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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)

Crackers Saltine PC (Saltine Crackers)

SERVING SIZE	ALLERGIES
1 each	ⓘ Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
15 kcal	3 g	0 g	0 g	0 mg	30 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.

Garnish Lettuce Tomato Onion (Lettuce Tomato Onion)



COOK METHOD	SERVING SIZE	ALLERGIES
Chill	1 each	Contains: Tomato; Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
15 kcal	4 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	Lettuce, Iceberg	1 lb	2 lb 8 Oz	5 lb	10 lb	Separated	Peel and slice onion and tomato crosswise in slices. Separate lettuce into individual leaves.
	Tomato, Fresh	9.5 Oz	1 lb 7 Oz	2 lb 14 Oz	5 lb 12 Oz	Sliced	
	Onion, Yellow	5 Oz	12 Oz	1 lb 8 Oz	3 lb	Sliced	
3							Assemble for service: 1 lettuce leaf, 2 tomato slices, and 1 onion slice.
4							CCP -- Maintain <40F/4C; discard unused product. (FDA)

Garnish Lettuce Tomato Onion (Lettuce Tomato Onion)



RG7

Regular (RG7): NOTE: This Recipe should be appropriate for those on a Level 7 Regular Texture only. 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.

Turkey Cheese Swiss Sndw Wheat (Turkey & Swiss Sandwich)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	1 each	ⓘ Contains: AllergenWheat; AllergenMilk; Turkey

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
280 kcal	24 g	27 g	8 g	200 mg	320 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Cheese, Swiss Sliced	5 Oz	12.5 Oz	1 lb 9 Oz	3 lb 2 Oz	Sliced Thin	Combine 2 oz turkey and 1/2 oz cheese between 2 slices of bread to make a sandwich. Cut as desired. Wrap and chill under refrigeration.
2 Bread Wheat	20 slice	50 slice	100 slice	200 slice		
Turkey, Breast Whole Ckd	1 lb 4 Oz	3 lb 2 Oz	6 lb 4 Oz	12 lb 8 Oz	Sliced Thin	
3						CCP -- Maintain <40F/4C; discard unused product. (FDA)

Pears Diced f/Cnd (Chilled Diced Pears)

COOK TEMP	SERVING UTENSIL	SERVING SIZE	ALLERGIES
0.0 °F	#10 scoop	1/2 Cup	ⓘ Contains: Pear

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	16 g	0 g	0 g	20 mg	5 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Pears, Diced JcPk	1 1/4 Qt	3 Qt	1 Gal 8 Cup	3 Gal	Drained	Portion using 1/2 cup solid spoodle or #10 scoop.
3						Refrigerate at <40F until service.

Broccoli f/Fresh Salad (Broccoli Salad)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
Mix & Chill	4z Spoodle	1/2 Cup	ⓘ Contains: Onion; AllergenSulphites; Broccoli; Cauliflower; Pork & Products; AllergenEggs; Apples

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	16 g	5 g	9 g	50 mg	210 mg

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Broccoli, Florets Fresh	1 lb 10 Oz	4 lb	8 lb	16 lb	Bite Size	Combine vegetables.
	Cauliflower, Fresh	6.5 Oz	1 lb	2 lb	4 lb	Bite Size	
	Onion, Red/Burmuda	5 Oz	12 Oz	1 lb 8 Oz	3 lb	Diced	
3	Bacon, Bits Real	1 Oz	2 Oz	4 Oz	8 Oz		Add bacon bits, sunflower seeds, and raisins to vegetables.
	Seeds, Sunflower Toasted	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
	Raisins, Bulk	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		

Broccoli f/Fresh Salad (Broccoli Salad)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
4	Vinegar, White	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		Mix remaining ingredients to make dressing until sugar is dissolved. Combine with salad. Best if covered and refrigerated for 4.5 hours before serving.
	Vinegar, Cider Apple	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		
	Mayonnaise, Light	3/4 Cup	2 Cup	1 Qt	2 Qt		
	Sugar, Granulated Bulk	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
5							CCP -- Maintain <40F/4C; discard unused product. (FDA)

Soup Tomato Florentine Hmd (Tomato Florentine Soup)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
Simmer	6z Ladle	6 fl. oz	ⓘ Contains: Tomato; Onion; AllergenWheat; Corn; Celery; AllergenMilk; Spinach; Carrots; AllergenSoy; Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	26 g	6 g	2.5 g	100 mg	340 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						WASH ALL PRODUCE under cool, running water. Drain well.
3						Saute Onions & Celery in Margarine. Add diced Tomatoes, Tomato Puree and Spinach.
Onion, Yellow	0.3 each	0.75 each	1.5 each	3 each	Diced	
Celery, Fresh	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup	Diced	
Margarine, Solids	2.0 tsp	1 Tbsp 2 tsp	3 Tbsp	1/3 Cup		
Tomato, Diced Cnd	0.15 no. 10 can	0.39 no. 10 can	0.77 no. 10 can	1.54 no. 10 can		
Tomato, Puree Cnd	0.15 no. 10 can	0.39 no. 10 can	0.77 no. 10 can	1.54 no. 10 can		

Soup Tomato Florentine Hmd (Tomato Florentine Soup)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
Spinach, Fresh	7.5 Oz	1 lb 3 Oz	2 lb 5 Oz	4 lb 10 Oz		
Base, Vegetable Paste LS G-F	3 tsp	2 Tbsp 1 tsp	1/3 Cup	2/3 Cup		Add Chicken Base, Water and all Spices. Cook for 25-30 min. Add Pasta and cook until tender. Maintain >140F/60C.
Bay Leaf, Whole	0.62 each	1.54 each	3.08 each	6.16 each		
Pasta, Macaroni/Elbow Dry	7.5 Oz	1 lb 3 Oz	2 lb 5 Oz	4 lb 10 Oz		
4 Cheese, Parmesan Grated	1/3 Cup	3/4 Cup	1 1/2 Cup	3 1/8 Cup		
Water, Tap	2 1/2 Qt	1 Gal 9 Cup	3 Gal 1 Cup	6 Gal 3 Cup		
Pepper, White	1 1/2 tsp	1 Tbsp	2 Tbsp 1 tsp	1/4 Cup		
Seasoning Mix Italian LS Hmd	1 1/2 tsp	1 Tbsp	2 Tbsp 1 tsp	1/4 Cup		
5						

Soup Tomato Florentine Hmd (Tomato Florentine Soup)

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

Seasoning Mix Italian LS Hmd (Italian Seasoning)

COOK METHOD	SERVING SIZE	ALLERGIES
Dry	1 tsp	None

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

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Mix all ingredients to form an Italian seasoning blend that is salt free. May be prepared ahead of need. Store at room temperature, in a tightly closed container. Discard after 6 months.
Basil, Dried Leaves	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp	
Marjoram, Leaf Dried	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp	
Oregano, Dry	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp	
Rosemary, Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp	
3					Discard unused product.