

# 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 - 17/02/2026

Meal	Clean Eats	Already Made	Total
Spaghetti Bolognese	27	0	27
Beef Chow Mein	14	0	14
Shepherd's Pie	4	0	4
Beef Burrito Bowl	9	0	9
Beef Meatballs	9	0	9
Lebanese Beef Stew	0	0	0
Mongolian Beef	16	0	16
Chicken with Vegetables	5	0	5
Chicken with Sweet Potato and Beans	4	0	4
Naked Chicken Parma	24	0	24
Chicken Pesto Pasta	23	0	23
Chicken and Broccoli Pasta	14	0	14
Butter Chicken	13	0	13
Thai Green Chicken Curry	17	0	17
Moroccan Chicken	5	0	5
Steak with Mushroom Sauce	2	0	2
Creamy Chicken & Mushroom Gnocchi	7	0	7
Roasted Lemon Chicken & Potatoes	8	0	8
Beef Lasagna	22	0	22
Bean Nachos with Rice	0	0	0
Lamb Souvlaki	3	0	3
Chicken Fajita Bowl	8	0	8
Steak On Its Own	0	0	0
Chicken On Its Own	0	0	0
Family Mac and 3 Cheese Pasta Bake	2	0	2
Baked Family Lasagna	2	0	2
<b>TOTAL</b>	<b>238</b>	<b>0</b>	<b>238</b>

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### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	27	1728	1
Oil	0.7	27	19	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	37	2183	1
Oil	0.7	37	26	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	77	4081	1
Water	95	77	7315	
Salt	1	77	77	
Oil	1.5	77	116	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	5	900	0
Oil	2	5	10	
Lemon Juice	6	5	30	
Moroccan Chicken Mix	4	5	20	

### Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	16	2560	
Oil	4	16	64	
Roast Chicken Mix	4	16	64	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	2	186	0
Oil	1.5	2	3.0	
Baking Soda	3	2	6	

### Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	3	486	0
Oil	2	3	6	
Salt	1.5	3	4.5	
Oregano	0.3	3	0.9	
Baking Soda	5.27	3	15.81	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	11	1650	0
Cooking Cream	20	11	220	
Butter	7	11	77	
Salt	1.5	11	16.5	
White Pepper	0.5	11	5.5	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	8	1600	0
Salt	1	8	8	
White Pepper	0.5	8	4.0	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	27	5130	1
Oil	1.62	27	44	
Spices Mix	2.5	27	68	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	8	1656	1
Oil	2	8	16	
Salt	1.2	8	10	

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### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	17	1020	0
Salt	1	17	17	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	3	90	0
Parsley	1.5	3	4.5	
Paprika	0.5	3	1.5	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	11	660	0

## Meal Recipes

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	27	2700	1
Napoli Sauce	65	27	1755	
Crushed Tomatoes	45	27	1215	
Beef Stock	30	27	810	
Onion	15	27	405	
Zucchini	15	27	405	
Carrot	15	27	405	
Vegetable Oil	1	27	27	
Salt	3	27	81	
Pepper	1	27	27	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	120	14	1680	1
Celery	42	14	588	
Carrot	42	14	588	
Cabbage	42	14	588	
Onion	42	14	588	
Oil	2	14	28	
Pepper	1	14	14	
Salt	0.5	14	7	
Soy Sauce	13	14	182	
Oyster Sauce	13	14	182	

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### Meal Recipes (cont'd)

#### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	4	400	1
Oil	2	4	8	
Carrots	15	4	60	
Capsicum	15	4	60	
Onion	15	4	60	
Mushroom	15	4	60	
Peas	15	4	60	
Tomato Paste	6	4	24	
Beef Stock	20	4	80	
Salt	2	4	8	
Pepper	0.5	4	2	
Napoli Sauce	70	4	280	

#### 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	

#### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	95	9	855	1
Onion	12	9	108	
Capsicum	12	9	108	
Vegetable Oil	2	9	18	
Taco Seasoning	7	9	63	
Salt	1.5	9	14	
Pepper	0.5	9	4	
Beef Stock	40	9	360	

#### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	9	1350	
Onion	10	9	90	
Parsley	3	9	27	
Salt	1.5	9	13.5	
Pepper	0.2	9	1.8	

#### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	16	1600	
Baking Soda	2.5	16	40.0	
Water	10	16	160	
Soy Sauce	5	16	80	
Cornflour	2.5	16	40.0	
Capsicum	37	16	592	
Onion	37	16	592	
Rice	130	16	2080	

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## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	5	675	1
Corn	50	5	250	
Beans	60	5	300	
Broccoli	67	5	335	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	23	2990	
Penne	59	23	1357	
Sundried Tomatoes	20	23	460	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	13	1820	1
Peas	40	13	520	
Rice	130	13	1690	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	5	900	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	5	90	
Zucchini	27	5	135	
Red Capsicum	27	5	135	
Garlic	1.8	5	9.0	
Oil	1.8	5	9.0	
Chickpeas	103.5	5	517.5	
Mix Spices	1.53	5	7.65	
Chicken Stock	45	5	225	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	4	540	1
Beans	60	4	240	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	24	3600	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	14	1820	
Penne	59	14	826	
Broccoli	40	14	560	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	17	2451.3999999999996	
Rice	130	17	2210	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	2	220	

### Steak On Its Own

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	200	0	0	

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### Meal Recipes (cont'd)

#### 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	

#### Chicken On Its Own

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken Breast	200	0	0	

#### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	7	1050	1
Chicken	80	7	560	
Sauce	200	7	1400	
Spinach	25	7	175	

#### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasagne Sheets	150	22	3300	
Mozzerala Cheese	750	22	16500	
Napoli Sauce	500	22	11000	
Bolognese	3200	22	70400	

#### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	3	420	1
Potatoes	140	3	420	

#### Chicken Fajita Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken Thigh	150	8	1200	1
Capsicum	52	8	416	
Red Onion	52	8	416	
Salsa	30	8	240	
Rice	130	8	1040	

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## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	17	122.57
Coconut Cream	97.85	17	1663.449999999998

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	3	60
Garlic	1	3	3
Salt	0.2	3	0.6000000000000001

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	16	1120
MEATBALLS	120	9	1080
LEMON	50	8	400
MUSHROOM	100	2	200
FAJITA SAUCE	33	8	264
BURRITO SAUCE	43	9	387

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	9	387	1
Black Beans	50	9	450	1
Corn	50	9	450	1
Rice	130	9	1170	1

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	24	1200
Mozzarella Cheese	40	24	960

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	23	460

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### Chicken Mixing

#### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	23	2461	1
Sauce	80	23	1840	1

#### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	13	1599	1
Sauce	90	13	1170	1

#### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	14	1428	1
Sauce	100	14	1400	1

#### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	17	1962	1
Sauce	92.7	17	1576	1

#### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	7	1029	1
Chicken	80	7	560	1
Sauce	200	7	1400	1
Spinach	25	7	175	1

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### Meat Order and Veg Prep

#### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	135
5MM DICED CABBAGE	588
5MM DICED CAPSICUM	303
5MM DICED CARROTS	648
5MM DICED CELERY	588
5MM DICED MUSHROOMS	60
5MM DICED ONION	1341
5MM MONGOLIAN CAPSICUM	1008
5MM MONGOLIAN ONION	1008
5MM SLICED MUSHROOMS	0
BROCCOLI	895
CRATED CARROTS	405
CRATED ZUCCHINI	405
LEMON POTATO	1656
ROASTED POTATO	5130
THAI POTATOS	1020
POTATO MASH	1650
SWEET POTATO MASH	1600
SPINACH	174
RED ONION	90
PARSLEY	4

#### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	1600
MINCE	6985
TOPSIDE STEAK	186
LAMB SHOULDER	486
MORROCAN CHICKEN	900
ITALIAN CHICKEN	5049
NORMAL CHICKEN	9620
CHICKEN THIGH	2560