

Meal Production Summary - 23/09/2025

Meal	Made Active	Already Made	Total
Spaghetti Bolognese	15	0	15
Beef Chow Mein	4	0	4
Shepherd's Pie	0	0	0
Beef Burrito Bowl	10	0	10
Beef Meatballs	14	0	14
Lebanese Beef Stew	0	0	0
Mongolian Beef	11	0	11
Chicken with Vegetables	17	0	17
Chicken with Sweet Potato and Beans	0	0	0
Naked Chicken Parma	18	0	18
Chicken Pesto Pasta	11	0	11
Chicken and Broccoli Pasta	0	0	0
Butter Chicken	12	0	12
Thai Green Chicken Curry	9	0	9
Moroccan Chicken	0	0	0
Steak with Mushroom Sauce	6	0	6
Creamy Chicken & Mushroom Gnocchi	0	0	0
Roasted Lemon Chicken & Potatoes	6	0	6
Beef Lasagna	22	0	22
Bean Nachos with Rice	0	0	0
Lamb Souvlaki	7	0	7
Chicken Fajita Bowl	4	0	4
Steak On Its Own	0	0	0
Chicken On Its Own	0	0	0
Family Mac and 3 Cheese Pasta Bake	0	0	0
Baked Family Lasagna	0	0	0
TOTAL	166	0	166

Daily Production Report - 23/09/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	15	1020	1
Oil	0.7	15	10	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	11	649	1
Oil	0.7	11	8	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	50	2650	1
Water	95	50	4750	
Salt	1	50	50	
Oil	1.5	50	75	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	0	0	0
Oil	2	0	0	
Lemon Juice	6	0	0	
Moroccan Chicken Mix	4	0	0	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	10	1600	
Oil	4	10	40	
Roast Chicken Mix	4	10	40	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	6	660	0
Oil	1.5	6	9.0	
Baking Soda	3	6	18	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	7	1134	0
Oil	2	7	14	
Salt	1.5	7	10.5	
Oregano	1.2	7	8.4	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	20	3000	0
Cooking Cream	20	20	400	
Butter	7	20	140	
Salt	1.5	20	30.0	
White Pepper	0.5	20	10.0	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	0	0	0
Salt	1	0	0	
White Pepper	0.5	0	0.0	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	25	4750	1
Oil	1	25	25	
Spices Mix	2.5	25	62	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	6	1242	1
Oil	1	6	6	
Salt	1.2	6	7	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	9	540	0
Salt	1	9	9	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	7	210	0
Parsley	1.5	7	10.5	
Paprika	0.5	7	3.5	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	23	1380	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	15	0	1
Napoli Sauce	0	15	0	
Crushed Tomatoes	0	15	0	
Beef Stock	0	15	0	
Onion	0	15	0	
Zucchini	0	15	0	
Carrot	0	15	0	
Vegetable Oil	0	15	0	
Salt	0	15	0	
Pepper	0	15	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	4	0	1
Celery	0	4	0	
Carrot	0	4	0	
Cabbage	0	4	0	
Onion	0	4	0	
Oil	0	4	0	
Pepper	0	4	0	
Salt	0	4	0	
Soy Sauce	0	4	0	
Oyster Sauce	0	4	0	

Shepherd's Pie

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

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	10	0	1
Onion	0	10	0	
Capsicum	0	10	0	
Vegetable Oil	0	10	0	
Taco Seasoning	0	10	0	
Salt	0	10	0	
Pepper	0	10	0	
Beef Stock	0	10	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	14	2100	
Onion	10	14	140	
Parsley	3	14	42	
Salt	1.5	14	21.0	
Pepper	0.2	14	2.8000000000000003	

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	0.0	
Pepper	0.5	0	0.0	
Tomato Paste	20	0	0	
Water	30	0	0	
Beef Stock	30	0	0	
Rice	130	0	0	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	118	11	1298	
Baking Soda	2.5	11	27.5	
Water	10	11	110	
Soy Sauce	5	11	55	
Cornflour	2.5	11	27.5	
Capsicum	37	11	407	
Onion	37	11	407	
Rice	130	11	1430	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	17	2295	1
Corn	50	17	850	
Beans	60	17	1020	
Broccoli	67	17	1139	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	11	1430	
Penne	59	11	649	
Sundried Tomatoes	20	11	220	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	12	1680	1
Peas	40	12	480	
Rice	130	12	1560	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	0	0	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	0	0	
Zucchini	30	0	0	
Red Capsicum	30	0	0	
Garlic	2	0	0	
Oil	2	0	0	
Chickpeas	115	0	0	
Mix Spices	1.7	0	0.0	
Chicken Stock	50	0	0	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	22	3300	
Mozzerala Cheese	1750	22	16500	
Napoli Sauce	500	22	11000	
Bolognese	3200	22	70400	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	0	0	
Beans	60	0	0	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	18	2700	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	0	0	
Penne	59	0	0	
Broccoli	40	0	0	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	9	1260	
Rice	130	9	1170	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	6	660	

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	0.0	
Pepper	0.5	0	0.0	
Garlic	2.5	0	0.0	
Vegetable Oil	1.5	0	0.0	
Cumin	0.5	0	0.0	
Crushed Tomato	85	0	0	
Water	41.7	0	0.0	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	7	980	1
Potatoes	140	7	980	

Chicken On Its Own

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

Chicken Fajita Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken Thigh	150	4	600	1
Capsicum	52	4	208	
Red Onion	52	4	208	
Salsa	30	4	120	
Rice	130	4	520	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	0	0	
Chicken	80	0	0	
Sauce	200	0	0	
Spinach	25	0	0	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	9	63
Coconut Cream	95	9	855

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	7	140
Garlic	1	7	7
Salt	0.2	7	1.4000000000000001

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	11	770
MEATBALLS	120	14	1680
LEMON	50	6	300
MUSHROOM	100	6	600
FAJITA SAUCE	33	4	132
BURRITO SAUCE	43	10	430

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	10	430	1
Black Beans	50	10	500	1
Corn	50	10	500	1
Rice	130	10	1300	1

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	18	900
Mozzarella Cheese	40	18	720

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	11	220

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	11	1177	1
Sauce	80	11	880	1

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	9	1008	1
Sauce	90	9	810	1

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	12	1476	1
Sauce	90	12	1080	1

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	0	0	1
Chicken	80	0	0	1
Sauce	200	0	0	1
Spinach	25	0	0	1

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	0	0	1
Sauce	100	0	0	1

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	1298
MINCE	2100
TOPSIDE STEAK	660
LAMB SHOULDER	1134
MORROCAN CHICKEN	0
ITALIAN CHICKEN	5355
NORMAL CHICKEN	4160
CHICKEN THIGH	1600

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	0
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	0
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	140
5MM MONGOLIAN CAPSICUM	615
5MM MONGOLIAN ONION	615
5MM SLICED MUSHROOMS	0
BROCCOLI	1139
CRATED CARROTS	0
CRATED ZUCCHINI	0
LEMON POTATO	1242
ROASTED POTATO	4750
THAI POTATOS	540
POTATO MASH	3000
SWEET POTATO MASH	0
SPINACH	0
RED ONION	210
PARSLEY	10