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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)

Bread Wheat (Wheat Bread)

SERVING SIZE	ALLERGIES
1 slice	ⓘ Contains: AllergenWheat

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

Fish Pollock Italian Bkd (Italian Baked Fish)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
30 Min	375.0 °F	63 °C	Bake	3 Oz	ⓘ Contains: AllergenFish; Onion; AllergenSoy; Peppers Bell; Garlic; AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	2 g	16 g	3.5 g	75 mg	200 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Fish, Pollock 2-4z	2 lb 5 Oz	5 lb 12 Oz	11 lb 8 Oz	23 lb	Place fish on well sprayed baking sheet(s).
3 Dressing, Italian Bulk	1/2 Cup	1 1/3 Cup	2 3/4 Cup	1 1/2 Qt	Sprinkle with spices and drizzle dressing over pieces. Bake immediately or refrigerate.
Pepper, Black Ground	1 1/4 tsp	1 Tbsp	2 Tbsp 1 tsp	1/4 Cup	
Paprika	1 1/4 tsp	1 Tbsp	2 Tbsp 1 tsp	1/4 Cup	
4					Bake uncovered until fish is done, about 20-30 min at 350F/176C.
5					Fish: Cook to internal temp of 145F/63C held for 15 sec.

Fish Pollock Italian Bkd (Italian Baked Fish)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
		10	25	50	100	
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.
7						CCP -- Cool: Product must reach 135F/57C 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.

Fruit Salad Chilled JcPk Cnd (Chilled Fruit Salad)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
Chill	4z Spoodle	1/2 Cup	ⓘ Contains: Peach; Pear

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	17 g	1 g	0 g	20 mg	10 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						*WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Fruit Salad, Peach Pear Grape	1 1/4 Qt	3 1/8 Qt	1 Gal 9 Cup	3 Gal 2 Cup	Drained	Portion using 1/2 Cup servings.
3						Refrigerate at <40F/4C until service.
4						CCP - Serve Chilled <40F/4C.

Pasta Orzo Lemon Dill (Lemon Dill Orzo)

COOK TEMP	SERVING SIZE	ALLERGIES
325.0 °F	1/2 Cup	ⓘ Contains: AllergenMilk; Onion; AllergenEggs; AllergenWheat; Tomato; Garlic; AllergenSoy; Citrus; Corn; Celery; Carrots; AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
250 kcal	38 g	8 g	7 g	75 mg	200 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP	
	10	25	50	100			
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Oil, Olive	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup	In a large saucepan, heat oil and margarine. Add onion and sautee over low heat until tender.	
	Margarine, Solids	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup		
	Onion, Yellow	3 Oz	7 Oz	14 Oz	1 lb 12 Oz		Chopped Fine
3	Soup Broth Vegetable f/Base	2.0 Cup	1 1/4 Qt	2 1/2 Qt	1 Gal 4 Cup	Prepared	Stir in flour, cook for 5 minutes. Whisk in broth and simmer an additional 10 minutes, stirring occasionally. Remove onion mixture from heat and set aside.
	Flour, All Purpose	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
4	Juice, Lemon Bulk	1.0 tsp	2 tsp	1 Tbsp 2 tsp	3 Tbsp 1 tsp		In a large bowl, combine remaining ingredients. Add onion mixture. Toss to combine.

Pasta Orzo Lemon Dill (Lemon Dill Orzo)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
Cheese, Parmesan Grated	2 Oz	4.5 Oz	9 Oz	1 lb 2 Oz		
Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
Pasta, Orzo	1 lb	2 lb 8 Oz	5 lb	10 lb	Cooked/Drained	
Dill, Weed Dried	1.0 tsp	2 tsp	1 Tbsp 2 tsp	3 Tbsp 1 tsp		
5						Transfer orzo mixture to baking dish. Cover with foil and bake until heated through.
6						Cook Time: 20-25 mins
7						CCP -- Maintain >140F/60C; discard unused product.
8						CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
9						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Soup Broth Vegetable f/Base (Vegetable Broth)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
30 Min	400.0 °F	63 °C	Boil	6 fl. oz	ⓘ Contains: Garlic; Corn; Onion; Tomato; Celery; Carrots

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
15 kcal	2 g	0 g	0 g	10 mg	125 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP	
	10	25	50	100		
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Base, Vegetable Paste LS G-F	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	Heat water and add base, stirring until well dissolved to internal temp.
	Water, Tap	1 3/4 Qt	1 Gal 2 Cup	2 Gal 4 Cup	4 Gal 9 Cup	
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.	

Soup Broth Vegetable f/Base (Vegetable Broth)

	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.