



دوره آموزشی آشپزی و تغذیه (Week-7) کارگاه عملی  
 کارگاه عملی آشپزی و تغذیه

روز اول

#	Item	Unit	Item Code	Remarks	QTY
1	Apple - Green	nos	360		10
2	Apple - Red	nos	361		16
3	Avocado	nos	363		20
4	Banana - Local	kg	364		8
5	Bell Pepper - Green	kg	227		1
6	Bell Pepper - Red	kg	228		2.4
7	Carrot	kg	238		2
8	Carrot - Baby	kg	239		2
9	Cheddar cheese block	kg	1077		1
10	Cheese Mozzarella Block	kg	1077		0.5
11	Chilli - Padi	kg	245		0.4
12	Chilli - Red	kg	246		0.4
13	Coriander Fresh	kg	919		1
14	Cucumber - Lebanese	kg	253		2
15	Curry leaves	kg	254		0.02
16	Dragon Fruit Red	kg	369		0.4
17	Fennel bulb	nos	1014	fresh	8
18	Fine Beans	kg	925		6
19	Fresh Basil	kg	259		0.2
20	Fresh Dill	kg	262		0.45
21	Fresh Italian Parsley	kg	263		0.65
22	Fresh Jalapeno	kg	1040		1
23	Fresh Rosemary	kg	266		0.7
24	Fresh Thyme	kg	269		0.1
25	Galangal	kg	270		0.2
26	Garlic	kg	271		6.4
27	Ginger	kg	272		1.8
28	ground almond	Kg	911	Almond flour	0.1
29	Kiwi Fruit	kg	379		0.4
30	Leeks	kg	279		1.1
31	Lemon	nos	280		60
32	Lemon Grass	kg	281		1
33	Lime	kg	288		2

34	Lime Leaves	bdl	289		2
35	Mangoe - Honey	kg	382		0.4
36	Mint Leaves	kg	290		1.2
37	Mushroom Button Fresh	kg	293		2
38	Nut Pecan	kg	798		2
39	Nut Pistachio	kg	799		1
40	Onion	kg	301		1.2
41	Onion Red	kg	302		4
42	Onion Spring	kg	304		1.2
43	Onion White	kg	303		2
44	Oranges	nos	385		10
45	Pak Choy	kg	305		2
46	Plum	nos	393		4
47	Potatoes	kg	316		26
48	Pumpkin	kg	317		1
49	Scallion	kg	326		0.4
50	Shallots	kg	327		2
51	Strawberry	kg	399		1
52	Thai Basil	kg	1076	fresh	0.6
53	Tomato	kg	335		0.1
54	Tomato - Cherry Red	kg	336		2



