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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) |

Roll Wheat f/RTB Dough (Wheat Dinner Roll)



EC7



RG7

| COOK TIME | COOK TEMP | COOK-END TEMP | COOK METHOD | SERVING SIZE | ALLERGIES |
|-----------|-----------|---------------|-------------|--------------|---|
| 20 Min | 350.0 °F | 63 °C | Bake | 1 each | ⓘ Contains: AllergenWheat; AllergenSoy |

| NUTRIENTS PER SERVING | | | | | |
|-----------------------|---------------|---------|-----------|---------|--------|
| CALORIES | CARBOHYDRATES | PROTEIN | TOTAL FAT | CALCIUM | SODIUM |
| 110 kcal | 22 g | 4 g | 2 g | 50 mg | 230 mg |

| INGREDIENTS | SERVINGS | SERVINGS | SERVINGS | SERVINGS | PREPARATION STEP |
|---------------------------|----------|----------|----------|----------|--|
| | 10 | 25 | 50 | 100 | |
| 1 | | | | | WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. |
| 2 | | | | | Prepare product as per package instructions. |
| 3 Roll Dough, Whole Wheat | 10 each | 25 each | 50 each | 100 each | Place rolls 2 inches apart on baking sheet and bake at 350F/177C until golden brown. |
| 4 | | | | | For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec. |
| 5 | | | | | CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. |
| 6 | | | | | CCP -- Maintain <40F/4C; discard unused product. (FDA) |

Roll Wheat f/RTB Dough (Wheat Dinner Roll)



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.

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.

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 Cod w/Garlic Butter Sauce (Baked Cod w/Garlic Butter)

| COOK TIME | COOK TEMP | COOK-END TEMP | COOK METHOD | SERVING SIZE | ALLERGIES |
|-----------|-----------|---------------|-------------|--------------|--|
| 20 Min | 350.0 °F | 63 °C | Bake | 3 Oz | ⓘ Contains: AllergenFish; AllergenMilk; Garlic; AllergenSoy |

| NUTRIENTS PER SERVING | | | | | | |
|-----------------------|---------------|--|---------|-----------|---------|--------|
| CALORIES | CARBOHYDRATES | | PROTEIN | TOTAL FAT | CALCIUM | SODIUM |
| 210 kcal | 3 g | | 16 g | 15 g | 50 mg | 190 mg |

| INGREDIENTS | SERVINGS | SERVINGS | SERVINGS | SERVINGS | INGREDIENT PREP | PREPARATION STEP |
|------------------------------|--------------|--------------|----------|-----------|-----------------|--|
| | 10 | 25 | 50 | 100 | | |
| 1 | | | | | | WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. |
| Margarine, Solids | 3/4 Cup | 2 Cup | 1 Qt | 2 Qt | | Melt margarine in a saucepan over medium heat. Mix in garlic, basil and oregano. Bring to a low boil. Cook and stir about 10 minutes, until thickened. |
| Garlic, Whole Fresh | 1 Tbsp 2 tsp | 1/4 Cup | 1/2 Cup | 1 Cup | Minced | |
| 2 Basil, Dried Leaves | 1 Tbsp | 2 Tbsp 2 tsp | 1/3 Cup | 2/3 Cup | | |
| Oregano, Dry | 2 Tbsp | 1/3 Cup | 2/3 Cup | 1 1/3 Cup | | |
| Fish, Cod Raw | 2 lb 6 Oz | 6 lb | 12 lb | 24 lb | thawed | |
| 3 | | | | | | Arrange cod fillets in a single layer on a medium baking sheet. Cover with 1/2 the margarine mixture. If broiling leave on sheet pan, if baking cover with foil. |
| 4 | | | | | | Bake at 350F/180C until fish is easily flaked with a fork, approximately 15-20 minutes. Pour remaining margarine mixture over fish to serve. |

Fish Cod w/Garlic Butter Sauce (Baked Cod w/Garlic Butter)

| INGREDIENTS | SERVINGS | SERVINGS | SERVINGS | SERVINGS | INGREDIENT PREP | PREPARATION STEP |
|-------------|----------|----------|----------|----------|-----------------|--|
| | 10 | 25 | 50 | 100 | | |
| 5 | | | | | | Fish: Cook to internal temp of 145F/63C 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. |
| 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. |

Orange Fresh Whole (Fresh Whole Orange)

| SERVING SIZE | ALLERGIES |
|--------------|---------------------------|
| 1 whole | ⓘ Contains: Citrus |

| NUTRIENTS PER SERVING | | | | | |
|-----------------------|---------------|---------|-----------|---------|--------|
| CALORIES | CARBOHYDRATES | PROTEIN | TOTAL FAT | CALCIUM | SODIUM |
| 70 kcal | 17 g | 2 g | 0 g | 75 mg | 0 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. |

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.

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. |

Zucchini Seasoned f/Frz (Seasoned Zucchini)

| COOK TIME | COOK-END TEMP | COOK METHOD | SERVING SIZE | ALLERGIES |
|-----------|---------------|-------------|--------------|--|
| 8 Min | 63 °C | Steam | 1/2 Cup | ⓘ Contains: AllergenMilk; AllergenSoy |

| NUTRIENTS PER SERVING | | | | | |
|-----------------------|---------------|---------|-----------|---------|--------|
| CALORIES | CARBOHYDRATES | PROTEIN | TOTAL FAT | CALCIUM | SODIUM |
| 30 kcal | 4 g | 2 g | 2 g | 20 mg | 20 mg |

| INGREDIENTS | SERVINGS | SERVINGS | SERVINGS | SERVINGS | PREPARATION STEP |
|--|----------------------|-----------------|------------------|----------------|--|
| | 10 | 25 | 50 | 100 | |
| 1 | | | | | WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. |
| 2 Zucchini, Frz Margarine, Solids | 2 lb 1 Tbsp 2 tsp | 5 lb 1/4 Cup | 10 lb 1/2 Cup | 20 lb 1 Cup | Steam vegetables until tender, approximately 6-8 min; or cook according to package instructions. Gently stir in margarine. |
| 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. |

Zucchini Seasoned f/Frz (Seasoned Zucchini)

| | 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. |