

Production Schedule Report

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Clean Eats Australia - HACCP FSP Section F - Form 1

Latest Issue Date: 13/01/24

Previous Issue Date: 28/10/23

Approved by: T. Fadlallah

Prepared by: C. Guzzardi

Meal Production Summary - 17/02/2026

| Meal | Clean Eats | Already Made | Total |
|-------------------------------------|------------|--------------|------------|
| Spaghetti Bolognese | 27 | 0 | 27 |
| Beef Chow Mein | 14 | 0 | 14 |
| Shepherd's Pie | 4 | 0 | 4 |
| Beef Burrito Bowl | 9 | 0 | 9 |
| Beef Meatballs | 9 | 0 | 9 |
| Lebanese Beef Stew | 0 | 0 | 0 |
| Mongolian Beef | 16 | 0 | 16 |
| Chicken with Vegetables | 5 | 0 | 5 |
| Chicken with Sweet Potato and Beans | 4 | 0 | 4 |
| Naked Chicken Parma | 24 | 0 | 24 |
| Chicken Pesto Pasta | 23 | 0 | 23 |
| Chicken and Broccoli Pasta | 14 | 0 | 14 |
| Butter Chicken | 13 | 0 | 13 |
| Thai Green Chicken Curry | 17 | 0 | 17 |
| Moroccan Chicken | 5 | 0 | 5 |
| Steak with Mushroom Sauce | 2 | 0 | 2 |
| Creamy Chicken & Mushroom Gnocchi | 7 | 0 | 7 |
| Roasted Lemon Chicken & Potatoes | 8 | 0 | 8 |
| Beef Lasagna | 22 | 0 | 22 |
| Bean Nachos with Rice | 0 | 0 | 0 |
| Lamb Souvlaki | 3 | 0 | 3 |
| Chicken Fajita Bowl | 8 | 0 | 8 |
| Steak On Its Own | 0 | 0 | 0 |
| Chicken On Its Own | 0 | 0 | 0 |
| Family Mac and 3 Cheese Pasta Bake | 2 | 0 | 2 |
| Baked Family Lasagna | 2 | 0 | 2 |
| TOTAL | 238 | 0 | 238 |

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Spaghetti Order

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Spaghetti | 64 | 27 | 1728 | 1 |
| Oil | 1 | 27 | 19 | |

Penne Order

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Penne | 59 | 37 | 2183 | 1 |
| Oil | 1 | 37 | 26 | |

Rice Order

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Rice | 53 | 77 | 4081 | 1 |
| Water | 95 | 77 | 7315 | |
| Salt | 1 | 77 | 77 | |
| Oil | 2 | 77 | 116 | |

Moroccan Chicken

| Ingredient | Qty/Meal | Meals | Total | Batches |
|----------------------|----------|-------|-------|---------|
| Chicken | 180 | 5 | 900 | 0 |
| Oil | 2 | 5 | 10 | |
| Lemon Juice | 6 | 5 | 30 | |
| Moroccan Chicken Mix | 4 | 5 | 20 | |

Chicken Thigh

| Ingredient | Qty/Meal | Meals | Total | Batches |
|-------------------|----------|-------|-------|---------|
| Chicken | 160 | 16 | 2560 | |
| Oil | 4 | 16 | 64 | |
| Roast Chicken Mix | 4 | 16 | 64 | |

Steak

| Ingredient | Qty/Meal | Meals | Total | Batches |
|-------------|----------|-------|-------|---------|
| Steak | 93 | 2 | 186 | 0 |
| Oil | 2 | 2 | 3 | |
| Baking Soda | 3 | 2 | 6 | |

Lamb Marinate

| Ingredient | Qty/Meal | Meals | Total | Batches |
|---------------|----------|-------|-------|---------|
| Lamb Shoulder | 162 | 3 | 486 | 0 |
| Oil | 2 | 3 | 6 | |
| Salt | 2 | 3 | 5 | |
| Oregano | 1 | 3 | 1 | |
| Baking Soda | 6 | 3 | 16 | |

Potato Mash

| Ingredient | Qty/Meal | Meals | Total | Batches |
|---------------|----------|-------|-------|---------|
| Potato | 150 | 11 | 1650 | 0 |
| Cooking Cream | 20 | 11 | 220 | |
| Butter | 7 | 11 | 77 | |
| Salt | 2 | 11 | 17 | |
| White Pepper | 1 | 11 | 6 | |

Sweet Potato Mash

| Ingredient | Qty/Meal | Meals | Total | Batches |
|--------------|----------|-------|-------|---------|
| Sweet Potato | 200 | 8 | 1600 | 0 |
| Salt | 1 | 8 | 8 | |
| White Pepper | 1 | 8 | 4 | |

Roasted Potatoes

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------------|----------|-------|-------|---------|
| Roasted Potatoes | 190 | 27 | 5130 | 1 |
| Oil | 2 | 27 | 44 | |
| Spices Mix | 3 | 27 | 68 | |

Roasted Lemon Potatoes

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Potatoes | 207 | 8 | 1656 | 1 |
| Oil | 2 | 8 | 16 | |
| Salt | 2 | 8 | 10 | |

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Roasted Thai Potatoes

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Potato | 60 | 17 | 1020 | 0 |
| Salt | 1 | 17 | 17 | |

Lamb Onion Marinated

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Red Onion | 30 | 3 | 90 | 0 |
| Parsley | 2 | 3 | 5 | |
| Paprika | 1 | 3 | 2 | |

Green Beans

| Ingredient | Qty/Meal | Meals | Total | Batches |
|-------------|----------|-------|-------|---------|
| Green Beans | 60 | 11 | 660 | 0 |

Meal Recipes

Spaghetti Bolognese

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------------|----------|-------|-------------|-------|
| Beef Mince | 100 | 27 | 2700 | 1 |
| Napoli Sauce | 65 | 27 | 1755 | |
| Crushed Tomatoes | 45 | 27 | 1215 | |
| Beef Stock | 30 | 27 | 810 | |
| Onion | 15 | 27 | 405 | |
| Zucchini | 15 | 27 | 405 | |
| Carrot | 15 | 27 | 405 | |
| Vegetable Oil | 1 | 27 | 27 | |
| Salt | 3 | 27 | 81 | |
| Pepper | 1 | 27 | 27 | |

Beef Chow Mein

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|--------------|----------|-------|-------------|-------|
| Beef Mince | 120 | 14 | 1680 | 1 |
| Celery | 42 | 14 | 588 | |
| Carrot | 42 | 14 | 588 | |
| Cabbage | 42 | 14 | 588 | |
| Onion | 42 | 14 | 588 | |
| Oil | 2 | 14 | 28 | |
| Pepper | 1 | 14 | 14 | |
| Salt | 0.5 | 14 | 7 | |
| Soy Sauce | 13 | 14 | 182 | |
| Oyster Sauce | 13 | 14 | 182 | |

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Meal Recipes (cont'd)

Shepherd's Pie

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|--------------|----------|-------|-------------|-------|
| Beef Mince | 100 | 4 | 400 | 1 |
| Oil | 2 | 4 | 8 | |
| Carrots | 15 | 4 | 60 | |
| Capsicum | 15 | 4 | 60 | |
| Onion | 15 | 4 | 60 | |
| Mushroom | 15 | 4 | 60 | |
| Peas | 15 | 4 | 60 | |
| Tomato Paste | 6 | 4 | 24 | |
| Beef Stock | 20 | 4 | 80 | |
| Salt | 2 | 4 | 8 | |
| Pepper | 0.5 | 4 | 2 | |
| Napoli Sauce | 70 | 4 | 280 | |

Lebanese Beef Stew

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|--------------|----------|-------|-------------|-------|
| Chuck Diced | 97 | 0 | 0 | |
| Onion | 30 | 0 | 0 | |
| Carrot | 30 | 0 | 0 | |
| Potato | 30 | 0 | 0 | |
| Peas | 30 | 0 | 0 | |
| Oil | 2 | 0 | 0 | |
| Salt | 2.5 | 0 | 0 | |
| Pepper | 0.5 | 0 | 0 | |
| Tomato Paste | 20 | 0 | 0 | |
| Water | 30 | 0 | 0 | |
| Beef Stock | 30 | 0 | 0 | |
| Rice | 130 | 0 | 0 | |

Beef Burrito Bowl

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|----------------|----------|-------|-------------|-------|
| Beef Mince | 95 | 9 | 855 | 1 |
| Onion | 12 | 9 | 108 | |
| Capsicum | 12 | 9 | 108 | |
| Vegetable Oil | 2 | 9 | 18 | |
| Taco Seasoning | 7 | 9 | 63 | |
| Salt | 1.5 | 9 | 14 | |
| Pepper | 0.5 | 9 | 5 | |
| Beef Stock | 40 | 9 | 360 | |

Beef Meatballs

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Mince | 150 | 9 | 1350 | |
| Onion | 10 | 9 | 90 | |
| Parsley | 3 | 9 | 27 | |
| Salt | 1.5 | 9 | 14 | |
| Pepper | 0.2 | 9 | 2 | |

Mongolian Beef

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|-------------|----------|-------|-------------|-------|
| Chuck | 100 | 16 | 1600 | |
| Baking Soda | 2.5 | 16 | 40 | |
| Water | 10 | 16 | 160 | |
| Soy Sauce | 5 | 16 | 80 | |
| Cornflour | 2.5 | 16 | 40 | |
| Capsicum | 37 | 16 | 592 | |
| Onion | 37 | 16 | 592 | |
| Rice | 130 | 16 | 2080 | |

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Meal Recipes (cont'd)

Chicken With Vegetables

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 135 | 5 | 675 | 1 |
| Corn | 50 | 5 | 250 | |
| Beans | 60 | 5 | 300 | |
| Broccoli | 67 | 5 | 335 | |

Chicken Pesto Pasta

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|-------------------|----------|-------|-------------|-------|
| Chicken | 130 | 23 | 2990 | |
| Penne | 59 | 23 | 1357 | |
| Sundried Tomatoes | 20 | 23 | 460 | |

Butter Chicken

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 140 | 13 | 1820 | 1 |
| Peas | 40 | 13 | 520 | |
| Rice | 130 | 13 | 1690 | |

Moroccan Chicken

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 180 | 5 | 900 | |

Chickpea Recipe

| Ingredient | Qty/Meal | Meals | Total | |
|---------------|----------|-------|-------|--|
| Onion | 18 | 5 | 90 | |
| Zucchini | 27 | 5 | 135 | |
| Red Capsicum | 27 | 5 | 135 | |
| Garlic | 1.8 | 5 | 9 | |
| Oil | 1.8 | 5 | 9 | |
| Chickpeas | 103.5 | 5 | 518 | |
| Mix Spices | 1.53 | 5 | 8 | |
| Chicken Stock | 45 | 5 | 225 | |

Chicken with Sweet Potato and Beans

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 135 | 4 | 540 | 1 |
| Beans | 60 | 4 | 240 | |

Naked Chicken Parma

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 150 | 24 | 3600 | |

Chicken and Broccoli Pasta

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 130 | 14 | 1820 | |
| Penne | 59 | 14 | 826 | |
| Broccoli | 40 | 14 | 560 | |

Thai Green Chicken Curry

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 144.2 | 17 | 2452 | |
| Rice | 130 | 17 | 2210 | |

Steak with Mushroom Sauce

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|---------------|----------|-------|-------------|-------|
| Topside Steak | 110 | 2 | 220 | |

Steak On Its Own

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|---------------|----------|-------|-------------|-------|
| Topside Steak | 200 | 0 | 0 | |

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Meal Recipes (cont'd)

Bean Nachos with Rice

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|----------------|----------|-------|-------------|-------|
| Drained Beans | 80 | 0 | 0 | |
| Carrot | 25 | 0 | 0 | |
| Onion | 20 | 0 | 0 | |
| Taco Seasoning | 1 | 0 | 0 | |
| Salt | 1.5 | 0 | 0 | |
| Pepper | 0.5 | 0 | 0 | |
| Garlic | 2.5 | 0 | 0 | |
| Vegetable Oil | 1.5 | 0 | 0 | |
| Cumin | 0.5 | 0 | 0 | |
| Crushed Tomato | 85 | 0 | 0 | |
| Water | 41.7 | 0 | 0 | |

Chicken On Its Own

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|----------------|----------|-------|-------------|-------|
| Chicken Breast | 200 | 0 | 0 | |

Creamy Chicken & Mushroom Gnocchi

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Gnocchi | 150 | 7 | 1050 | 1 |
| Chicken | 80 | 7 | 560 | |
| Sauce | 200 | 7 | 1400 | |
| Spinach | 25 | 7 | 175 | |

Beef Lasagna

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------------|----------|-------|-------------|-------|
| Lasagne Sheets | 150 | 22 | 3300 | |
| Mozzerala Cheese | 750 | 22 | 16500 | |
| Napoli Sauce | 500 | 22 | 11000 | |
| Bolognese | 3200 | 22 | 70400 | |

Lamb Souvlaki

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|---------------|----------|-------|-------------|-------|
| Lamb Shoulder | 140 | 3 | 420 | 1 |
| Potatoes | 140 | 3 | 420 | |

Chicken Fajita Bowl

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|---------------|----------|-------|-------------|-------|
| Chicken Thigh | 150 | 8 | 1200 | 1 |
| Capsicum | 52 | 8 | 416 | |
| Red Onion | 52 | 8 | 416 | |
| Salsa | 30 | 8 | 240 | |
| Rice | 130 | 8 | 1040 | |

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Sauces

Thai Sauce

| Ingredient | Meal Amount | Total Meals | Required Ingredient |
|-------------------|-------------|-------------|---------------------|
| Green Curry Paste | 8 | 17 | 123 |
| Coconut Cream | 98 | 17 | 1664 |

Lamb Sauce

| Ingredient | Meal Amount | Total Meals | Required Ingredient |
|--------------|-------------|-------------|---------------------|
| Greek Yogurt | 20 | 3 | 60 |
| Garlic | 1 | 3 | 3 |
| Salt | 1 | 3 | 1 |

To Pack In Fridge

Sauces to Prepare

| Sauce | Qty | Amt | Total |
|---------------|-----|-----|-------|
| MONGOLIAN | 70 | 16 | 1120 |
| MEATBALLS | 120 | 9 | 1080 |
| LEMON | 50 | 8 | 400 |
| MUSHROOM | 100 | 2 | 200 |
| FAJITA SAUCE | 33 | 8 | 264 |
| BURRITO SAUCE | 43 | 9 | 387 |

Beef Burrito Mix

| Ingredient | Qty | Amt | Total | Batches |
|-------------|-----|-----|-------|---------|
| Salsa | 43 | 9 | 387 | 1 |
| Black Beans | 50 | 9 | 450 | 1 |
| Corn | 50 | 9 | 450 | 1 |
| Rice | 130 | 9 | 1170 | 1 |

Parma Mix

| Ingredient | Qty | Amt | Total |
|-------------------|-----|-----|-------|
| Napoli Sauce | 50 | 24 | 1200 |
| Mozzarella Cheese | 40 | 24 | 960 |

Chicken Pesto Sundried

| Ingredient | Qty | Meals | Total |
|------------------|-----|-------|-------|
| Sundried Tomatos | 20 | 23 | 460 |

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Chicken Mixing

Pesto

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Chicken | 107 | 23 | 2461 | 1 |
| Sauce | 80 | 23 | 1840 | 1 |

Butter Chicken

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Chicken | 123 | 13 | 1599 | 1 |
| Sauce | 90 | 13 | 1170 | 1 |

Broccoli Pasta

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Chicken | 102 | 14 | 1428 | 1 |
| Sauce | 100 | 14 | 1400 | 1 |

Thai

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Chicken | 116 | 17 | 1962 | 1 |
| Sauce | 93 | 17 | 1576 | 1 |

Gnocchi

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Gnocchi | 147 | 7 | 1029 | 1 |
| Chicken | 80 | 7 | 560 | 1 |
| Sauce | 200 | 7 | 1400 | 1 |
| Spinach | 25 | 7 | 175 | 1 |

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Meat Order and Veg Prep

Veg Prep

| Veg Prep | Amount (g) |
|--------------------------|------------|
| 10MM DICED CARROT | 0 |
| 10MM DICED POTATO (LEBO) | 0 |
| 10MM DICED ZUCCHINI | 135 |
| 5MM DICED CABBAGE | 588 |
| 5MM DICED CAPSICUM | 303 |
| 5MM DICED CARROTS | 648 |
| 5MM DICED CELERY | 588 |
| 5MM DICED MUSHROOMS | 60 |
| 5MM DICED ONION | 1341 |
| 5MM MONGOLIAN CAPSICUM | 1008 |
| 5MM MONGOLIAN ONION | 1008 |
| BROCCOLI | 895 |
| CRATED CARROTS | 405 |
| CRATED ZUCCHINI | 405 |
| LEMON POTATO | 1656 |
| ROASTED POTATO | 5130 |
| THAI POTATOS | 1020 |
| POTATO MASH | 1650 |
| SWEET POTATO MASH | 1600 |
| SPINACH | 176 |
| RED ONION | 90 |
| PARSLEY | 5 |

Meat Order

| Meat Type | Amount (g) |
|---------------------|------------|
| CHUCK ROLL (LEBO) | 0 |
| BEEF TOPSIDE (MONG) | 1600 |
| MINCE | 6985 |
| TOPSIDE STEAK | 186 |
| LAMB SHOULDER | 486 |
| MORROCAN CHICKEN | 900 |
| ITALIAN CHICKEN | 5049 |
| NORMAL CHICKEN | 9620 |
| CHICKEN THIGH | 2560 |