

Meal Production Summary - 23/09/2025

Meal	Made Active	Already Made	Total
Spaghetti Bolognese	21	0	21
Beef Chow Mein	6	0	6
Shepherd's Pie	0	0	0
Beef Burrito Bowl	13	0	13
Beef Meatballs	19	0	19
Lebanese Beef Stew	0	0	0
Mongolian Beef	18	0	18
Chicken with Vegetables	18	0	18
Chicken with Sweet Potato and Beans	0	0	0
Naked Chicken Parma	27	0	27
Chicken Pesto Pasta	15	0	15
Chicken and Broccoli Pasta	0	0	0
Butter Chicken	21	0	21
Thai Green Chicken Curry	14	0	14
Moroccan Chicken	0	0	0
Steak with Mushroom Sauce	8	0	8
Creamy Chicken & Mushroom Gnocchi	0	0	0
Roasted Lemon Chicken & Potatoes	14	0	14
Beef Lasagna	34	0	34
Bean Nachos with Rice	0	0	0
Lamb Souvlaki	13	0	13
Chicken Fajita Bowl	7	0	7
Steak On Its Own	1	0	1
Chicken On Its Own	0	0	0
Family Mac and 3 Cheese Pasta Bake	0	0	0
Baked Family Lasagna	0	0	0
TOTAL	249	0	249

Daily Production Report - 23/09/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	21	1428	1
Oil	0.7	21	15	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	15	885	1
Oil	0.7	15	10	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	79	4187	1
Water	95	79	7505	
Salt	1	79	79	
Oil	1.5	79	118	

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	21	3360	
Oil	4	21	84	
Roast Chicken Mix	4	21	84	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	9	990	0
Oil	1.5	9	13.5	
Baking Soda	3	9	27	

Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	13	2106	0
Oil	2	13	26	
Salt	1.5	13	19.5	
Oregano	1.2	13	15.6	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	27	4050	0
Cooking Cream	20	27	540	
Butter	7	27	189	
Salt	1.5	27	40.5	
White Pepper	0.5	27	13.5	

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	40	7600	1
Oil	1	40	40	
Spices Mix	2.5	40	100	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	14	2898	1
Oil	1	14	14	
Salt	1.2	14	17	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	14	840	0
Salt	1	14	14	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	13	390	0
Parsley	1.5	13	19.5	
Paprika	0.5	13	6.5	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	26	1560	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	21	2100	1
Napoli Sauce	65	21	1365	
Crushed Tomatoes	45	21	945	
Beef Stock	30	21	630	
Onion	15	21	315	
Zucchini	15	21	315	
Carrot	15	21	315	
Vegetable Oil	1	21	21	
Salt	3	21	63	
Pepper	1	21	21	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	120	6	720	1
Celery	42	6	252	
Carrot	42	6	252	
Cabbage	42	6	252	
Onion	42	6	252	
Oil	2	6	12	
Pepper	1	6	6	
Salt	0.5	6	3	
Soy Sauce	13	6	78	
Oyster Sauce	13	6	78	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	0	0	
Oil	2	0	0	
Carrots	15	0	0	
Capsicum	15	0	0	
Onion	15	0	0	
Mushroom	15	0	0	
Peas	15	0	0	
Tomato Paste	6	0	0	
Beef Stock	20	0	0	
Salt	2	0	0	
Pepper	0.5	0	0.0	
Napoli Sauce	70	0	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	95	13	1235	1
Onion	12	13	156	
Capsicum	12	13	156	
Vegetable Oil	2	13	26	
Taco Seasoning	7	13	91	
Salt	1.5	13	20	
Pepper	0.5	13	6	
Beef Stock	40	13	520	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	19	2850	
Onion	10	19	190	
Parsley	3	19	57	
Salt	1.5	19	28.5	
Pepper	0.2	19	3.8000000000000003	

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	18	2124	
Baking Soda	2.5	18	45.0	
Water	10	18	180	
Soy Sauce	5	18	90	
Cornflour	2.5	18	45.0	
Capsicum	37	18	666	
Onion	37	18	666	
Rice	130	18	2340	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	18	2430	1
Corn	50	18	900	
Beans	60	18	1080	
Broccoli	67	18	1206	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	15	1950	
Penne	59	15	885	
Sundried Tomatoes	20	15	300	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	21	2940	1
Peas	40	21	840	
Rice	130	21	2730	

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	34	5100	
Mozzerala Cheese	1750	34	25500	
Napoli Sauce	500	34	17000	
Bolognese	3200	34	108800	

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	27	4050	

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	14	1960	
Rice	130	14	1820	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	8	880	

Steak On Its Own

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	200	1	200	1

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	13	1820	1
Potatoes	140	13	1820	

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	7	1050	1
Capsicum	52	7	364	
Red Onion	52	7	364	
Salsa	30	7	210	
Rice	130	7	910	

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	14	98
Coconut Cream	95	14	1330

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	13	260
Garlic	1	13	13
Salt	0.2	13	2.6

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	18	1260
MEATBALLS	120	19	2280
LEMON	50	14	700
MUSHROOM	100	8	800
FAJITA SAUCE	33	7	231
BURRITO SAUCE	43	13	559

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	13	559	1
Black Beans	50	13	650	1
Corn	50	13	650	1
Rice	130	13	1690	1

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	27	1350
Mozzarella Cheese	40	27	1080

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	15	300

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	15	1605	1
Sauce	80	15	1200	1

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	14	1568	1
Sauce	90	14	1260	1

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	21	2583	1
Sauce	90	21	1890	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)	2124
MINCE	6905
TOPSIDE STEAK	1190
LAMB SHOULDER	2106
MORROCAN CHICKEN	0
ITALIAN CHICKEN	6885
NORMAL CHICKEN	6500
CHICKEN THIGH	3360

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	0
5MM DICED CABBAGE	252
5MM DICED CAPSICUM	156
5MM DICED CARROTS	252
5MM DICED CELERY	252
5MM DICED MUSHROOMS	0
5MM DICED ONION	913
5MM MONGOLIAN CAPSICUM	1030
5MM MONGOLIAN ONION	1030
5MM SLICED MUSHROOMS	0
BROCCOLI	1206
CRATED CARROTS	315
CRATED ZUCCHINI	315
LEMON POTATO	2898
ROASTED POTATO	7600
THAI POTATOS	840
POTATO MASH	4050
SWEET POTATO MASH	0
SPINACH	0
RED ONION	390
PARSLEY	20