Date: 7 Nov, 2026 11:30 pm

Total Number of Meals: 3315 **Total Target Hours: 66hr 13min** **Number of Staffs: _____**

Divide total target hours by number of staffs to get start time and target finish time:

Start Time: _____ **Target Finish Time: _____**

Sales Report

#	Product	Quantity
1	Beef Lasagne With Ricotta Cheese	311
	330-350GM PORTION (10 portions per 1 gastronome tray(ONLY NICE PORTION no offcuts)	
2	Cauliflower Mac & Cheese Chicken	276
	330-350GM PORTION (10 portions per 1 gastronome tray(ONLY NICE PORTION no offcuts)	
3	Teriyaki Chicken With Vegetables	229
	170gm TERIYAKI chicken mixed with sauce/80gm broccoli/1 cauliflower florets/6-8 carrot slices	
	Protein Needed	38.93kg
	Carbs Needed	18.32kg
4	Satay Chicken With Vegetables	140
	170gm CHICKEN mixed with satay sauce/80gm broccoli/1 cauliflower florets/6-8 carrot slices	
	Protein Needed	23.8kg
	Carbs Needed	11.2kg
5	Beef Bangers With Broccoli Mash & Mushroom Sauce	149
	100GM BROCCOLI MASH/2 Beef Sausage/ 60gm MUSHROOM SAUCE	
	Protein Needed	29.8kg
	Carbs Needed	14.9kg
6	Low Carb Butter Chicken With Turmeric Cauliflower Rice	149
	170GM CAULIFLOWER TURMERIC RICE/ 170GM butter CHICKEN mix	
	Protein Needed	25.33kg
	Carbs Needed	25.33kg
7	Tandoori Chicken With Cauliflower Rice	215
	170GM CAULIFLOWER RICE/170GM TANDOORI CHICKEN	
	Protein Needed	36.55kg
	Carbs Needed	36.55kg
8	Beef Con Carne With Cauliflower Rice	92
	170GM CAULIFLOWER TURMERIC RICE/200GM BEEF CON CARNE	
	Protein Needed	18.4kg

Sales Report

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#	Product	Quantity
	Carbs Needed	15.64kg
9	Chipotle Chicken With Turmeric Cauliflower Rice	73
	170GM CAULIFLOWER TURMERIC RICE/170gm chipotle chicken mix sauce	
	Protein Needed	12.41kg
	Carbs Needed	12.41kg
10	Mango Chicken With Broccoli Rice	68
	170GM BROCCOLI FRIED RICE/170gm mango CHICKEN mix	
	Protein Needed	11.56kg
	Carbs Needed	11.56kg
11	Peri Peri Chicken With Broccoli Rice	175
	170GM BROCCOLI FRIED RICE/170gm peri peri CHICKEN	
	Protein Needed	29.75kg
	Carbs Needed	29.75kg
12	Chicken Stroganoff With Penne Pasta	49
	170GM PENNE PASTA/200GM CHICKEN STROGANOFF	
	Protein Needed	9.8kg
	Carbs Needed	8.33kg
13	Beef Ravioli	116
	170GM BEEF RAVIOLI/200GM BOLOGNESE	
	Protein Needed	23.2kg
	Carbs Needed	19.72kg
14	Rigatoni Beef Bolognese	96
	170GM PASTA/200GM BOLOGNESE	
	Protein Needed	19.2kg
	Carbs Needed	16.32kg
15	Spaghetti Beef Bolognese	144
	170gm Spaghetti NOODLES/200GM Beef bolognese	
	Protein Needed	28.8kg
	Carbs Needed	24.48kg
16	Sriracha Chicken With Noodles	59
	170GM SPAGHETTI/200GM SRIRACHA CHICKEN	
	Protein Needed	11.8kg

Sales Report

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#	Product	Quantity
	Carbs Needed	10.03kg
17	Creamy Pesto Chicken With Fettuccine & Mushroom Sauce	146
	170gm fettuccine/200gm PESTO chicken mix	
	Protein Needed	29.2kg
	Carbs Needed	24.82kg
18	Beef Stroganoff With Fettuccine	195
	170gm fettuccine/200GM beef STROGANOFF SAUCE	
	Protein Needed	39kg
	Carbs Needed	33.15kg
19	Authentic Butter Chicken With Basmati Rice	196
	170gm basmati rice/200gm butter chicken mix with green peas	
	Protein Needed	39.2kg
	Carbs Needed	33.32kg
20	Chicken Curry With Pilaf Rice	141
	170GM PILAF RICE/200GM CHICKEN CURRY	
	Protein Needed	28.2kg
	Carbs Needed	23.97kg
21	Chipotle Chicken Burrito Bowl With White Rice	197
	200gm white rice MIX/150gm chipotle chicken mix/40gm roasted veg	
	Protein Needed	29.55kg
	Carbs Needed	39.4kg
22	Peri Peri Chicken With Brown Rice & Veggies	98
	200gm brown rice MIX /150gm peri peri chicken mix/40gm roasted veg with black beans	
	Protein Needed	14.7kg
	Carbs Needed	19.6kg
	Total Product	**3314**

CARBOHYDRATES TOTAL CALCULATION

INGREDIENTS	TOTAL WEIGHT NEEDED	TOTAL WE HAVE
BEEF RAVIOLI PASTA	19.72kg	
BROCCOLI FLORETS	29.52kg	
BROCCOLI MASH	14.9kg	
BROCCOLI RICE	41.31kg	
BROWN RICE	19.6kg	
CAULIFLOWER RICE TURMERIC	89.93kg	
FETTUCCINE NOODLES	57.97kg	
PENNE PASTA	8.33kg	
PILAF RICE	23.97kg	
RIGATONI PASTA	16.32kg	
SPAGHETTI NOODLES	34.51kg	
WHITE BASMATI RICE	72.72kg	

CHICKEN PROTEIN TOTAL CALCULATION

INGREDIENTS	TOTAL WEIGHT NEEDED	TOTAL WE HAVE
BUTTER CHICKEN MIX FOR CAULIFLOWER RICE	25.33kg	
BUTTER CHICKEN MIX FOR WHITE RICE	39.2kg	
CHICKEN CURRY	28.2kg	
CHICKEN STROGANOFF	9.8kg	
CHIPOTLE CHICKEN MIX	41.96kg	
MANGO CHICKEN MIX	11.56kg	
PERI PERI CHICKEN MIX	44.45kg	
PESTO CHICKEN MIX	29.2kg	
SATAY CHICKEN MIX FOR MIXED VEG	23.8kg	
SRIRACHA CHICKEN	11.8kg	
TANDOORI CHICKEN MIX	36.55kg	
TERIYAKI CHICKEN MIXED	38.93kg	

BEEF PROTEIN TOTAL CALCULATION

INGREDIENTS	TOTAL WEIGHT NEEDED	TOTAL WE HAVE
BEEF BANGERS	298Qty	
BEEF BOLOGNESE	71.2kg	

BEEF PROTEIN TOTAL CALCULATION

INGREDIENTS	TOTAL WEIGHT NEEDED	TOTAL WE HAVE
BEEF CON CARNE	18.4kg	
BEEF STROGANOFF	39kg	