

## Meal Production Summary - 23/09/2025

Meal	Made Active	Already Made	Total
Spaghetti Bolognese	18	0	18
Beef Chow Mein	5	0	5
Shepherd's Pie	0	0	0
Beef Burrito Bowl	12	0	12
Beef Meatballs	17	0	17
Lebanese Beef Stew	0	0	0
Mongolian Beef	15	0	15
Chicken with Vegetables	17	0	17
Chicken with Sweet Potato and Beans	0	0	0
Naked Chicken Parma	22	0	22
Chicken Pesto Pasta	15	0	15
Chicken and Broccoli Pasta	0	0	0
Butter Chicken	16	0	16
Thai Green Chicken Curry	12	0	12
Moroccan Chicken	0	0	0
Steak with Mushroom Sauce	7	0	7
Creamy Chicken & Mushroom Gnocchi	0	0	0
Roasted Lemon Chicken & Potatoes	7	0	7
Beef Lasagna	25	0	25
Bean Nachos with Rice	0	0	0
Lamb Souvlaki	8	0	8
Chicken Fajita Bowl	6	0	6
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
<b>TOTAL</b>	<b>202</b>	<b>0</b>	<b>202</b>

## Daily Production Report - 23/09/2025

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	18	1224	1
Oil	0.7	18	13	

### 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	66	3498	1
Water	95	66	6270	
Salt	1	66	66	
Oil	1.5	66	99	

### 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	13	2080	
Oil	4	13	52	
Roast Chicken Mix	4	13	52	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	7	770	0
Oil	1.5	7	10.5	
Baking Soda	3	7	21	

### Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	8	1296	0
Oil	2	8	16	
Salt	1.5	8	12.0	
Oregano	1.2	8	9.6	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	24	3600	0
Cooking Cream	20	24	480	
Butter	7	24	168	
Salt	1.5	24	36.0	
White Pepper	0.5	24	12.0	

### 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	30	5700	1
Oil	1	30	30	
Spices Mix	2.5	30	75	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	7	1449	1
Oil	1	7	7	
Salt	1.2	7	8	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	12	720	0
Salt	1	12	12	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	8	240	0
Parsley	1.5	8	12.0	
Paprika	0.5	8	4.0	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	24	1440	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	18	0	1
Napoli Sauce	0	18	0	
Crushed Tomatoes	0	18	0	
Beef Stock	0	18	0	
Onion	0	18	0	
Zucchini	0	18	0	
Carrot	0	18	0	
Vegetable Oil	0	18	0	
Salt	0	18	0	
Pepper	0	18	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	5	0	1
Celery	0	5	0	
Carrot	0	5	0	
Cabbage	0	5	0	
Onion	0	5	0	
Oil	0	5	0	
Pepper	0	5	0	
Salt	0	5	0	
Soy Sauce	0	5	0	
Oyster Sauce	0	5	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	12	0	1
Onion	0	12	0	
Capsicum	0	12	0	
Vegetable Oil	0	12	0	
Taco Seasoning	0	12	0	
Salt	0	12	0	
Pepper	0	12	0	
Beef Stock	0	12	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	17	2550	
Onion	10	17	170	
Parsley	3	17	51	
Salt	1.5	17	25.5	
Pepper	0.2	17	3.4000000000000004	

### 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	15	1770	
Baking Soda	2.5	15	37.5	
Water	10	15	150	
Soy Sauce	5	15	75	
Cornflour	2.5	15	37.5	
Capsicum	37	15	555	
Onion	37	15	555	
Rice	130	15	1950	

## 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	15	1950	
Penne	59	15	885	
Sundried Tomatoes	20	15	300	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	16	2240	1
Peas	40	16	640	
Rice	130	16	2080	

### 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	25	3750	
Mozzerala Cheese	1750	25	18750	
Napoli Sauce	500	25	12500	
Bolognese	3200	25	80000	

### 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	22	3300	

### 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	12	1680	
Rice	130	12	1560	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	7	770	

### 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	8	1120	1
Potatoes	140	8	1120	

### 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	6	900	1
Capsicum	52	6	312	
Red Onion	52	6	312	
Salsa	30	6	180	
Rice	130	6	780	

### 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	12	84
Coconut Cream	95	12	1140

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	8	160
Garlic	1	8	8
Salt	0.2	8	1.6

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	15	1050
MEATBALLS	120	17	2040
LEMON	50	7	350
MUSHROOM	100	7	700
FAJITA SAUCE	33	6	198
BURRITO SAUCE	43	12	516

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	12	516	1
Black Beans	50	12	600	1
Corn	50	12	600	1
Rice	130	12	1560	1

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	22	1100
Mozzarella Cheese	40	22	880

### 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	12	1344	1
Sauce	90	12	1080	1

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	16	1968	1
Sauce	90	16	1440	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)	1770
MINCE	2550
TOPSIDE STEAK	770
LAMB SHOULDER	1296
MORROCAN CHICKEN	0
ITALIAN CHICKEN	5967
NORMAL CHICKEN	5590
CHICKEN THIGH	2080

### 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	170
5MM MONGOLIAN CAPSICUM	867
5MM MONGOLIAN ONION	867
5MM SLICED MUSHROOMS	0
BROCCOLI	1139
CRATED CARROTS	0
CRATED ZUCCHINI	0
LEMON POTATO	1449
ROASTED POTATO	5700
THAI POTATOS	720
POTATO MASH	3600
SWEET POTATO MASH	0
SPINACH	0
RED ONION	240
PARSLEY	12