

Meal Production Summary - 23/09/2025

Meal	Made Active	Already Made	Total
Spaghetti Bolognese	19	0	19
Beef Chow Mein	6	0	6
Beef Burrito Bowl	11	0	11
Beef Meatballs	19	0	19
Mongolian Beef	16	0	16
Naked Chicken Parma	25	0	25
Chicken Pesto Pasta	15	0	15
Thai Green Chicken Curry	12	0	12
Steak with Mushroom Sauce	8	0	8
Roasted Lemon Chicken & Potatoes	14	0	14
Beef Lasagna	34	0	34
Lamb Souvlaki	13	0	13
Chicken Fajita Bowl	5	0	5
Chicken with Broccoli & Beans	18	0	18
High Protein Pack	1	0	1
Butter Chicken with Basmati Rice	21	0	21
Porterhouse Steak	1	0	1
TOTAL	238	0	238

Daily Production Report - 23/09/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	19	1292	1
Oil	0.7	19	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	50	2650	1
Water	95	50	4750	
Salt	1	50	50	
Oil	1.5	50	75	

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	19	3040	
Oil	4	19	76	
Roast Chicken Mix	4	19	76	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	8	880	0
Oil	1.5	8	12.0	
Baking Soda	3	8	24	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	13	2106	0
Oil	2	13	26	
Salt	1.5	13	19.5	
Oregano	1.2	13	15.6	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	27	4050	0
Cooking Cream	20	27	540	
Butter	7	27	189	
Salt	1.5	27	40.5	
White Pepper	0.5	27	13.5	

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	38	7220	1
Oil	1	38	38	
Spices Mix	2.5	38	95	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	14	2898	1
Oil	1	14	14	
Salt	1.2	14	17	

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	13	390	0
Parsley	1.5	13	19.5	
Paprika	0.5	13	6.5	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	8	480	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	19	0	1
Napoli Sauce	0	19	0	
Crushed Tomatoes	0	19	0	
Beef Stock	0	19	0	
Onion	0	19	0	
Zucchini	0	19	0	
Carrot	0	19	0	
Vegetable Oil	0	19	0	
Salt	0	19	0	
Pepper	0	19	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	6	0	1
Celery	0	6	0	
Carrot	0	6	0	
Cabbage	0	6	0	
Onion	0	6	0	
Oil	0	6	0	
Pepper	0	6	0	
Salt	0	6	0	
Soy Sauce	0	6	0	
Oyster Sauce	0	6	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	11	0	1
Onion	0	11	0	
Capsicum	0	11	0	
Vegetable Oil	0	11	0	
Taco Seasoning	0	11	0	
Salt	0	11	0	
Pepper	0	11	0	
Beef Stock	0	11	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	19	2850	
Onion	10	19	190	
Parsley	3	19	57	
Salt	1.5	19	28.5	
Pepper	0.2	19	3.8000000000000003	

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	16	1888	
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	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	0	0	
Corn	50	0	0	
Beans	60	0	0	
Broccoli	67	0	0	

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	0	0	
Peas	40	0	0	
Rice	130	0	0	

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	34	5100	
Mozzerala Cheese	1750	34	25500	
Napoli Sauce	500	34	17000	
Bolognese	3200	34	108800	

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	25	3750	

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	8	880	

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	13	1820	1
Potatoes	140	13	1820	

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	5	750	1
Capsicum	52	5	260	
Red Onion	52	5	260	
Salsa	30	5	150	
Rice	130	5	650	

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	13	260
Garlic	1	13	13
Salt	0.2	13	2.6

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	16	1120
MEATBALLS	120	19	2280
LEMON	50	14	700
MUSHROOM	100	8	800
FAJITA SAUCE	33	5	165
BURRITO SAUCE	43	11	473

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	11	473	1
Black Beans	50	11	550	1
Corn	50	11	550	1
Rice	130	11	1430	1

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	25	1250
Mozzarella Cheese	40	25	1000

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	0	0	1
Sauce	90	0	0	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)	1888
MINCE	2850
TOPSIDE STEAK	880
LAMB SHOULDER	2106
MORROCAN CHICKEN	0
ITALIAN CHICKEN	3825
NORMAL CHICKEN	3510
CHICKEN THIGH	3040

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	190
5MM MONGOLIAN CAPSICUM	852
5MM MONGOLIAN ONION	852
5MM SLICED MUSHROOMS	0
BROCCOLI	0
CRATED CARROTS	0
CRATED ZUCCHINI	0
LEMON POTATO	2898
ROASTED POTATO	7220
THAI POTATOS	720
POTATO MASH	4050
SWEET POTATO MASH	0
SPINACH	0
RED ONION	390
PARSLEY	20