

# 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	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	94	21	13	0	128
Beef Chow Mein	61	6	11	0	78
Shepherd's Pie	49	0	6	0	55
Beef Burrito Bowl	73	19	24	0	116
Beef Meatballs	99	24	7	0	130
Lebanese Beef Stew	48	0	0	0	48
Mongolian Beef	108	21	0	0	129
Chicken with Vegetables	28	13	0	0	41
Chicken with Sweet Potato and Beans	87	0	8	0	95
Naked Chicken Parma	140	27	16	0	183
Chicken Pesto Pasta	90	19	11	0	120
Chicken and Broccoli Pasta	69	0	10	0	79
Butter Chicken	87	97	11	0	195
Thai Green Chicken Curry	83	25	0	0	108
Moroccan Chicken	41	0	6	0	47
Steak with Mushroom Sauce	76	20	5	0	101
Creamy Chicken & Mushroom Gnocchi	65	0	0	0	65
Roasted Lemon Chicken & Potatoes	72	8	17	0	97
Beef Lasagna	149	10	28	0	187
Bean Nachos with Rice	0	0	0	0	0
Lamb Souvlaki	74	31	0	0	105
Chicken Fajita Bowl	69	29	0	0	98
Steak On Its Own	0	1	0	0	1
Chicken On Its Own	0	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	0	0	0	0	0
Baked Family Lasagna	4	0	0	0	4
<b>TOTAL</b>	<b>1666</b>	<b>371</b>	<b>173</b>	<b>0</b>	<b>2210</b>

### Use By Dates

Family Lasagna - 25/03/2026

Family Mac & Cheese - 18/03/2026

Beef Lasagna - 18/03/2026

Individual Meals - 11/03/2026

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Beef Meatballs	99	24	7	0	130
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Mongolian Beef	108	21	0	0	129
Chicken with Vegetables	28	13	0	0	41
Chicken with Sweet Potato and Beans	87	0	8	0	95
Naked Chicken Parma	140	27	16	0	183
Chicken Pesto Pasta	90	19	11	0	120
Chicken and Broccoli Pasta	69	0	10	0	79
Butter Chicken	87	97	11	0	195
Thai Green Chicken Curry	83	25	0	0	108
Moroccan Chicken	41	0	6	0	47
Steak with Mushroom Sauce	76	20	5	0	101
Creamy Chicken & Mushroom Gnocchi	65	0	0	0	65
Roasted Lemon Chicken & Potatoes	72	8	17	0	97
Beef Lasagna	149	10	28	0	187
Bean Nachos with Rice	0	0	0	0	0
Lamb Souvlaki	74	31	0	0	105
Chicken Fajita Bowl	69	29	0	0	98
Steak On Its Own	0	1	0	0	1
Chicken On Its Own	0	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	0	0	0	0	0
Baked Family Lasagna	4	0	0	0	4
<b>TOTAL</b>	<b>1666</b>	<b>371</b>	<b>173</b>	<b>0</b>	<b>2210</b>

### Use By Dates

Family Lasagna - 25/03/2026

Family Mac & Cheese - 18/03/2026

Beef Lasagna - 18/03/2026

Individual Meals - 11/03/2026

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Prepared by: C. Guzzardi

## Bulk Raw Ingredients to Cook

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	128	4096	2
Oil	0.7	128	45	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	772	8184	5
Water	95	772	14668	
Oil	1.5	772	232	

### Premixed Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Premixed Chicken Thi	160	195	31200	0

### Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	105	17010	0
Oil	2	105	210	
Oregano	0.3	105	32	
Baking Soda	5.27	105	554	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	99.3%	26581	
Salt	1	0.5%	133	
White Pepper	0.5	0.2%	67	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	97	10040	2
Oil	2	97	97	
Salt	1.2	97	59	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	199	5871	2
Oil	0.7	199	70	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	47	8460	0
Oil	2	47	94	
Lemon Juice	6	47	282	
Moroccan Chicken Mix	4	47	188	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	100	102	10200	0
Oil	1.9	102	194	
Baking Soda	3.8	102	388	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	231	34650	0
Cooking Cream	20	231	4620	
Butter	7	231	1617	
Salt	1.5	231	347	
White Pepper	0.5	231	116	

### Roasted Parma Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	288	10944	5
Oil	1.62	288	94	
Spices Mix	2.5	288	144	

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Prepared by: C. Guzzardi

## Bulk Raw Ingredients to Cook

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	108	6480	0
Salt	0.5	108	54	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	237	14220	0

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	105	3150	0
Parsley	1.5	105	158	
Paprika	0.5	105	53	

### Beef Burrito Mix

Ingredient	Qty/Meal	Meals	Total	Batches
Salsa	43	116	2494	2
Black Beans	50	116	2900	
Corn	50	116	2900	
Rice	130	116	7540	

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## Bulk Raw Ingredients to Cook

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	128	4096	2
Oil	0.7	128	45	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	772	8184	5
Water	95	772	14668	
Oil	1.5	772	232	

### Premixed Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Premixed Chicken Thi	160	195	31200	0

### Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	105	17010	0
Oil	2	105	210	
Oregano	0.3	105	32	
Baking Soda	5.27	105	554	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	99.3%	26581	
Salt	1	0.5%	133	
White Pepper	0.5	0.2%	67	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	97	10040	2
Oil	2	97	97	
Salt	1.2	97	59	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	199	5871	2
Oil	0.7	199	70	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	47	8460	0
Oil	2	47	94	
Lemon Juice	6	47	282	
Moroccan Chicken Mix	4	47	188	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	100	102	10200	0
Oil	1.9	102	194	
Baking Soda	3.8	102	388	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	231	34650	0
Cooking Cream	20	231	4620	
Butter	7	231	1617	
Salt	1.5	231	347	
White Pepper	0.5	231	116	

### Roasted Parma Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	288	10944	5
Oil	1.62	288	94	
Spices Mix	2.5	288	144	

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## Bulk Raw Ingredients to Cook

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	108	6480	0
Salt	0.5	108	54	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	237	14220	0

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	105	3150	0
Parsley	1.5	105	158	
Paprika	0.5	105	53	

### Beef Burrito Mix

Ingredient	Qty/Meal	Meals	Total	Batches
Salsa	43	116	2494	2
Black Beans	50	116	2900	
Corn	50	116	2900	
Rice	130	116	7540	

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## Bulk Raw Ingredients to Cook

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	128	4096	2
Oil	0.7	128	45	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	772	8184	5
Water	95	772	14668	
Oil	1.5	772	232	

### Premixed Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Premixed Chicken Thi	160	195	31200	0

### Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	105	17010	0
Oil	2	105	210	
Oregano	0.3	105	32	
Baking Soda	5.27	105	554	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	99.3%	26581	
Salt	1	0.5%	133	
White Pepper	0.5	0.2%	67	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	97	10040	2
Oil	2	97	97	
Salt	1.2	97	59	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	199	5871	2
Oil	0.7	199	70	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	47	8460	0
Oil	2	47	94	
Lemon Juice	6	47	282	
Moroccan Chicken Mix	4	47	188	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	100	102	10200	0
Oil	1.9	102	194	
Baking Soda	3.8	102	388	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	231	34650	0
Cooking Cream	20	231	4620	
Butter	7	231	1617	
Salt	1.5	231	347	
White Pepper	0.5	231	116	

### Roasted Parma Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	288	10944	5
Oil	1.62	288	94	
Spices Mix	2.5	288	144	

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### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	108	6480	0
Salt	0.5	108	54	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	237	14220	0

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	105	3150	0
Parsley	1.5	105	158	
Paprika	0.5	105	53	

### Beef Burrito Mix

Ingredient	Qty/Meal	Meals	Total	Batches
Salsa	43	116	2494	2
Black Beans	50	116	2900	
Corn	50	116	2900	
Rice	130	116	7540	



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### Meal Raw Ingredients to Cook

#### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	128	0	2
Napoli Sauce	0	128	0	
Crushed Tomatoes	0	128	0	
Beef Stock	0	128	0	
Onion	0	128	0	
Zucchini	0	128	0	
Carrot	0	128	0	
Vegetable Oil	0	128	0	
Salt	0	128	0	
Pepper	0	128	0	

#### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	78	0	1
Celery	0	78	0	
Carrot	0	78	0	
Cabbage	0	78	0	
Onion	0	78	0	
Oil	0	78	0	
Pepper	0	78	0	
Salt	0	78	0	
Soy Sauce	0	78	0	
Oyster Sauce	0	78	0	

#### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	55	0	1
Oil	0	55	0	
Carrots	0	55	0	
Capsicum	0	55	0	
Onion	0	55	0	
Mushroom	0	55	0	
Peas	0	55	0	
Tomato Paste	0	55	0	
Beef Stock	0	55	0	
Salt	0	55	0	
Pepper	0	55	0	
Napoli Sauce	0	55	0	

#### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	116	0	1
Onion	0	116	0	
Capsicum	0	116	0	
Vegetable Oil	0	116	0	
Taco Seasoning	0	116	0	
Salt	0	116	0	
Pepper	0	116	0	
Beef Stock	0	116	0	

#### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	130	19500	
Onion	10	130	1300	
Parsley	3	130	390	
Salt	1.5	130	195	
Pepper	0.2	130	26	

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

#### Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	48	4656	1
Onion	30	48	1440	
Carrot	30	48	1440	
Potato	30	48	1440	
Peas	30	48	1440	
Oil	2	48	96	
Salt	2.5	48	120	
Pepper	0.5	48	24	
Tomato Paste	20	48	960	
Water	30	48	1440	
Beef Stock	30	48	1440	
Rice	130	48	6240	

#### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	95	6413	2
Beans	60	95	2850	

#### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	120	15600	
Penne	59	120	7080	
Sundried Tomatoes	20	120	2400	

#### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	195	6825	4
Peas	40	195	1950	
Rice	130	195	6338	

#### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	129	12900	
Baking Soda	2.5	129	323	
Water	10	129	1290	
Soy Sauce	5	129	645	
Cornflour	2.5	129	323	
Capsicum	37	129	4773	
Onion	37	129	4773	
Rice	130	129	16770	

#### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	41	5535	1
Corn	40	41	1640	
Beans	60	41	2460	
Broccoli	67	41	2747	

#### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	183	27450	

#### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	79	10270	
Penne	59	79	4661	
Broccoli	40	79	3160	

#### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	108	15574	
Rice	130	108	14040	

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

#### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	47	8460	

#### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	47	846	
Zucchini	27	47	1269	
Red Capsicum	27	47	1269	
Garlic	1.8	47	85	
Oil	1.8	47	85	
Chickpeas	103.5	47	4865	
Mix Spices	1.53	47	72	
Chicken Stock	45	47	2115	

#### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasagne Sheets	150	187	28050	
Mozzarella Cheese	1750	187	140250	
Napoli Sauce	500	187	93500	
Bolognese	3200	187	598400	

#### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	105	7350	2
Potatoes	140	105	7350	

#### 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	101	11110	

#### 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	
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	98	7350	2
Capsicum	52	98	2548	
Red Onion	52	98	2548	
Salsa	30	98	1470	
Rice	130	98	6370	

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

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	65	4875	2
Chicken	80	65	2600	
Sauce	200	65	6500	
Spinach	25	65	813	

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### Meal Raw Ingredients to Cook

#### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	128	0	2
Napoli Sauce	0	128	0	
Crushed Tomatoes	0	128	0	
Beef Stock	0	128	0	
Onion	0	128	0	
Zucchini	0	128	0	
Carrot	0	128	0	
Vegetable Oil	0	128	0	
Salt	0	128	0	
Pepper	0	128	0	

#### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	78	0	1
Celery	0	78	0	
Carrot	0	78	0	
Cabbage	0	78	0	
Onion	0	78	0	
Oil	0	78	0	
Pepper	0	78	0	
Salt	0	78	0	
Soy Sauce	0	78	0	
Oyster Sauce	0	78	0	

#### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	55	0	1
Oil	0	55	0	
Carrots	0	55	0	
Capsicum	0	55	0	
Onion	0	55	0	
Mushroom	0	55	0	
Peas	0	55	0	
Tomato Paste	0	55	0	
Beef Stock	0	55	0	
Salt	0	55	0	
Pepper	0	55	0	
Napoli Sauce	0	55	0	

#### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	116	0	1
Onion	0	116	0	
Capsicum	0	116	0	
Vegetable Oil	0	116	0	
Taco Seasoning	0	116	0	
Salt	0	116	0	
Pepper	0	116	0	
Beef Stock	0	116	0	

#### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	130	19500	
Onion	10	130	1300	
Parsley	3	130	390	
Salt	1.5	130	195	
Pepper	0.2	130	26	

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Approved by: T. Fadlallah

Prepared by: C. Guzzardi

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

#### Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	48	4656	1
Onion	30	48	1440	
Carrot	30	48	1440	
Potato	30	48	1440	
Peas	30	48	1440	
Oil	2	48	96	
Salt	2.5	48	120	
Pepper	0.5	48	24	
Tomato Paste	20	48	960	
Water	30	48	1440	
Beef Stock	30	48	1440	
Rice	130	48	6240	

#### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	95	6413	2
Beans	60	95	2850	

#### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	120	15600	
Penne	59	120	7080	
Sundried Tomatoes	20	120	2400	

#### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	195	6825	4
Peas	40	195	1950	
Rice	130	195	6338	

#### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	129	12900	
Baking Soda	2.5	129	323	
Water	10	129	1290	
Soy Sauce	5	129	645	
Cornflour	2.5	129	323	
Capsicum	37	129	4773	
Onion	37	129	4773	
Rice	130	129	16770	

#### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	41	5535	1
Corn	40	41	1640	
Beans	60	41	2460	
Broccoli	67	41	2747	

#### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	183	27450	

#### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	79	10270	
Penne	59	79	4661	
Broccoli	40	79	3160	

#### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	108	15574	
Rice	130	108	14040	

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

#### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	47	8460	

#### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	47	846	
Zucchini	27	47	1269	
Red Capsicum	27	47	1269	
Garlic	1.8	47	85	
Oil	1.8	47	85	
Chickpeas	103.5	47	4865	
Mix Spices	1.53	47	72	
Chicken Stock	45	47	2115	

#### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasagne Sheets	150	187	28050	
Mozzarella Cheese	1750	187	140250	
Napoli Sauce	500	187	93500	
Bolognese	3200	187	598400	

#### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	105	7350	2
Potatoes	140	105	7350	

#### 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	101	11110	

#### 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	
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	98	7350	2
Capsicum	52	98	2548	
Red Onion	52	98	2548	
Salsa	30	98	1470	
Rice	130	98	6370	

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

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	65	4875	2
Chicken	80	65	2600	
Sauce	200	65	6500	
Spinach	25	65	813	



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Prepared by: C. Guzzardi

### Pre-Pack Room

#### Sauces/Mixes to Prepare

##### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required
Greek Yogurt	20	105	2100
Garlic	1	105	105
Salt	0.2	105	21

#### Sauces/Mixes to Get Ready

##### Sauces to Get Ready

Sauce	Qty	Amt	Total
MONGOLIAN	70	129	9030
MEATBALLS	120	130	15600
LEMON	50	97	4850
MUSHROOM	100	101	10100
CHUNKY SALSA		214	8222

##### Meat to Get Ready

Meat Mix	Qty	Amount	Total
SPAGHETTI BOLOGNESE	230	128	29440
CHOW MEIN	230	78	17940
SHEPPERDS PIE	210	55	11550
BURRITO BOWL	130	116	15080

#### Ingredients to Get Ready

##### Parma Cheese

Ingredient	Qty	Amt	Total
Mozzarella Cheese	40	183	7320

##### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	120	2400

#### Chicken to Mix

##### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	120	4280	3
Sauce	80	120	3200	3

##### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	195	5997	4
Sauce	90	195	4388	4

##### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	79	4029	2
Sauce	100	79	3950	2

##### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	108	4153	3
Sauce	92.7	108	3338	3

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Prepared by: C. Guzzardi

### Pre-Pack Room (cont.)

#### Chicken to Mix

##### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	65	4778	2
Chicken	80	65	2600	2
Sauce	200	65	6500	2
Spinach	25	65	813	2

#### Rice to Mix

##### Beef Burrito

Ingredient	Qty	Amt	Total	Batches
Salsa	43	116	2494	2
Black Beans	50	116	2900	2
Corn	50	116	2900	2
Rice	130	116	7540	2

##### Butter Chicken

Ingredient	Qty	Amt	Total	Batches
Peas	40	195	2600	3
Rice	130	195	8450	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	1440
10MM DICED POTATO (LEBO)	1440
10MM DICED ZUCCHINI	1269
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1269
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	3586
5MM MONGOLIAN CAPSICUM	9869
5MM MONGOLIAN ONION	9869
BROCCOLI	5907
CRATED CARROTS	0
CRATED ZUCCHINI	0
LEMON POTATO	20080
ROASTED PARMA POTATO	54720
THAI POTATOS	6480
POTATO MASH	34650
SWEET POTATO MASH	26780
SPINACH	1626
RED ONION	3150
PARSLEY	158

#### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	4656
BEEF TOPSIDE (MONG)	12900
MINCE	19500
TOPSIDE STEAK	10400
LAMB SHOULDER	17010
MORROCAN CHICKEN	8460
ITALIAN CHICKEN	48807
NORMAL CHICKEN	73710
PREMIXED CHICKEN	31200

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### Meat Order and Veg Prep

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Veg Prep	Amount (g)
10MM DICED CARROT	1440
10MM DICED POTATO (LEBO)	1440
10MM DICED ZUCCHINI	1269
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1269
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	3586
5MM MONGOLIAN CAPSICUM	9869
5MM MONGOLIAN ONION	9869
BROCCOLI	5907
CRATED CARROTS	0
CRATED ZUCCHINI	0
LEMON POTATO	20080
ROASTED PARMA POTATO	54720
THAI POTATOS	6480
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LAMB SHOULDER	17010
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ITALIAN CHICKEN	48807
NORMAL CHICKEN	73710
PREMIXED CHICKEN	31200

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### Meat Order and Veg Prep

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Veg Prep	Amount (g)
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10MM DICED POTATO (LEBO)	1440
10MM DICED ZUCCHINI	1269
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1269
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	3586
5MM MONGOLIAN CAPSICUM	9869
5MM MONGOLIAN ONION	9869
BROCCOLI	5907
CRATED CARROTS	0
CRATED ZUCCHINI	0
LEMON POTATO	20080
ROASTED PARMA POTATO	54720
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