

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
TOTAL	202	0	202

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