

# TABLE OF CONTENTS

---

Milk 1% Bulk 8 flz (1% Milk) ..... 2

Bread Wheat (Wheat Bread) ..... 3

Margarine Spread Cup PC (Soft Margarine Cup) ..... 4

Beef Stroganoff f/Cubes (Beef Stroganoff) ..... 5

Melon Honeydew Cubes f/Fresh (Fresh Honeydew Cubes) ..... 8

Potato Mashed f/Inst Granules (Mashed Potatoes) ..... 9

Peas Green w/Paprika f/Frz (Seasoned Green Peas) ..... 10

# Milk 1% Bulk 8 flz (1% Milk)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	8 fl. oz	<b>ⓘ Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Milk, 1% Bulk	2 1/2 Qt	1 Gal 9 Cup	3 Gal 2 Cup	6 Gal 4 Cup	Pour milk cups.
<b>3</b>					CCP -- Maintain <40F/4C; discard unused product. (FDA)

# Bread Wheat (Wheat Bread)

SERVING SIZE	ALLERGIES
1 slice	ⓘ <b>Contains: AllergenWheat</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	12 g	3 g	1 g	40 mg	120 mg

INGREDIENTS	SERVINGS				PREPARATION STEP
	10	25	50	100	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.

# Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGIES
1 each	ⓘ Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
10 kcal	0 g	0 g	1 g	0 mg	40 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					Discard unused product.

# Beef Stroganoff f/Cubes (Beef Stroganoff)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
40 Min	63 °C	Simmer	3/4 Cup	<b>ⓘ Contains: Onion; Beef; Mushroom; AllergenMilk; AllergenWheat; AllergenFish; AllergenSoy; Corn; Garlic</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	8 g	19 g	8 g	40 mg	190 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Beef, Cubes Raw	2 lb 2 Oz	5 lb 5 Oz	10 lb 11 Oz	21 lb 5 Oz	Thawed	Cut meat in 1" cubes. Brown meat in margarine. Add onion and seasonings.
Onion, Yellow	4 Oz	10 Oz	1 lb 4 Oz	2 lb 8 Oz	Minced	
<b>2</b> Margarine, Solids	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Melted	
Garlic, Powder	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
<b>3</b> Water, Tap	1 3/4 Cup	1 1/8 Qt	2 1/4 Qt	1 Gal 2 Cup		Make beef stock from water & base. Heat stock; add to meat. Simmer 35-40 min, until meat is tender.

# Beef Stroganoff f/Cubes (Beef Stroganoff)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
	Base, Beef Paste LS G-F	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
<b>4</b>							For Fresh Beef, Veal, and Lamb Cuts (Steaks, Roasts, Chops): Cook to internal temp of 145F/63C held for 15 sec.
	Sauce, Worcestershire	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		Mix flour, water and worcestershire sauce. Stir until smooth. Add to meat while stirring and cook until thickened.
<b>5</b>	Water, Tap	1/3 Cup	1 Cup	2 Cup	1 Qt		
	Flour, All Purpose	1.5 Oz	4 Oz	8 Oz	1 lb		
<b>6</b>	Mushrooms, Pieces Cnd	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt		Add mushrooms to meat.
<b>7</b>	Sour Cream, Real Bulk	3/4 Cup	2 Cup	1 Qt	2 Qt		Just before serving, add sour cream to meat mixture, stirring constantly. Cook and stir until thickened.
<b>8</b>							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>9</b>							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

# Beef Stroganoff f/Cubes (Beef Stroganoff)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
11							Discard unused product.

# Melon Honeydew Cubes f/Fresh (Fresh Honeydew Cubes)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	1 Cup	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	16 g	1 g	0 g	20 mg	35 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Melon, Honeydew Fresh	3 lb 12 Oz	9 lb 6 Oz	18 lb 13 Oz	37 lb 10 Oz	Cubed	Remove peel. Remove seeds in center. Rinse. Cut into 1/2" cubes.
<b>3</b>						CCP -- Maintain <40F/4C; discard unused product. (FDA)

# Potato Mashed f/Inst Granules (Mashed Potatoes)

COOK METHOD	SERVING SIZE	ALLERGIES
Make	1/2 Cup	<b>ⓘ Contains: Potatoes; AllergenMilk; AllergenSoy</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	24 g	3 g	1.5 g	20 mg	125 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
<b>1</b> Water, Tap	3.0 Cup	1 3/4 Qt	3 1/2 Qt	1 Gal 12 Cup	Boiled	WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. Heat Water to boil.
<b>2</b> Potato, Mashed Granules Non-Dairy	9.5 Oz	1 lb 8 Oz	3 lb	6 lb		Add Potato Flakes. Stir constantly using wire whip.
<b>3</b> Margarine, Solids	0.5 Oz	1.5 Oz	2.5 Oz	5 Oz		Add Seasonings.
Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
<b>4</b>						CCP -- Maintain >140F for only 4 hrs.
<b>5</b>						.CCP -- Cool: Product must reach 140F to 70F within 2 hrs and 70F to 40F within 4 hrs.
<b>6</b>						CCP -- Reheat: To internal temp of 165F held 15 sec within 1 hr - one time only.

# Peas Green w/Paprika f/Frz (Seasoned Green Peas)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
6 Min	63 °C	Steam	1/2 Cup	<b>ⓘ Contains: Peas; AllergenMilk; AllergenSoy</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	14 g	5 g	2 g	30 mg	85 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP	
	10	25	50	100		
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	Peas, Green Frz	2 lb	5 lb	10 lb	20 lb	Steam or boil peas until tender. Add seasonings and mix well.
	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
	Paprika	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
<b>3</b>						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
<b>4</b>						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
<b>5</b>						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

## Peas Green w/Paprika f/Frz (Seasoned Green Peas)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
		10	25	50	100	
6						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
7						Discard unused product.