

TABLE OF CONTENTS

Milk 1% Bulk 8 flz (1% Milk)	2
Roll Wheat (Wheat Roll)	3
Dressing Italian LoCal PC (Choice of Dressing)	4
Margarine Spread Cup PC (Soft Margarine Cup)	5
Pork Wings RTC (Pork Wings)	6
xApple Whole Fresh (Apple Whole Fresh)	7
Noodles Egg in Gravy (Egg Noodles in Gravy)	8
Noodles Egg Seasoned (Seasoned Egg Noodles)	9
Gravy Cream f/Mix (Cream Gravy)	11
Vegetable Mix Capri Blend (Capri Blend Vegetables)	13

Milk 1% Bulk 8 flz (1% Milk)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	8 fl. oz	ⓘ Contains: AllergenMilk

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

Roll Wheat (Wheat Roll)

SERVING UTENSIL	SERVING SIZE	ALLERGIES
Tongs	1 each	ⓘ Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	15 g	3 g	1.5 g	30 mg	150 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.

Dressing Italian LoCal PC (Choice of Dressing)

SERVING SIZE	ALLERGIES
1 each	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
15 kcal	2 g	0 g	1 g	0 mg	135 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.

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				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.

Pork Wings RTC (Pork Wings)

SERVING SIZE	ALLERGIES
1 each	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	0 g	15 g	8 g	10 mg	50 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
1					WASH HANDS before beginning preparation. SANITIZE surfaces & equipment. To Bake: Thaw Pork Wings. Maintain <40F/4C. Bake at 350F/176C for 15 to 20 minutes, turning pieces halfway through heating time. Cook to internal temp of 160F/71C held for 15 sec.
2					To Fry: Heat fryer to 350F/176C. Fry Pork 2-3 minutes or until golden brown. Cook to internal temp of 160F/71C held for 15 sec.
3					CCP -- Maintain >140F/60C for only 4 hrs. CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. CCP -- Reheat: To internal temp of 165F/74C held 15 sec within 1 hr - one time only.

xApple Whole Fresh (Apple Whole Fresh)

SERVING UTENSIL	SERVING SIZE	ALLERGIES
Gloved	1 each	ⓘ Contains: Apples

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	20 g	0 g	0 g	10 mg	5 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.

Noodles Egg in Gravy (Egg Noodles in Gravy)

COOK METHOD	SERVING SIZE	ALLERGIES
Dysphasia 2	1/2 Cup	ⓘ Contains: AllergenEggs; AllergenWheat; AllergenMilk; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	22 g	5 g	3.5 g	30 mg	260 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Noodles Egg Seasoned	1 1/4 Qt	3 1/8 Qt	1 Gal 9 Cup	3 Gal 2 Cup	Prepared	Combine prepared noodles & gravy
Gravy Cream f/Mix	1 1/4 Cup	3 1/8 Cup	1 1/2 Qt	3 1/8 Qt	Prepared	
3						*CCP--Maintain>140F. Temperature should be taken every 2 hours during holding.
4						CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
5						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Noodles Egg Seasoned (Seasoned Egg Noodles)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
10 Min	300.0 °F	63 °C	Boil	1/2 Cup	ⓘ Contains: AllergenWheat; AllergenEggs; AllergenMilk; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	20 g	4 g	3 g	20 mg	125 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP	
	10	25	50	100		
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Water, Tap	2 3/4 Qt	1 Gal 11 Cup	3 Gal 5 Cup	6 Gal 11 Cup	Bring water & salt to a boil.
	Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
3	Noodles, Egg Dry	9.5 Oz	1 lb 8 Oz	3 lb	6 lb	Add noodles gradually while stirring. Reheat to boiling temp. Cook uncovered at a fast boil until tender, but firm about 5-10 min. Stir occasionally to prevent sticking. Drain.
4	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Stir in margarine.
5						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
6						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.

Noodles Egg Seasoned (Seasoned Egg Noodles)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
		10	25	50	100	
7						CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
9						Discard unused product.

Gravy Cream f/Mix (Cream Gravy)



COOK METHOD	SERVING SIZE	ALLERGIES
Cook	2 fl. oz	ⓘ Contains: AllergenWheat; AllergenMilk; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	4 g	1 g	0.5 g	20 mg	260 mg

INGREDIENTS	SERVINGS				PREPARATION STEP	
	10	25	50	100		
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Gravy Mix, Country Dry	2 Oz	5.5 Oz	11 Oz	1 lb 6 Oz	Prepare product as per package instructions.
	Water, Tap	2 1/2 Cup	1 1/2 Qt	3 1/8 Qt	1 Gal 9 Cup	
3						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.
4						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

Gravy Cream f/Mix (Cream Gravy)



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

Pureed (PU4): NOTE: This Recipe should be appropriate for those on a Level 4 Pureed. To determine if this Recipe is appropriate for an IDDSI level, this Recipe must be tested and pass the appropriate IDDSI Level test at point of service. Actual IDDSI level may vary depending on type and quantity of ingredients used, preparation method, equipment used, temperature and length of holding time. See IDDSI Framework for detailed instructions on IDDSI testing methods.

Minced & Moist (MM5): NOTE: This Recipe should be appropriate for those on a Level 5 Minced & Moist. To determine if this Recipe is appropriate for an IDDSI level, it must be tested and pass the appropriate IDDSI Level test for softness and particle size (Adults no larger than 4 mm, Pediatric no larger than 2 mm) at point of service. Actual IDDSI level may vary depending on type and quantity of ingredients used, preparation method, equipment used, temperature and length of holding time. See IDDSI Framework for detailed instructions on IDDSI testing methods.

Soft & Bite-Sized (SB6): NOTE: This Recipe should be appropriate for those on a Level 6 Soft & Bite Sized. To determine if this Recipe is appropriate for an IDDSI level, it must be tested and pass the appropriate IDDSI Level test for softness and particle size (Adults = 15 mm x 15 mm, Pediatric = 8 mm x 8 mm) at point of service. Actual IDDSI level may vary depending on type and quantity of ingredients used, preparation method, equipment used, temperature and length of holding time. See IDDSI Framework for detailed instructions on IDDSI testing methods.

Regular Easy to Chew (EC7): NOTE: This Recipe should be appropriate for those on a Level 7 Regular Texture Easy to Chew. To determine if this Recipe is appropriate for an IDDSI level, this Recipe must be tested and pass the appropriate IDDSI Level test at point of service. Actual IDDSI level may vary depending on type and quantity of ingredients used, preparation method, equipment used, temperature and length of holding time. See IDDSI Framework for detailed instructions on IDDSI testing methods.

Vegetable Mix Capri Blend (Capri Blend Vegetables)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
10 Min	63 °C	Steam	1/2 Cup	ⓘ Contains: Carrots; AllergenMilk; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	4 g	1 g	2 g	20 mg	70 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP	
	10	25	50	100		
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Vegetable Mix, Capri	2 lb	5 lb	10 lb	20 lb	Steam vegetables until tender. Add seasoning and mix well.
	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
	Parsley, Dried	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	
3					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.	
4					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.	
5					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.	

Vegetable Mix Capri Blend (Capri Blend Vegetables)

	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.