

قائمة المواد المطلوبة لبرنامج التدريب (Week-14) أسبوع

المواد المطلوبة لبرنامج التدريب (Week-14) أسبوع

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1	Apple - Red		nos	3
2	Banana - Local		kg	1
3	Basil Leaves		gm	600
4	Beef Prime / Steer Tenderloin	Australian	nos	4
5	Bell Pepper - Green		kg	2
6	Bell Pepper - Red		kg	2
7	Bell Pepper - Yellow		kg	500
8	Bread - White		nos	6
9	Broccoli		kg	3
10	Butter Unsalted		kg	15
11	Cabbage Round		1	1
12	canned corn		nos	3
13	Cardamon Powder	20 g pkt	pkt	2
14	Carrot		kg	5
15	Cauliflower		kg	3
16	Celery		kg	3
17	Cheese Emmental		kg	5
18	Cheese Mozzarella grated		gm	500
19	Cheese Parmesan Block Grana Padano		kg	2
20	Chesse Mozzarella Block		gm	500
21	Cinnamon Powder		gm	300
22	Coriander Fresh		gm	200
23	Cucumber - Lebanese		kg	1
24	Curry leaves	20g	bdl	5
25	Dark Calebaut		kg	5
26	French Bread		nos	4
27	Fresh Oregano		gm	200
28	Fresh Tarragon		gm	200
29	Fresh Thyme		gm	300
30	Garlic		kg	3
31	Garlic powder		gm	200
32	Ice Cream Chocolate		ltr	2
33	Leeks		kg	2
34	Lemon		nos	38
35	Lemongrass	big	nos	4
36	Lettuce Romaine		kg	7
37	Lime		kg	2
38	Luncheon meat (Beef)	Medium	can	2
39	Luncheon Meat (chicken Hot)	Medium	can	2
40	Luncheon meat (Chicken)	Medium	can	2
41	Mango - Honey		kg	10
42	Mayonnaise	Medium	btl	2
43	Mint Leaves		gm	200
44	Mushroom Button Fresh		kg	2.5
45	Nut Pistachio		gm	200
46	Onion		kg	6
47	Onion Red		kg	3

48	Onion Spring		gm	600
49	Onion Spring		nos	50
50	Onion White		kg	5
51	Oranges		nos	24
52	Oyster Sauce - Maggi		btl	2
53	Parsley		kg	700
54	Parsnip		kg	1
55	Passionfruit		kg	2
56	Pear - Green		nos	35
57	Pitted Olive	Medium	btl	2
58	Pumpkin Butternut		kg	3
59	Raspberry		gm	500
60	Rose Water		btl	1
61	Shallots		gm	500
62	smoked tuna		pkt	2
63	Strawberry		kg	3
64	Sweet Chilli Sauce	Medium	btl	2
65	Thai Red chilli		try	2
66	Tomato Beef		kg	2
67	Tomato Ketchup Bottle		btl	1
68	Tuna chunk in oil		can	3
69	Turnip		kg	2
70	Water	1.5L	case	5
71	Watermelon		kg	6
72	White Fish - Fresh Fillet		kg	8
73	Zucchini Green		kg	5
74	Zucchini Yellow		kg	5

