

## 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          |
| <b>TOTAL</b>                        | <b>249</b>  | <b>0</b>     | <b>249</b> |

## 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 Marinate

| 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       | 0        | 21    | 0           | 1     |
| Napoli Sauce     | 0        | 21    | 0           |       |
| Crushed Tomatoes | 0        | 21    | 0           |       |
| Beef Stock       | 0        | 21    | 0           |       |
| Onion            | 0        | 21    | 0           |       |
| Zucchini         | 0        | 21    | 0           |       |
| Carrot           | 0        | 21    | 0           |       |
| Vegetable Oil    | 0        | 21    | 0           |       |
| Salt             | 0        | 21    | 0           |       |
| Pepper           | 0        | 21    | 0           |       |

### Beef Chow Mein

| Ingredient   | Qty/Meal | Meals | Batch Total | Batch |
|--------------|----------|-------|-------------|-------|
| Beef Mince   | 0        | 6     | 0           | 1     |
| Celery       | 0        | 6     | 0           |       |
| Carrot       | 0        | 6     | 0           |       |
| Cabbage      | 0        | 6     | 0           |       |
| Onion        | 0        | 6     | 0           |       |
| Oil          | 0        | 6     | 0           |       |
| Pepper       | 0        | 6     | 0           |       |
| Salt         | 0        | 6     | 0           |       |
| Soy Sauce    | 0        | 6     | 0           |       |
| Oyster Sauce | 0        | 6     | 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        | 13    | 0           | 1     |
| Onion          | 0        | 13    | 0           |       |
| Capsicum       | 0        | 13    | 0           |       |
| Vegetable Oil  | 0        | 13    | 0           |       |
| Taco Seasoning | 0        | 13    | 0           |       |
| Salt           | 0        | 13    | 0           |       |
| Pepper         | 0        | 13    | 0           |       |
| Beef Stock     | 0        | 13    | 0           |       |

### 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               | 2850       |
| 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        | 0          |
| 5MM DICED CAPSICUM       | 0          |
| 5MM DICED CARROTS        | 0          |
| 5MM DICED CELERY         | 0          |
| 5MM DICED MUSHROOMS      | 0          |
| 5MM DICED ONION          | 190        |
| 5MM MONGOLIAN CAPSICUM   | 1030       |
| 5MM MONGOLIAN ONION      | 1030       |
| 5MM SLICED MUSHROOMS     | 0          |
| BROCCOLI                 | 1206       |
| CRATED CARROTS           | 0          |
| CRATED ZUCCHINI          | 0          |
| LEMON POTATO             | 2898       |
| ROASTED POTATO           | 7600       |
| THAI POTATOS             | 840        |
| POTATO MASH              | 4050       |
| SWEET POTATO MASH        | 0          |
| SPINACH                  | 0          |
| RED ONION                | 390        |
| PARSLEY                  | 20         |