

PREP SHEET

Raw Item	Prep Unit	On Hand	Needs	AM Prep	On Hand	Needs	PM Prep	Comments
Onions Shawarma	1/3 Pan							
Cucumber Tomato Salsa	1/3 Pan							
Quinoa	1/3 Pan							
Lettuce	1/3 Pan							
Chipotle Sauce	QTs							
Pineapples	1/6 Pan							
Roasted Corn Salsa	1/3 Pan							
Pico de Gallo	1/8 Pan							
Avocado Jalapeño Cilantro Salsa	1/6 Pan							
Harissa (Red Hot Sauce)	1/6 Pan							
Guacamole	1/6 Pan							
Jalapeño Mayo	QTs							
Pickled Cabbage	1/3 Pan							
Ranch	QTs							
Zawadi Sauce	QTs							
Grilled Chicken	1/3 Pan							
Sumac Chicken (Spicy)	1/3 Pan							
Saffron Rice	1/3 Pan							
Coconut Rice	1/3 Pan							
Skirt Steak	1/6 Pan							
Roasted Cauliflower	1/8 Pan							
Black Beans	1/3 Pan							

Raw Item	Prep Unit	On Hand	Needs	AM Prep	On Hand	Needs	PM Prep	Comments
Plantain	1/6 Pan							