 | 0.172 | 0.387 | 0.833 | 0.171 | 0.338 | 0.350 | - | - |
| Lactic acid | 0.184 | 0.096 | 0.182 | 0.345 | 0.323 | 0.297 | 0.356 | 0.606 | 0.271 |
| Pyruvate | 0.403 | 0.488 | 0.289 | 0.436 | 0.420 | 0.439 | 0.638 | - | - |
| Ribose | 0.189 | 0.213 | 0.119 | 0.326 | 0.588 | 0.447 | 0.527 | - | - |
| Sucrose | 0.155 | 0.120 | 0.543 | 0.868 | 0.337 | 0.849 | 0.482 | 0.855 | - |
| *S. aureus* | Glucose | 0.518 | 1.533 | 0.153 | 0.142 | - | - | - | - | - |
| Lactic acid | 0.683 | 0.604 | 0.746 | 0.603 | 0.563 | 0.174 | - | - | - |
| Pyruvate | 0.677 | 0.750 | 0.067 | 0.043 | 0.083 | - | - | - | - |
| Ribose | 0.673 | 0.608 | 0.707 | 0.081 | 0.195 | 0.296 | - | - | - |
| Sucrose | 0.586 | 0.568 | 0.556 | 0.531 | 0.148 | 0.120 | 0.142 | 0.054 | - |