

Production Schedule Report

19/02/2026 - Page 1 Copy 1/2

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	96	9	15	0	120
Beef Chow Mein	66	5	12	0	83
Shepherd's Pie	59	0	9	50	18
Beef Burrito Bowl	77	9	25	0	111
Beef Meatballs	84	4	10	0	98
Lebanese Beef Stew	0	0	0	0	0
Mongolian Beef	93	9	0	0	102
Chicken with Vegetables	45	17	0	0	62
Chicken with Sweet Potato and Beans	80	0	11	0	91
Naked Chicken Parma	115	31	29	0	175
Chicken Pesto Pasta	90	18	20	0	128
Chicken and Broccoli Pasta	63	0	14	0	77
Butter Chicken	117	119	18	0	254
Thai Green Chicken Curry	82	10	0	0	92
Moroccan Chicken	57	0	8	0	65
Steak with Mushroom Sauce	71	5	7	0	83
Creamy Chicken & Mushroom Gnocchi	59	0	3	0	62
Roasted Lemon Chicken & Potatoes	55	8	20	0	83
Beef Lasagna	141	21	27	0	189
Bean Nachos with Rice	0	0	0	0	0
Lamb Souvlaki	50	36	0	0	86
Chicken Fajita Bowl	53	9	0	0	62
Steak On Its Own	0	0	0	0	0
Chicken On Its Own	0	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	1	0	0	0	1
Baked Family Lasagna	8	0	0	0	8
Coaching	0	1	0	0	1
TOTAL	1562	311	228	50	2051

Use By Dates

Family Lasagna - 18/03/2026

Family Mac & Cheese - 11/03/2026

Beef Lasagna - 11/03/2026

Individual Meals - 04/03/2026

Production Schedule Report

19/02/2026 - Page 2 Copy 2/2

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Meal Production Summary

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	96	9	15	0	120
Beef Chow Mein	66	5	12	0	83
Shepherd's Pie	59	0	9	50	18
Beef Burrito Bowl	77	9	25	0	111
Beef Meatballs	84	4	10	0	98
Lebanese Beef Stew	0	0	0	0	0
Mongolian Beef	93	9	0	0	102
Chicken with Vegetables	45	17	0	0	62
Chicken with Sweet Potato and Beans	80	0	11	0	91
Naked Chicken Parma	115	31	29	0	175
Chicken Pesto Pasta	90	18	20	0	128
Chicken and Broccoli Pasta	63	0	14	0	77
Butter Chicken	117	119	18	0	254
Thai Green Chicken Curry	82	10	0	0	92
Moroccan Chicken	57	0	8	0	65
Steak with Mushroom Sauce	71	5	7	0	83
Creamy Chicken & Mushroom Gnocchi	59	0	3	0	62
Roasted Lemon Chicken & Potatoes	55	8	20	0	83
Beef Lasagna	141	21	27	0	189
Bean Nachos with Rice	0	0	0	0	0
Lamb Souvlaki	50	36	0	0	86
Chicken Fajita Bowl	53	9	0	0	62
Steak On Its Own	0	0	0	0	0
Chicken On Its Own	0	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	1	0	0	0	1
Baked Family Lasagna	8	0	0	0	8
Coaching	0	1	0	0	1
TOTAL	1562	311	228	50	2051

Use By Dates

Family Lasagna - 18/03/2026

Family Mac & Cheese - 11/03/2026

Beef Lasagna - 11/03/2026

Individual Meals - 04/03/2026

Production Schedule Report

19/02/2026 - Page 3 Copy 1/3

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Bulk Raw Ingredients to Cook

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	120	3840	2
Oil	0.7	120	42	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	205	6048	2
Oil	0.7	205	72	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	704	9328	4
Water	95	704	16720	
Oil	1.5	704	264	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	65	11700	0
Oil	2	65	130	
Lemon Juice	6	65	390	
Moroccan Chicken Mix	4	65	260	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	100	83	8300	0
Oil	1.9	83	158	
Baking Soda	3.8	83	316	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	181	27150	0
Cooking Cream	20	181	3620	
Butter	7	181	1267	
Salt	1.5	181	272	
White Pepper	0.5	181	91	

Roasted Parma Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	261	9918	5
Oil	1.62	261	85	
Spices Mix	2.5	261	131	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	99.3%	18749	
Salt	1	0.5%	94	
White Pepper	0.5	0.2%	47	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	83	8591	2
Oil	2	83	83	
Salt	1.2	83	50	

Production Schedule Report

19/02/2026 - Page 4 Copy 1/3

Clean Eats Australia - HACCP FSP Section F - Form 1

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Bulk Raw Ingredients to Cook

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	92	5520	0
Salt	0.5	92	46	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	236	14160	0

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	86	2580	0
Parsley	1.5	86	129	
Paprika	0.5	86	43	

Beef Burrito Mix

Ingredient	Qty/Meal	Meals	Total	Batches
Salsa	43	111	2387	2
Black Beans	50	111	2775	
Corn	50	111	2775	
Rice	130	111	7215	

Production Schedule Report

19/02/2026 - Page 5 Copy 2/3

Clean Eats Australia - HACCP FSP Section F - Form 1

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Bulk Raw Ingredients to Cook

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	120	3840	2
Oil	0.7	120	42	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	205	6048	2
Oil	0.7	205	72	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	704	9328	4
Water	95	704	16720	
Oil	1.5	704	264	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	65	11700	0
Oil	2	65	130	
Lemon Juice	6	65	390	
Moroccan Chicken Mix	4	65	260	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	100	83	8300	0
Oil	1.9	83	158	
Baking Soda	3.8	83	316	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	181	27150	0
Cooking Cream	20	181	3620	
Butter	7	181	1267	
Salt	1.5	181	272	
White Pepper	0.5	181	91	

Roasted Parma Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	261	9918	5
Oil	1.62	261	85	
Spices Mix	2.5	261	131	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	83	8591	2
Oil	2	83	83	
Salt	1.2	83	50	

Production Schedule Report

19/02/2026 - Page 6 Copy 2/3

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Bulk Raw Ingredients to Cook

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	92	5520	0
Salt	0.5	92	46	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	236	14160	0

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	86	2580	0
Parsley	1.5	86	129	
Paprika	0.5	86	43	

Beef Burrito Mix

Ingredient	Qty/Meal	Meals	Total	Batches
Salsa	43	111	2387	2
Black Beans	50	111	2775	
Corn	50	111	2775	
Rice	130	111	7215	

Production Schedule Report

19/02/2026 - Page 7 Copy 3/3

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Bulk Raw Ingredients to Cook

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	120	3840	2
Oil	0.7	120	42	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	205	6048	2
Oil	0.7	205	72	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	704	9328	4
Water	95	704	16720	
Oil	1.5	704	264	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	65	11700	0
Oil	2	65	130	
Lemon Juice	6	65	390	
Moroccan Chicken Mix	4	65	260	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	100	83	8300	0
Oil	1.9	83	158	
Baking Soda	3.8	83	316	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	181	27150	0
Cooking Cream	20	181	3620	
Butter	7	181	1267	
Salt	1.5	181	272	
White Pepper	0.5	181	91	

Roasted Parma Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	261	9918	5
Oil	1.62	261	85	
Spices Mix	2.5	261	131	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	83	8591	2
Oil	2	83	83	
Salt	1.2	83	50	

Production Schedule Report

19/02/2026 - Page 8 Copy 3/3

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Bulk Raw Ingredients to Cook

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	92	5520	0
Salt	0.5	92	46	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	236	14160	0

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	86	2580	0
Parsley	1.5	86	129	
Paprika	0.5	86	43	

Beef Burrito Mix

Ingredient	Qty/Meal	Meals	Total	Batches
Salsa	43	111	2387	2
Black Beans	50	111	2775	
Corn	50	111	2775	
Rice	130	111	7215	

Production Schedule Report

19/02/2026 - Page 9 Copy 1/2

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Meal Raw Ingredients to Cook

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	120	0	2
Napoli Sauce	0	120	0	
Crushed Tomatoes	0	120	0	
Beef Stock	0	120	0	
Onion	0	120	0	
Zucchini	0	120	0	
Carrot	0	120	0	
Vegetable Oil	0	120	0	
Salt	0	120	0	
Pepper	0	120	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	83	0	2
Celery	0	83	0	
Carrot	0	83	0	
Cabbage	0	83	0	
Onion	0	83	0	
Oil	0	83	0	
Pepper	0	83	0	
Salt	0	83	0	
Soy Sauce	0	83	0	
Oyster Sauce	0	83	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	18	0	1
Oil	0	18	0	
Carrots	0	18	0	
Capsicum	0	18	0	
Onion	0	18	0	
Mushroom	0	18	0	
Peas	0	18	0	
Tomato Paste	0	18	0	
Beef Stock	0	18	0	
Salt	0	18	0	
Pepper	0	18	0	
Napoli Sauce	0	18	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	111	0	1
Onion	0	111	0	
Capsicum	0	111	0	
Vegetable Oil	0	111	0	
Taco Seasoning	0	111	0	
Salt	0	111	0	
Pepper	0	111	0	
Beef Stock	0	111	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	98	14700	
Onion	10	98	980	
Parsley	3	98	294	
Salt	1.5	98	147	
Pepper	0.2	98	20	

Production Schedule Report

19/02/2026 - Page 10 Copy 1/2

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Meal Raw Ingredients to Cook (cont'd)

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	
Pepper	0.5	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	100	102	10200	
Baking Soda	2.5	102	255	
Water	10	102	1020	
Soy Sauce	5	102	510	
Cornflour	2.5	102	255	
Capsicum	37	102	3774	
Onion	37	102	3774	
Rice	130	102	13260	

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	62	4185	2
Corn	40	62	1240	
Beans	60	62	1860	
Broccoli	67	62	2077	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	175	26250	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	77	10010	
Penne	59	77	4543	
Broccoli	40	77	3080	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	92	13267	
Rice	130	92	11960	

Production Schedule Report

19/02/2026 - Page 11 Copy 1/2

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Meal Raw Ingredients to Cook (cont'd)

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	65	11700	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	65	1170	
Zucchini	27	65	1755	
Red Capsicum	27	65	1755	
Garlic	1.8	65	117	
Oil	1.8	65	117	
Chickpeas	103.5	65	6728	
Mix Spices	1.53	65	100	
Chicken Stock	45	65	2925	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasagne Sheets	150	189	28350	
Mozzerala Cheese	1750	189	141750	
Napoli Sauce	500	189	94500	
Bolognese	3200	189	604800	

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	86	12040	1
Potatoes	140	86	12040	

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	83	9130	

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	
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	62	4650	2
Capsicum	52	62	1612	
Red Onion	52	62	1612	
Salsa	30	62	930	
Rice	130	62	4030	

Production Schedule Report

19/02/2026 - Page 12 Copy 1/2

Clean Eats Australia - HACCP FSP Section F - Form 1

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Meal Raw Ingredients to Cook (cont'd)

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	62	4650	2
Chicken	80	62	2480	
Sauce	200	62	6200	
Spinach	25	62	775	

Production Schedule Report

19/02/2026 - Page 13 Copy 2/2

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Meal Raw Ingredients to Cook

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	120	0	2
Napoli Sauce	0	120	0	
Crushed Tomatoes	0	120	0	
Beef Stock	0	120	0	
Onion	0	120	0	
Zucchini	0	120	0	
Carrot	0	120	0	
Vegetable Oil	0	120	0	
Salt	0	120	0	
Pepper	0	120	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	83	0	2
Celery	0	83	0	
Carrot	0	83	0	
Cabbage	0	83	0	
Onion	0	83	0	
Oil	0	83	0	
Pepper	0	83	0	
Salt	0	83	0	
Soy Sauce	0	83	0	
Oyster Sauce	0	83	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	18	0	1
Oil	0	18	0	
Carrots	0	18	0	
Capsicum	0	18	0	
Onion	0	18	0	
Mushroom	0	18	0	
Peas	0	18	0	
Tomato Paste	0	18	0	
Beef Stock	0	18	0	
Salt	0	18	0	
Pepper	0	18	0	
Napoli Sauce	0	18	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	111	0	1
Onion	0	111	0	
Capsicum	0	111	0	
Vegetable Oil	0	111	0	
Taco Seasoning	0	111	0	
Salt	0	111	0	
Pepper	0	111	0	
Beef Stock	0	111	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	98	14700	
Onion	10	98	980	
Parsley	3	98	294	
Salt	1.5	98	147	
Pepper	0.2	98	20	

Production Schedule Report

19/02/2026 - Page 14 Copy 2/2

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Meal Raw Ingredients to Cook (cont'd)

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	
Pepper	0.5	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	100	102	10200	
Baking Soda	2.5	102	255	
Water	10	102	1020	
Soy Sauce	5	102	510	
Cornflour	2.5	102	255	
Capsicum	37	102	3774	
Onion	37	102	3774	
Rice	130	102	13260	

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	62	4185	2
Corn	40	62	1240	
Beans	60	62	1860	
Broccoli	67	62	2077	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	175	26250	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	77	10010	
Penne	59	77	4543	
Broccoli	40	77	3080	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	92	13267	
Rice	130	92	11960	

Production Schedule Report

19/02/2026 - Page 15 Copy 2/2

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Approved by: T. Fadlallah

Prepared by: C. Guzzardi

Meal Raw Ingredients to Cook (cont'd)

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	65	11700	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	65	1170	
Zucchini	27	65	1755	
Red Capsicum	27	65	1755	
Garlic	1.8	65	117	
Oil	1.8	65	117	
Chickpeas	103.5	65	6728	
Mix Spices	1.53	65	100	
Chicken Stock	45	65	2925	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasagne Sheets	150	189	28350	
Mozzerala Cheese	1750	189	141750	
Napoli Sauce	500	189	94500	
Bolognese	3200	189	604800	

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	86	12040	1
Potatoes	140	86	12040	

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	83	9130	

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	
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	62	4650	2
Capsicum	52	62	1612	
Red Onion	52	62	1612	
Salsa	30	62	930	
Rice	130	62	4030	

Production Schedule Report

19/02/2026 - Page 16 Copy 2/2

Clean Eats Australia - HACCP FSP Section F - Form 1

Latest Issue Date: 13/01/24

Previous Issue Date: 28/10/23

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Prepared by: C. Guzzardi

Meal Raw Ingredients to Cook (cont'd)

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	62	4650	2
Chicken	80	62	2480	
Sauce	200	62	6200	
Spinach	25	62	775	

Production Schedule Report

19/02/2026 - Page 17 Copy 1/1

Clean Eats Australia - HACCP FSP Section F - Form 1

Latest Issue Date: 13/01/24

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Pre-Pack Room

Sauces/Mixes to Prepare

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required
Greek Yogurt	20	86	1720
Garlic	1	86	86
Salt	0.2	86	18

Sauces/Mixes to Get Ready

Sauces to Get Ready

Sauce	Qty	Amt	Total
MONGOLIAN	70	102	7140
MEATBALLS	120	98	11760
LEMON	50	83	4150
MUSHROOM	100	83	8300
CHUNKY SALSA		173	6819

Meat to Get Ready

Meat Mix	Qty	Amount	Total
SPAGHETTI BOLOGNESE	230	120	27600
CHOW MEIN	230	83	19090
SHEPPERDS PIE	210	18	3780
BURRITO BOWL	130	111	14430

Ingredients to Get Ready

Parma Cheese

Ingredient	Qty	Amt	Total
Mozzarella Cheese	40	175	7000

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	128	2560

Chicken to Mix

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	128	4566	3
Sauce	80	128	3414	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	254	5207	6
Sauce	90	254	3810	6

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	77	3927	2
Sauce	100	77	3850	2

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	92	5307	2
Sauce	92.7	92	4265	2

Production Schedule Report

19/02/2026 - Page 18 Copy 1/1

Clean Eats Australia - HACCP FSP Section F - Form 1

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Previous Issue Date: 28/10/23

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Pre-Pack Room (cont.)

Chicken to Mix

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	62	4557	2
Chicken	80	62	2480	2
Sauce	200	62	6200	2
Spinach	25	62	775	2

Rice to Mix

Beef Burrito

Ingredient	Qty	Amt	Total	Batches
Salsa	43	111	2387	2
Black Beans	50	111	2775	2
Corn	50	111	2775	2
Rice	130	111	7215	2

Butter Chicken

Ingredient	Qty	Amt	Total	Batches
Peas	40	254	2540	4
Rice	130	254	8255	4

Prepack Cooked Ingredient Checks

TBC

Production Schedule Report

19/02/2026 - Page 19 Copy 1/3

Clean Eats Australia - HACCP FSP Section F - Form 1

Latest Issue Date: 13/01/24

Previous Issue Date: 28/10/23

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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	1755
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1755
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	2150
5MM MONGOLIAN CAPSICUM	6998
5MM MONGOLIAN ONION	6998
BROCCOLI	7234
CRATED CARROTS	0
CRATED ZUCCHINI	0
LEMON POTATO	17182
ROASTED PARMA POTATO	49590
THAI POTATOS	5520
POTATO MASH	27150
SWEET POTATO MASH	18889
SPINACH	1550
RED ONION	2580
PARSLEY	129

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	10200
MINCE	14700
TOPSIDE STEAK	8300
LAMB SHOULDER	13932
MORROCAN CHICKEN	11700
ITALIAN CHICKEN	50184
NORMAL CHICKEN	79690
PREMIXED CHICKEN	23200

Production Schedule Report

19/02/2026 - Page 20 Copy 2/3

Clean Eats Australia - HACCP FSP Section F - Form 1

Latest Issue Date: 13/01/24

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10MM DICED ZUCCHINI	1755
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1755
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	2150
5MM MONGOLIAN CAPSICUM	6998
5MM MONGOLIAN ONION	6998
BROCCOLI	7234
CRATED CARROTS	0
CRATED ZUCCHINI	0
LEMON POTATO	17182
ROASTED PARMA POTATO	49590
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NORMAL CHICKEN	79690
PREMIXED CHICKEN	23200

Production Schedule Report

19/02/2026 - Page 21 Copy 3/3

Clean Eats Australia - HACCP FSP Section F - Form 1

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10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	1755
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1755
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	2150
5MM MONGOLIAN CAPSICUM	6998
5MM MONGOLIAN ONION	6998
BROCCOLI	7234
CRATED CARROTS	0
CRATED ZUCCHINI	0
LEMON POTATO	17182
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