

# 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	Already Made	Total
Spaghetti Bolognese	239	0	239
Beef Chow Mein	161	0	161
Shepherd's Pie	133	0	133
Beef Burrito Bowl	137	0	137
Beef Meatballs	201	0	201
Lebanese Beef Stew	0	0	0
Mongolian Beef	219	0	219
Chicken with Vegetables	82	0	82
Chicken with Sweet Potato and Beans	127	0	127
Naked Chicken Parma	275	0	275
Chicken Pesto Pasta	218	0	218
Chicken and Broccoli Pasta	140	0	140
Butter Chicken	183	0	183
Thai Green Chicken Curry	156	0	156
Moroccan Chicken	71	0	71
Steak with Mushroom Sauce	208	0	208
Creamy Chicken & Mushroom Gnocchi	167	0	167
Roasted Lemon Chicken & Potatoes	154	0	154
Beef Lasagna	250	0	250
Bean Nachos with Rice	0	0	0
Lamb Souvlaki	197	0	197
Chicken Fajita Bowl	162	0	162
Steak On Its Own	0	0	0
Chicken On Its Own	0	0	0
Family Mac and 3 Cheese Pasta Bake	7	0	7
Baked Family Lasagna	32	0	32
<b>TOTAL</b>	<b>3519</b>	<b>0</b>	<b>3519</b>

### Use By Dates

Family Lasagna - 17/03/2026

Family Mac & Cheese - 10/03/2026

Beef Lasagna - 10/03/2026

Individual Meals - 03/03/2026

# Production Schedule Report

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

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### Meal Production Summary

Meal	Clean Eats	Already Made	Total
Spaghetti Bolognese	239	0	239
Beef Chow Mein	161	0	161
Shepherd's Pie	133	0	133
Beef Burrito Bowl	137	0	137
Beef Meatballs	201	0	201
Lebanese Beef Stew	0	0	0
Mongolian Beef	219	0	219
Chicken with Vegetables	82	0	82
Chicken with Sweet Potato and Beans	127	0	127
Naked Chicken Parma	275	0	275
Chicken Pesto Pasta	218	0	218
Chicken and Broccoli Pasta	140	0	140
Butter Chicken	183	0	183
Thai Green Chicken Curry	156	0	156
Moroccan Chicken	71	0	71
Steak with Mushroom Sauce	208	0	208
Creamy Chicken & Mushroom Gnocchi	167	0	167
Roasted Lemon Chicken & Potatoes	154	0	154
Beef Lasagna	250	0	250
Bean Nachos with Rice	0	0	0
Lamb Souvlaki	197	0	197
Chicken Fajita Bowl	162	0	162
Steak On Its Own	0	0	0
Chicken On Its Own	0	0	0
Family Mac and 3 Cheese Pasta Bake	7	0	7
Baked Family Lasagna	32	0	32
<b>TOTAL</b>	<b>3519</b>	<b>0</b>	<b>3519</b>

### Use By Dates

Family Lasagna - 17/03/2026

Family Mac & Cheese - 10/03/2026

Beef Lasagna - 10/03/2026

Individual Meals - 03/03/2026

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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	239	5099	3
Oil	0.7	239	56	

#### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	358	7041	3
Oil	0.7	358	84	

#### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	1018	8993	6
Water	95	1018	16119	
Oil	1.5	1018	255	

#### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	71	12780	
Oil	2	71	142	
Lemon Juice	6	71	426	
Moroccan Chicken M	4	71	284	

#### Premixed Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Premixed Chicken T	160	316	50560	

#### Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	197	31914	
Oil	2	197	394	
Oregano	0.3	197	60	
Baking Soda	5.27	197	1039	

#### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	116.3	208	24191	
Oil	1.9	208	396	
Baking Soda	3.8	208	791	

#### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	409	61350	
Cooking Cream	20	409	8180	
Butter	7	409	2863	
Salt	1.5	409	614	
White Pepper	0.5	409	205	

#### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	99.3%	47046	
Salt	1	0.5%	236	
White Pepper	0.5	0.2%	118	

#### Roasted Parma Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	514	10852	9
Oil	1.62	514	93	
Spices Mix	2.5	514	143	

#### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	154	10626	3
Oil	2	154	103	
Salt	1.2	154	62	

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<b>Clean Eats Australia - HACCP FSP Section F - Form 1</b>	
Latest Issue Date: 13/01/24	Previous Issue Date: 28/10/23
Approved by: T. Fadlallah	Prepared by: C. Guzzardi

**Roasted Thai Potatoes**

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	156	9360	
Salt	0.5	156	78	

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

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Prepared by: C. Guzzardi

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	197	5910	
Parsley	1.5	197	296	
Paprika	0.5	197	99	

### Beef Burrito Mix

Ingredient	Qty/Meal	Meals	Total	Batches
Salsa	43	137	1964	3
Black Beans	50	137	2284	
Corn	50	137	2284	
Rice	130	137	5937	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	392	23520	

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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

#### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	239	5099	3
Oil	0.7	239	56	

#### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	358	7041	3
Oil	0.7	358	84	

#### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	1018	8993	6
Water	95	1018	16119	
Oil	1.5	1018	255	

#### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	71	12780	
Oil	2	71	142	
Lemon Juice	6	71	426	
Moroccan Chicken M	4	71	284	

#### Premixed Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Premixed Chicken T	160	316	50560	

#### Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	197	31914	
Oil	2	197	394	
Oregano	0.3	197	60	
Baking Soda	5.27	197	1039	

#### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	99.3%	47046	
Salt	1	0.5%	236	
White Pepper	0.5	0.2%	118	

#### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	154	10626	3
Oil	2	154	103	
Salt	1.2	154	62	

#### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	116.3	208	24191	
Oil	1.9	208	396	
Baking Soda	3.8	208	791	

#### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	409	61350	
Cooking Cream	20	409	8180	
Butter	7	409	2863	
Salt	1.5	409	614	
White Pepper	0.5	409	205	

#### Roasted Parma Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	514	10852	9
Oil	1.62	514	93	
Spices Mix	2.5	514	143	

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**Roasted Thai Potatoes**

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	156	9360	
Salt	0.5	156	78	

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Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	197	5910	
Parsley	1.5	197	296	
Paprika	0.5	197	99	

### Beef Burrito Mix

Ingredient	Qty/Meal	Meals	Total	Batches
Salsa	43	137	1964	3
Black Beans	50	137	2284	
Corn	50	137	2284	
Rice	130	137	5937	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	392	23520	



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#### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	239	5099	3
Oil	0.7	239	56	

#### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	358	7041	3
Oil	0.7	358	84	

#### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	1018	8993	6
Water	95	1018	16119	
Oil	1.5	1018	255	

#### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	71	12780	
Oil	2	71	142	
Lemon Juice	6	71	426	
Moroccan Chicken M	4	71	284	

#### Premixed Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Premixed Chicken T	160	316	50560	

#### Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	197	31914	
Oil	2	197	394	
Oregano	0.3	197	60	
Baking Soda	5.27	197	1039	

#### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	116.3	208	24191	
Oil	1.9	208	396	
Baking Soda	3.8	208	791	

#### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	409	61350	
Cooking Cream	20	409	8180	
Butter	7	409	2863	
Salt	1.5	409	614	
White Pepper	0.5	409	205	

#### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	99.3%	47046	
Salt	1	0.5%	236	
White Pepper	0.5	0.2%	118	

#### Roasted Parma Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	514	10852	9
Oil	1.62	514	93	
Spices Mix	2.5	514	143	

#### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	154	10626	3
Oil	2	154	103	
Salt	1.2	154	62	

<b>Production Schedule Report</b>	
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**Roasted Thai Potatoes**

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	156	9360	
Salt	0.5	156	78	

# Production Schedule Report

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

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### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	197	5910	
Parsley	1.5	197	296	
Paprika	0.5	197	99	

### Beef Burrito Mix

Ingredient	Qty/Meal	Meals	Total	Batches
Salsa	43	137	1964	3
Black Beans	50	137	2284	
Corn	50	137	2284	
Rice	130	137	5937	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	392	23520	

# Production Schedule Report

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

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Approved by: T. Fadlallah

Prepared by: C. Guzzardi

### Meal Raw Ingredients to Cook

#### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	239	7967	3
Napoli Sauce	65	239	5179	
Crushed Tomatoes	45	239	3585	
Beef Stock	30	239	2390	
Onion	15	239	1195	
Zucchini	15	239	1195	
Carrot	15	239	1195	
Vegetable Oil	1	239	80	
Salt	3	239	239	
Pepper	1	239	80	

#### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	120	161	6440	3
Celery	42	161	2254	
Carrot	42	161	2254	
Cabbage	42	161	2254	
Onion	42	161	2254	
Oil	2	161	108	
Pepper	1	161	54	
Salt	0.5	161	27	
Soy Sauce	13	161	698	
Oyster Sauce	13	161	698	

#### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	133	6650	2
Oil	2	133	133	
Carrots	15	133	998	
Capsicum	15	133	998	
Onion	15	133	998	
Mushroom	15	133	998	
Peas	15	133	998	
Tomato Paste	6	133	399	
Beef Stock	20	133	1330	
Salt	2	133	133	
Pepper	0.5	133	34	
Napoli Sauce	70	133	4655	

#### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	95	137	6508	2
Onion	12	137	822	
Capsicum	12	137	822	
Vegetable Oil	2	137	137	
Taco Seasoning	7	137	480	
Salt	1.5	137	103	
Pepper	0.5	137	35	
Beef Stock	40	137	2740	

#### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	201	30150	
Onion	10	201	2010	
Parsley	3	201	603	
Salt	1.5	201	302	
Pepper	0.2	201	41	

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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	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	

#### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	127	5715	3
Beans	60	127	2540	

#### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	218	28340	
Penne	59	218	12862	
Sundried Tomatoes	20	218	4360	

#### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	183	6405	4
Peas	40	183	1830	
Rice	130	183	5948	

#### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	219	21900	
Baking Soda	2.5	219	548	
Water	10	219	2190	
Soy Sauce	5	219	1095	
Cornflour	2.5	219	548	
Capsicum	37	219	8103	
Onion	37	219	8103	
Rice	130	219	28470	

#### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	82	5535	2
Corn	40	82	1640	
Beans	60	82	2460	
Broccoli	67	82	2747	

#### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	275	41250	

#### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	140	18200	
Penne	59	140	8260	
Broccoli	40	140	5600	

#### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	156	22496	
Rice	130	156	20280	

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

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

#### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	71	12780	

#### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	71	1278	
Zucchini	27	71	1917	
Red Capsicum	27	71	1917	
Garlic	1.8	71	128	
Oil	1.8	71	128	
Chickpeas	103.5	71	7349	
Mix Spices	1.53	71	109	
Chicken Stock	45	71	3195	

#### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasagne Sheets	150	250	37500	
Mozzarella Cheese	1750	250	187500	
Napoli Sauce	500	250	125000	
Bolognese	3200	250	800000	

#### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	197	9194	3
Potatoes	140	197	9194	

#### 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	208	22880	

#### 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	162	8100	3
Capsicum	52	162	2808	
Red Onion	52	162	2808	
Salsa	30	162	1620	
Rice	130	162	7020	

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

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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	167	5010	5
Chicken	80	167	2672	
Sauce	200	167	6680	
Spinach	25	167	835	

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Prepared by: C. Guzzardi

### Meal Raw Ingredients to Cook

#### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	239	7967	3
Napoli Sauce	65	239	5179	
Crushed Tomatoes	45	239	3585	
Beef Stock	30	239	2390	
Onion	15	239	1195	
Zucchini	15	239	1195	
Carrot	15	239	1195	
Vegetable Oil	1	239	80	
Salt	3	239	239	
Pepper	1	239	80	

#### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	120	161	6440	3
Celery	42	161	2254	
Carrot	42	161	2254	
Cabbage	42	161	2254	
Onion	42	161	2254	
Oil	2	161	108	
Pepper	1	161	54	
Salt	0.5	161	27	
Soy Sauce	13	161	698	
Oyster Sauce	13	161	698	

#### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	133	6650	2
Oil	2	133	133	
Carrots	15	133	998	
Capsicum	15	133	998	
Onion	15	133	998	
Mushroom	15	133	998	
Peas	15	133	998	
Tomato Paste	6	133	399	
Beef Stock	20	133	1330	
Salt	2	133	133	
Pepper	0.5	133	34	
Napoli Sauce	70	133	4655	

#### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	95	137	6508	2
Onion	12	137	822	
Capsicum	12	137	822	
Vegetable Oil	2	137	137	
Taco Seasoning	7	137	480	
Salt	1.5	137	103	
Pepper	0.5	137	35	
Beef Stock	40	137	2740	

#### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	201	30150	
Onion	10	201	2010	
Parsley	3	201	603	
Salt	1.5	201	302	
Pepper	0.2	201	41	



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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	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	

#### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	127	5715	3
Beans	60	127	2540	

#### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	218	28340	
Penne	59	218	12862	
Sundried Tomatoes	20	218	4360	

#### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	183	6405	4
Peas	40	183	1830	
Rice	130	183	5948	

#### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	219	21900	
Baking Soda	2.5	219	548	
Water	10	219	2190	
Soy Sauce	5	219	1095	
Cornflour	2.5	219	548	
Capsicum	37	219	8103	
Onion	37	219	8103	
Rice	130	219	28470	

#### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	82	5535	2
Corn	40	82	1640	
Beans	60	82	2460	
Broccoli	67	82	2747	

#### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	275	41250	

#### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	140	18200	
Penne	59	140	8260	
Broccoli	40	140	5600	

#### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	156	22496	
Rice	130	156	20280	

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

#### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	71	12780	

#### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	71	1278	
Zucchini	27	71	1917	
Red Capsicum	27	71	1917	
Garlic	1.8	71	128	
Oil	1.8	71	128	
Chickpeas	103.5	71	7349	
Mix Spices	1.53	71	109	
Chicken Stock	45	71	3195	

#### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasagne Sheets	150	250	37500	
Mozzarella Cheese	1750	250	187500	
Napoli Sauce	500	250	125000	
Bolognese	3200	250	800000	

#### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	197	9194	3
Potatoes	140	197	9194	

#### 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	208	22880	

#### 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	162	8100	3
Capsicum	52	162	2808	
Red Onion	52	162	2808	
Salsa	30	162	1620	
Rice	130	162	7020	

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

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	167	5010	5
Chicken	80	167	2672	
Sauce	200	167	6680	
Spinach	25	167	835	

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### Pre-Pack Room

#### Sauces/Mixes to Prepare

##### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required
Greek Yogurt	20	197	3940
Garlic	1	197	197
Salt	0.2	197	40

#### Sauces/Mixes to Get Ready

##### Sauces to Get Ready

Sauce	Qty	Amt	Total
MONGOLIAN	70	219	15330
MEATBALLS	120	201	24120
LEMON	50	154	7700
MUSHROOM	100	208	20800
CHUNKY SALSA		299	11237

##### Meat to Get Ready

Meat Mix	Qty	Amount	Total
SPAGHETTI BOLOGNESE	230	239	54970
CHOW MEIN	230	161	37030
SHEPPERDS PIE	210	133	27930
BURRITO BOWL	130	137	17810

#### Ingredients to Get Ready

##### Parma Cheese

Ingredient	Qty	Amt	Total
Mozzarella Cheese	40	275	11000

##### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	218	4360

#### Chicken to Mix

##### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	218	4666	5
Sauce	80	218	3488	5

##### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	183	5628	4
Sauce	90	183	4118	4

##### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	140	4760	3
Sauce	100	140	4667	3

##### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	156	4500	4
Sauce	92.7	156	3616	4

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### Pre-Pack Room (cont.)

#### Chicken to Mix

##### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	167	4910	5
Chicken	80	167	2672	5
Sauce	200	167	6680	5
Spinach	25	167	835	5

#### Rice to Mix

##### Beef Burrito

Ingredient	Qty	Amt	Total	Batches
Salsa	43	137	1964	3
Black Beans	50	137	2284	3
Corn	50	137	2284	3
Rice	130	137	5937	3

##### Butter Chicken

Ingredient	Qty	Amt	Total	Batches
Peas	40	183	2440	3
Rice	130	183	7930	3

### Prepack Cooked Ingredient Checks

TBC

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Prepared by: C. Guzzardi

### Meat Order and Veg Prep

#### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	1917
5MM DICED CABBAGE	6762
5MM DICED CAPSICUM	5557
5MM DICED CARROTS	8758
5MM DICED CELERY	6762
5MM DICED MUSHROOMS	1996
5MM DICED ONION	17275
5MM MONGOLIAN CAPSICUM	16527
5MM MONGOLIAN ONION	16527
BROCCOLI	11094
CRATED CARROTS	3585
CRATED ZUCCHINI	3585
LEMON POTATO	31878
ROASTED POTATO	0
THAI POTATOS	9360
POTATO MASH	61350
SWEET POTATO MASH	47398
SPINACH	4176
RED ONION	5910
PARSLEY	296

#### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	21900
MINCE	99685
TOPSIDE STEAK	24191
LAMB SHOULDER	31914
MORROCAN CHICKEN	12780
ITALIAN CHICKEN	74052
NORMAL CHICKEN	112320
PREMIXED CHICKEN	50560

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5MM DICED CARROTS	8758
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