

# 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

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	190	16	0	206
Beef Chow Mein	70	15	0	85
Shepherd's Pie	67	0	0	67
Beef Burrito Bowl	170	14	0	184
Beef Meatballs	100	5	0	105
Lebanese Beef Stew	75	0	0	75
Mongolian Beef	160	22	0	182
Chicken with Vegetables	40	2	0	42
Chicken with Sweet Potato and Beans	80	0	0	80
Naked Chicken Parma	255	16	0	271
Chicken Pesto Pasta	190	12	0	202
Chicken and Broccoli Pasta	160	0	0	160
Butter Chicken	150	14	0	164
Thai Green Chicken Curry	135	15	0	150
Moroccan Chicken	80	0	0	80
Steak with Mushroom Sauce	205	4	0	209
Creamy Chicken & Mushroom Gnocchi	150	0	0	150
Roasted Lemon Chicken & Potatoes	85	8	0	93
Beef Lasagna	334	11	0	345
Bean Nachos with Rice	0	0	0	0
Lamb Souvlaki	160	7	0	167
Chicken Fajita Bowl	80	6	0	86
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	4	0	0	4
Baked Family Lasagna	6	0	0	6
ON Amino Energy Can	0	5	0	5
None	None	None	None	nan
<b>TOTAL</b>	<b>2946</b>	<b>172</b>	<b>0</b>	<b>3118</b>

### Use By Dates

Family Lasagna - 29/03/2026

Family Mac & Cheese - 22/03/2026

Beef Lasagna - 22/03/2026

Individual Meals - 15/03/2026

# Production Schedule Report

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Shepherd's Pie	67	0	0	67
Beef Burrito Bowl	170	14	0	184
Beef Meatballs	100	5	0	105
Lebanese Beef Stew	75	0	0	75
Mongolian Beef	160	22	0	182
Chicken with Vegetables	40	2	0	42
Chicken with Sweet Potato and Beans	80	0	0	80
Naked Chicken Parma	255	16	0	271
Chicken Pesto Pasta	190	12	0	202
Chicken and Broccoli Pasta	160	0	0	160
Butter Chicken	150	14	0	164
Thai Green Chicken Curry	135	15	0	150
Moroccan Chicken	80	0	0	80
Steak with Mushroom Sauce	205	4	0	209
Creamy Chicken & Mushroom Gnocchi	150	0	0	150
Roasted Lemon Chicken & Potatoes	85	8	0	93
Beef Lasagna	334	11	0	345
Bean Nachos with Rice	0	0	0	0
Lamb Souvlaki	160	7	0	167
Chicken Fajita Bowl	80	6	0	86
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	4	0	0	4
Baked Family Lasagna	6	0	0	6
ON Amino Energy Can	0	5	0	5
None	None	None	None	nan
<b>TOTAL</b>	<b>2946</b>	<b>172</b>	<b>0</b>	<b>3118</b>

### Use By Dates

Family Lasagna - 29/03/2026

Family Mac & Cheese - 22/03/2026

Beef Lasagna - 22/03/2026

Individual Meals - 15/03/2026

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## Clean Eats Australia - HACCP FSP Section F - Form 1

Latest Issue Date: 13/01/24

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Prepared by: C. Guzzardi

## Bulk Raw Ingredients to Cook

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	206	4395	3
Oil	0.7	206	49	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	926	8180	6
Water	95	926	14662	
Oil	1.5	926	232	

### Premixed Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Premixed Chicken Thi	160	179	28640	0

### Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	167	27054	0
Oil	2	167	334	
Oregano	0.3	167	51	
Baking Soda	5.27	167	881	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	99.3%	26388	
Salt	1	0.5%	132	
White Pepper	0.5	0.2%	66	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	93	9626	2
Oil	2	93	93	
Salt	1.2	93	56	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	362	7120	3
Oil	0.7	362	85	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	80	14400	0
Oil	2	80	160	
Lemon Juice	6	80	480	
Moroccan Chicken Mix	4	80	320	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	100	209	20900	0
Oil	1.9	209	398	
Baking Soda	3.8	209	795	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	314	47100	0
Cooking Cream	20	314	6280	
Butter	7	314	2198	
Salt	1.5	314	471	
White Pepper	0.5	314	157	

### Roasted Parma Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	438	11889	7
Oil	1.62	438	102	
Spices Mix	2.5	438	157	

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## Clean Eats Australia - HACCP FSP Section F - Form 1

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Prepared by: C. Guzzardi

## Bulk Raw Ingredients to Cook

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	150	9000	0
Salt	0.5	150	75	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	331	19860	0

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	167	5010	0
Parsley	1.5	167	251	
Paprika	0.5	167	84	

### Beef Burrito Mix

Ingredient	Qty/Meal	Meals	Total	Batches
Salsa	43	184	1978	4
Black Beans	50	184	2300	
Corn	50	184	2300	
Rice	130	184	5980	

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## Bulk Raw Ingredients to Cook

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	206	4395	3
Oil	0.7	206	49	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	926	8180	6
Water	95	926	14662	
Oil	1.5	926	232	

### Premixed Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Premixed Chicken Thi	160	179	28640	0

### Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	167	27054	0
Oil	2	167	334	
Oregano	0.3	167	51	
Baking Soda	5.27	167	881	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	99.3%	26388	
Salt	1	0.5%	132	
White Pepper	0.5	0.2%	66	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	93	9626	2
Oil	2	93	93	
Salt	1.2	93	56	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	362	7120	3
Oil	0.7	362	85	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	80	14400	0
Oil	2	80	160	
Lemon Juice	6	80	480	
Moroccan Chicken Mix	4	80	320	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	100	209	20900	0
Oil	1.9	209	398	
Baking Soda	3.8	209	795	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	314	47100	0
Cooking Cream	20	314	6280	
Butter	7	314	2198	
Salt	1.5	314	471	
White Pepper	0.5	314	157	

### Roasted Parma Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	438	11889	7
Oil	1.62	438	102	
Spices Mix	2.5	438	157	

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## Bulk Raw Ingredients to Cook

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	150	9000	0
Salt	0.5	150	75	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	331	19860	0

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	167	5010	0
Parsley	1.5	167	251	
Paprika	0.5	167	84	

### Beef Burrito Mix

Ingredient	Qty/Meal	Meals	Total	Batches
Salsa	43	184	1978	4
Black Beans	50	184	2300	
Corn	50	184	2300	
Rice	130	184	5980	

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## Bulk Raw Ingredients to Cook

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	206	4395	3
Oil	0.7	206	49	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	926	8180	6
Water	95	926	14662	
Oil	1.5	926	232	

### Premixed Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Premixed Chicken Thi	160	179	28640	0

### Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	167	27054	0
Oil	2	167	334	
Oregano	0.3	167	51	
Baking Soda	5.27	167	881	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	99.3%	26388	
Salt	1	0.5%	132	
White Pepper	0.5	0.2%	66	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	93	9626	2
Oil	2	93	93	
Salt	1.2	93	56	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	362	7120	3
Oil	0.7	362	85	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	80	14400	0
Oil	2	80	160	
Lemon Juice	6	80	480	
Moroccan Chicken Mix	4	80	320	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	100	209	20900	0
Oil	1.9	209	398	
Baking Soda	3.8	209	795	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	314	47100	0
Cooking Cream	20	314	6280	
Butter	7	314	2198	
Salt	1.5	314	471	
White Pepper	0.5	314	157	

### Roasted Parma Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	438	11889	7
Oil	1.62	438	102	
Spices Mix	2.5	438	157	

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## Bulk Raw Ingredients to Cook

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	150	9000	0
Salt	0.5	150	75	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	331	19860	0

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	167	5010	0
Parsley	1.5	167	251	
Paprika	0.5	167	84	

### Beef Burrito Mix

Ingredient	Qty/Meal	Meals	Total	Batches
Salsa	43	184	1978	4
Black Beans	50	184	2300	
Corn	50	184	2300	
Rice	130	184	5980	

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### Meal Raw Ingredients to Cook

#### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	206	0	3
Napoli Sauce	0	206	0	
Crushed Tomatoes	0	206	0	
Beef Stock	0	206	0	
Onion	0	206	0	
Zucchini	0	206	0	
Carrot	0	206	0	
Vegetable Oil	0	206	0	
Salt	0	206	0	
Pepper	0	206	0	

#### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	85	0	2
Celery	0	85	0	
Carrot	0	85	0	
Cabbage	0	85	0	
Onion	0	85	0	
Oil	0	85	0	
Pepper	0	85	0	
Salt	0	85	0	
Soy Sauce	0	85	0	
Oyster Sauce	0	85	0	

#### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	67	0	1
Oil	0	67	0	
Carrots	0	67	0	
Capsicum	0	67	0	
Onion	0	67	0	
Mushroom	0	67	0	
Peas	0	67	0	
Tomato Paste	0	67	0	
Beef Stock	0	67	0	
Salt	0	67	0	
Pepper	0	67	0	
Napoli Sauce	0	67	0	

#### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	184	0	2
Onion	0	184	0	
Capsicum	0	184	0	
Vegetable Oil	0	184	0	
Taco Seasoning	0	184	0	
Salt	0	184	0	
Pepper	0	184	0	
Beef Stock	0	184	0	

#### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	105	15750	
Onion	10	105	1050	
Parsley	3	105	315	
Salt	1.5	105	158	
Pepper	0.2	105	21	

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Prepared by: C. Guzzardi

### Meal Raw Ingredients to Cook (cont'd)

#### Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	75	7275	1
Onion	30	75	2250	
Carrot	30	75	2250	
Potato	30	75	2250	
Peas	30	75	2250	
Oil	2	75	150	
Salt	2.5	75	188	
Pepper	0.5	75	38	
Tomato Paste	20	75	1500	
Water	30	75	2250	
Beef Stock	30	75	2250	
Rice	130	75	9750	

#### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	80	5400	2
Beans	60	80	2400	

#### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	202	26260	
Penne	59	202	11918	
Sundried Tomatoes	20	202	4040	

#### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	164	7654	3
Peas	40	164	2187	
Rice	130	164	7107	

#### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	182	18200	
Baking Soda	2.5	182	455	
Water	10	182	1820	
Soy Sauce	5	182	910	
Cornflour	2.5	182	455	
Capsicum	37	182	6734	
Onion	37	182	6734	
Rice	130	182	23660	

#### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	42	5670	1
Corn	40	42	1680	
Beans	60	42	2520	
Broccoli	67	42	2814	

#### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	271	40650	

#### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	160	20800	
Penne	59	160	9440	
Broccoli	40	160	6400	

#### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	150	21630	
Rice	130	150	19500	

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### Meal Raw Ingredients to Cook (cont'd)

#### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	80	14400	

#### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	80	1440	
Zucchini	27	80	2160	
Red Capsicum	27	80	2160	
Garlic	1.8	80	144	
Oil	1.8	80	144	
Chickpeas	103.5	80	8280	
Mix Spices	1.53	80	123	
Chicken Stock	45	80	3600	

#### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasagne Sheets	150	345	51750	
Mozzarella Cheese	1750	345	258750	
Napoli Sauce	500	345	172500	
Bolognese	3200	345	1104000	

#### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	167	11690	2
Potatoes	140	167	11690	

#### Chicken On Its Own

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

#### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	209	22990	

#### Steak On Its Own

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

#### 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 Fajita Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken Thigh	150	86	6450	2
Capsicum	52	86	2236	
Red Onion	52	86	2236	
Salsa	30	86	1290	
Rice	130	86	5590	

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Prepared by: C. Guzzardi

## Meal Raw Ingredients to Cook (cont'd)

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	150	4500	5
Chicken	80	150	2400	
Sauce	200	150	6000	
Spinach	25	150	750	

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Prepared by: C. Guzzardi

### Meal Raw Ingredients to Cook

#### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	206	0	3
Napoli Sauce	0	206	0	
Crushed Tomatoes	0	206	0	
Beef Stock	0	206	0	
Onion	0	206	0	
Zucchini	0	206	0	
Carrot	0	206	0	
Vegetable Oil	0	206	0	
Salt	0	206	0	
Pepper	0	206	0	

#### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	85	0	2
Celery	0	85	0	
Carrot	0	85	0	
Cabbage	0	85	0	
Onion	0	85	0	
Oil	0	85	0	
Pepper	0	85	0	
Salt	0	85	0	
Soy Sauce	0	85	0	
Oyster Sauce	0	85	0	

#### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	67	0	1
Oil	0	67	0	
Carrots	0	67	0	
Capsicum	0	67	0	
Onion	0	67	0	
Mushroom	0	67	0	
Peas	0	67	0	
Tomato Paste	0	67	0	
Beef Stock	0	67	0	
Salt	0	67	0	
Pepper	0	67	0	
Napoli Sauce	0	67	0	

#### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	184	0	2
Onion	0	184	0	
Capsicum	0	184	0	
Vegetable Oil	0	184	0	
Taco Seasoning	0	184	0	
Salt	0	184	0	
Pepper	0	184	0	
Beef Stock	0	184	0	

#### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	105	15750	
Onion	10	105	1050	
Parsley	3	105	315	
Salt	1.5	105	158	
Pepper	0.2	105	21	

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## Clean Eats Australia - HACCP FSP Section F - Form 1

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Previous Issue Date: 28/10/23

Approved by: T. Fadlallah

Prepared by: C. Guzzardi

### Meal Raw Ingredients to Cook (cont'd)

#### Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	75	7275	1
Onion	30	75	2250	
Carrot	30	75	2250	
Potato	30	75	2250	
Peas	30	75	2250	
Oil	2	75	150	
Salt	2.5	75	188	
Pepper	0.5	75	38	
Tomato Paste	20	75	1500	
Water	30	75	2250	
Beef Stock	30	75	2250	
Rice	130	75	9750	

#### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	80	5400	2
Beans	60	80	2400	

#### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	202	26260	
Penne	59	202	11918	
Sundried Tomatoes	20	202	4040	

#### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	164	7654	3
Peas	40	164	2187	
Rice	130	164	7107	

#### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	182	18200	
Baking Soda	2.5	182	455	
Water	10	182	1820	
Soy Sauce	5	182	910	
Cornflour	2.5	182	455	
Capsicum	37	182	6734	
Onion	37	182	6734	
Rice	130	182	23660	

#### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	42	5670	1
Corn	40	42	1680	
Beans	60	42	2520	
Broccoli	67	42	2814	

#### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	271	40650	

#### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	160	20800	
Penne	59	160	9440	
Broccoli	40	160	6400	

#### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	150	21630	
Rice	130	150	19500	

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### Meal Raw Ingredients to Cook (cont'd)

#### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	80	14400	

#### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	80	1440	
Zucchini	27	80	2160	
Red Capsicum	27	80	2160	
Garlic	1.8	80	144	
Oil	1.8	80	144	
Chickpeas	103.5	80	8280	
Mix Spices	1.53	80	123	
Chicken Stock	45	80	3600	

#### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasagne Sheets	150	345	51750	
Mozzarella Cheese	1750	345	258750	
Napoli Sauce	500	345	172500	
Bolognese	3200	345	1104000	

#### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	167	11690	2
Potatoes	140	167	11690	

#### Chicken On Its Own

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

#### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	209	22990	

#### Steak On Its Own

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

#### 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 Fajita Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken Thigh	150	86	6450	2
Capsicum	52	86	2236	
Red Onion	52	86	2236	
Salsa	30	86	1290	
Rice	130	86	5590	

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## Meal Raw Ingredients to Cook (cont'd)

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	150	4500	5
Chicken	80	150	2400	
Sauce	200	150	6000	
Spinach	25	150	750	

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### Pre-Pack Room

#### Sauces/Mixes to Prepare

##### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required
Greek Yogurt	20	167	3340
Garlic	1	167	167
Salt	0.2	167	34

#### Sauces/Mixes to Get Ready

##### Sauces to Get Ready

Sauce	Qty	Amt	Total
MONGOLIAN	70	182	12740
MEATBALLS	120	105	12600
LEMON	50	93	4650
MUSHROOM	100	209	20900
CHUNKY SALSA		270	10750

##### Meat to Get Ready

Meat Mix	Qty	Amount	Total
SPAGHETTI BOLOGNESE	230	206	47380
CHOW MEIN	230	85	19550
SHEPPERDS PIE	210	67	14070
BURRITO BOWL	130	184	23920

#### Ingredients to Get Ready

##### Parma Cheese

Ingredient	Qty	Amt	Total
Mozzarella Cheese	40	271	10840

##### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	202	4040

#### Chicken to Mix

##### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	202	4323	5
Sauce	80	202	3232	5

##### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	164	5043	4
Sauce	90	164	3690	4

##### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	160	4080	4
Sauce	100	160	4000	4

##### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	150	4326	4
Sauce	92.7	150	3477	4

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### Pre-Pack Room (cont.)

#### Chicken to Mix

##### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	150	4410	5
Chicken	80	150	2400	5
Sauce	200	150	6000	5
Spinach	25	150	750	5

#### Rice to Mix

##### Beef Burrito

Ingredient	Qty	Amt	Total	Batches
Salsa	43	184	1978	4
Black Beans	50	184	2300	4
Corn	50	184	2300	4
Rice	130	184	5980	4

##### Butter Chicken

Ingredient	Qty	Amt	Total	Batches
Peas	40	164	2187	3
Rice	130	164	7107	3

### Prepack Cooked Ingredient Checks

TBC

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### Meat Order and Veg Prep

#### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	2250
10MM DICED POTATO (LEBO)	2250
10MM DICED ZUCCHINI	2160
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	2160
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	4740
5MM MONGOLIAN CAPSICUM	11206
5MM MONGOLIAN ONION	11206
BROCCOLI	9214
CRATED CARROTS	0
CRATED ZUCCHINI	0
LEMON POTATO	19252
ROASTED PARMA POTATO	83223
THAI POTATOS	9000
POTATO MASH	47100
SWEET POTATO MASH	26585
SPINACH	3750
RED ONION	5010
PARSLEY	251

#### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	7275
BEEF TOPSIDE (MONG)	18200
MINCE	15750
TOPSIDE STEAK	20900
LAMB SHOULDER	27054
MORROCAN CHICKEN	14400
ITALIAN CHICKEN	60129
NORMAL CHICKEN	107380
PREMIXED CHICKEN	28640

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5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	4740
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5MM MONGOLIAN ONION	11206
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5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
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