

DAILY PREP CHECKLIST

WITH PORTION CONTROL AND PRODUCT EXPIRY

NOTE: ALL PREP ITEMS MUST BE CLEARLY LABELLED, DATED AND INITIALLED.

Defrost items must be defrosted overnight in the fridge and in an airtight food safe container.

Fish must be kept separate to prevent/avoid cross contamination of other food items preferably on the bottom shelf of a fridge or coldroom.

Meats must be kept separate to prevent/avoid cross contamination of other food items preferably on the bottom shelf of your fridge away from other food items.

Steak and sausage once pack opened must be kept in a container with canola oil for better shelf life and quality.

Sauce bottles must have a clean nozzle and be clearly labeled with the expiry date and kept in the fridge - sauces at room temperature have 2 hours maximum.

PREP RECIPES	PORTION CONTROL	EXPIRY	PREP
AVOCADO MASH	as per recipe	1 DAY	
BACON / CRISPY PIECES (PRE COOKED)	as per recipe	4 DAYS	
BRUSCHETTA MIX	as per recipe	3 DAYS	
CALAMARI RINGS (PRE SOAKED)	200g	3 DAYS	
CHIPS	200g side / 450g bowl	as per pack	
COLESLAW DRY	as per recipe	3 DAYS	
CORN CHIPS	120g	as per pack	
COTTAGE CHEESE & DILL SPREAD	as per recipe	4 DAYS	
EGG SLICE (CHICKEN CLUB SAND)	as per recipe	1 DAY	
FIELD MUSHROOMS (PRE COOKED)	as per recipe	2 DAYS	
FIERY MAYO	as per recipe	3 DAYS	
HERB MAYO	as per recipe	3 DAYS	
LEMON CREAM CHEESE	as per recipe	4 DAYS	
MANGO COMPOTE	as per recipe	4 DAYS	
MAYAN SPICED CHICKEN BREAST (SLICED)	120g	4 DAYS	
MIXED BERRY COMPOTE	as per recipe	4 DAYS	
PANCAKES (FROZEN)	as per recipe	1 WEEK	
PANKO LEMON PEPPER FLOUR	as per recipe	1 DAY	
PEAS (DRAINED AFTER ICE)	as per recipe	3 DAYS	
POTATO BABY (PRE COOKED)	as per recipe	3 DAYS	
QUINOA COOKED	100g	4 DAYS	
SCRAMBLED EGG MIX	as per recipe	2 DAYS	
SOUTHERN FRIED CHICKEN BATTER	as per recipe	1 DAY	
SOUTHERN FRIED CHICKEN MIX	as per recipe	1 DAY	
TOMATO HALVES (PRE COOKED)	as per recipe	2 DAYS	
WEDGES POTATO / SWEET POTATO	450g	as per pack	
WHITE BREAD CROUTONS	as per recipe	4 DAYS	

BREAD	PORTION CONTROL	EXPIRY	PREP
BRIOCHE BUN	as per recipe	as per pack	
CIABATTA BREAD (UNBUTTERED)	as per recipe	as per pack	
GLUTEN FREE BREAD	as per recipe	as per pack	
PIZZA BASE	1 EA	3 DAYS	
SOURDOUGH	as per recipe	as per pack	
TORTILLAS (WRAP)	as per recipe	3 DAYS	
WHITE / WHOLEMEAL BREAD	as per recipe	as per pack	

MEAT & SEAFOOD	PORTION CONTROL	EXPIRY	PREP
BACON (COOKED OR RAW)	as per recipe	4 DAYS	
BEEF BRISKET (MARINATED)	100g	4 DAYS	
CHICKEN (PRE COOKED)	50g / 60g	4 DAYS	
CHIPOLATA SAUSAGE (IN OIL)	as per recipe	4 DAYS	
FISH BATTERED (cook from frozen)	as per recipe	as per pack	
HAM	60g	3 DAYS	
NUGGETS (cook from frozen)	as per recipe	as per pack	
SMOKED FISH	40g	7 DAYS	
SMOKED SALMON	60g	3 DAYS	
STEAK SCOTCH (IN OIL)	as per recipe	4 DAYS	

FRUIT & VEGETABLES	PORTION CONTROL	EXPIRY	PREP
AVOCADO (FRESH)	as per recipe	1 DAY	
BABY SPINACH (WASHED)	as per recipe	2 DAYS	
COS LETTUCE (WASHED)	as per recipe	2 DAYS	
FIELD MUSHROOM (THINLY SLICED)	as per recipe	2 DAYS	
FIRE ROASTED RED PEPPER	as per recipe	as per pack	
HERBS (FRESH) ALL VARIETIES	as per recipe	2 DAYS	
LEMON (WEDGES 1/8)	as per recipe	2 DAYS	
MIXED LETTUCE (WASHED)	as per recipe	2 DAYS	
PINEAPPLE (DRAINED)	as per recipe	as per pack	
RED ONION	as per recipe	2 DAYS	
TOMATO (SLICED OR WEDGES)	as per recipe	2 DAYS	

OTHERS	PORTION CONTROL	EXPIRY	PREP
CREAM CHEESE	as per recipe	4 DAYS	
FETA CHEESE (IN BAIN)	as per recipe	2 DAYS	
FRESH CREAM	as per recipe	as per pack	
HALOUMI	1/2 pack (6 slices - 100g)	4 DAYS	
NAPOLITA SAUCE / BASIL PESTO	as per recipe	5 DAYS	
SAUCES / DRESSINGS	as per recipe	2 DAYS	
TOFU	1/2 pack (8 slices - 150g)	4 DAYS	
YOGURT / SOUR CREAM	as per recipe	4 DAYS	