

# *oui chef* daily fresh



## VEGETABLE BREAKDOWN

Milk <b>2ltr</b>	Sliced Bread <b>Loaf</b>	Free Range Eggs <b>15</b>	Onions <b>2kg</b>
Carrots <b>500g</b>	Garlic <b>250g</b>	Potatoes <b>2kg</b>	Aubergine <b>750g</b>
Pepper (R/Y/G)	Green Beans <b>200g</b>	Tomatoes <b>1kg</b>	Broccoli <b>500g</b>
Courgettes <b>500g</b>	Lemon <b>4</b>	Lime <b>3</b>	Ginger <b>100g</b>
Cucumber <b>1</b>	Cos Lettuce <b>1</b>	Mixed Chillies <b>100g</b>	Parsley <b>1 bunch</b>
Celery <b>1 bunch</b>	Rocket leaves <b>125g</b>	Mix Leaf Salad <b>125g</b>	Baby Spinach <b>125g</b>

## FRUIT BREAKDOWN

Plums <b>4</b>	Banana <b>Bunch</b>	Kiwi <b>5</b>	Large oranges <b>5</b>
Galia Melon <b>1</b>	Grapes <b>Bunch</b> (R/G)	Passion Fruits <b>3</b>	Figs <b>4</b>
Pomegranate <b>1</b>	Grapefruit <b>1</b>	Apple Mix <b>6</b>	Pear <b>3</b>
Clementine <b>6</b>	Strawberry <b>1</b>	Blueberry <b>1</b>	Raspberry <b>1</b>

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