

**Grap and Go menu for 2022-2023 for public schools**

	Bakery /Item	Stuffing	Size Group A	Size Group B&C	Unit	Specification	Allergen
<b>Notes: -Mixture of flour No. 1 by 70%, flour No. 2 by 25% and bran flour 5% - no more than 0.5 g salt / 100 g in flour</b>							
1	Cheese Manakish	Stuffing 50 GM	80 GM	100 GM	Pcs		
2	Zaatar Manakish	Stuffing 50 GM	80 GM	100 GM	Pcs		
3	Labneh& Zaatar Fatayer	Stuffing 50 GM	80 GM	100 GM	Pcs		
4	Cheese Fatayer	Stuffing 50 GM	80 GM	100 GM	Pcs		
5	Vegetables Pizza	Stuffing 50 GM	80 GM	100 GM	Pcs		
6	Cheese Tomato Twists	Stuffing 50 GM	80 GM	80 GM	Pcs		
<b>Sandwiches</b>							
7	Chicken Panini Sandwich	Stuffing 60 GM	100 GM	120GM	Pcs		
8	Chicken Fajita Sandwich	Stuffing 60 GM	100 GM	120GM	Pcs		
9	Homemade Chicken Burger Sandwich	Stuffing 50 GM	100 GM	120GM	Pcs		
10	Homemade Beef Burger Sandwich	Stuffing 50 GM	100 GM	120GM	Pcs		
11	BBQ Chicken Sandwich	Stuffing 60 GM	100 GM	120GM	Pcs		
12	Chicken Shawarma	Stuffing 60 GM	100 GM	120GM	Pcs		
13	Baked Falafel Sandwich	Stuffing 60 GM	100 GM	120GM	Pcs		
14	Foul Sandwich	Stuffing 60 GM	100 GM	120GM	Pcs		
15	Labneh& Mint sandwich	Stuffing 50 GM	100 GM	120GM	Pcs		
16	Cheese Cucumber sandwich	Stuffing 50 GM	100 GM	120GM	Pcs		
<b>Vegetables &amp; Fruit</b>							
<b>Daily Must Be Available</b>							
17	Date seedless				Pcs		
18	Raisins	pkt		14GM	pkt		
19	Apple			Normal Size	pcs		
20	Cucumber Sticks			60 GM	cup		
21	Carrots Sticks			60 GM	cup		
22	Carrots Cucumber sticks			60 GM	cup		
23	Apple Bites			60 GM			
24	black grapes seedless			60 GM			
25	fruit salad			60 GM		without watermelon	
26	fruit salad			120 GM		without watermelon	
27	Kiwi cubes			60 GM			
28	pineapple cubes			60 GM			
29	pineapple skewers			60 GM			
30	fruit skewers			60 GM		without watermelon	
31	Banana			Normal Size	pcs		
32	Mandarine			Normal Size	pcs		
33	Pears			Normal Size	pcs		
34	unsalted peeted olives			60 GM	cup		
35	Sweet corn			8 oz (100GM)	cup		
36	Vine Leaves	Serving 5 pcs		8 oz (100GM)	cup		
<b>Dairy &amp; Drinks Product</b>							
<b>fresh milk daily is available - long life is only alternative when the fresh milk is sold out</b>							
37	Water			500 ml	bottle		
38	AlAin fresh full fat milk + low fat	Al Ain Farm		200 ml	bottle	fresh milk	
39	AlAin full fat milk + low fat (long life)	Al Ain Farm		200 ml	bottle	long life	
40	AlAin Laban full fat+ low fat	Al Ain Farm		201 ml	bottle		
41	AlAin flavoured milk (strawberry+chocolate) long life	Al Ain Farm		180 ml	bottle	long life	
42	AlAin flavoured milk fresh (strawberry+Cardamom+Banana+Dates)	Al Ain Farm		200 ml	bottle	fresh milk	
43	AlAin flavoured laban (strawberry)	Al Ain Farm		200 ml	bottle		
44	Al Ain 100% Juice (Apple, pineapple, Guava and Grapes, mixed tropical, Green Cocktail, orange, Concord Grapes Juice, mango)	Al Ain Farm		200 ml	bottle	100%	
45	Al Rawabi Fresh Laban - Full Fat			200 ml		fresh laban	
46	Al Rawabi- Fresh Rawabi UP Laban Drink			200 ml			
47	Al Rawabi UP			200 ml			
48	Al Rawabi Fresh Milk- Full fat +low fat			200ml		fresh milk	
49	Al Rawabi Fresh (Apple Juice+Grapes+orange)100%			200ml		100%	
50	Al Rawabi Fresh Chocolate+ strawberry Milk			200ml		fresh milk	
51	Al Rawabi Plain Yogurt - Full Fat+low fat			9GM		yogurt	
52	Al Rawabi Strawberry+Chocolate Milk			200 ml		long life	
53	Almarai Laban-Low Fat+full fat			180 ml		laban	
54	Almarai Milk- Low Fat + full fat			200 ml		long life	
55	Almarai Fresh Yogurt- Full Fat+low fat			170 GM		yogurt	
56	Almarai (apple+orange) Juice			200ml		100%	
57	Almarai Fresh Milk- Low Fat+ full fat			250 ml		fresh milk	
58	Marmum (Apple+orange) juice			200ml		100%	
59	Marmum Strawberry+chocolate Milk			200ml			
60	Marmum Fresh Milk			250 ml		fresh milk	
61	Marmum Fresh Yogurt			100 GM		yogurt	
62	fit fresh juice ( Melon, watermelon, orange)			200 ml		100%	
<b>Snacks Product</b>							
	Brand			Size	Unit	Specification	Allergen

63	Wheat grain Biscuits and fruit oats	Tiffany	34 GM	34 GM	Pcs		
64	sugar free dates mammul	agthia					
65	fruits bar (raspberry+apple+berry mix)						
66	Fruity Stars						
67	Marmum (Strawberry+mango+peach) Yogurt						
68	Al Rawabi (Red Cherry+Pineapple+Apricot+ Raspberry) stirred Yogurt - Full Fat			130GM		yogurt	
69	Nutri Boost (Strawberry+Mango+vanilla+orange+peach), Laban and Oats- Low Fat			200 ml			
70	Crispo snacks popcorn (salt+cheese+ketchup)			20 GM		Air popcorn	
71	Crispo snacks rice ring tomato			20 GM			
72	popular popcorn salt			18 GM		Air popcorn	
73	Cornflakes	Our childrens	30 To 40 GM	30 To 40 GM	Pcs		
<b>Homemade Product Snacks</b>		<b>Brand</b>		<b>Size</b>	<b>Unit</b>	<b>Specification</b>	<b>Allergen</b>
74	Banana Bread	No Sugar or flavors add	40 To 50 GM	40 To 50 GM	Pcs		
75	Vegetables Muffen	No Sugar or flavors add	40 To 50 GM	40 To 50 GM	Pcs		
76	Flapjake	Oats, Dry fruits and honey	40 To 50 GM	40 To 50 GM	Pcs		
77	Date ball with oats and chai seeds	3 pcs	40 To 50 GM	40 To 50 GM	Pcs		
78	jbab(جباب) with honey side	3 pcs	40 To 50 GM	40 To 50 GM	Pcs		
79	Fruit Yoghurt	No Sugar or flavors add	60 To 80 GM	60 To 80 GM	Pcs		
80	Mango museli pot	No Sugar or flavors add	60 To 80 GM	60 To 80 GM	Pcs		
81	Strawberry museli pot	No Sugar or flavors add	60 To 80 GM	60 To 80 GM	Pcs		
82	date biscket	No Sugar or flavors add	30 GM		Pcs		