

TABLE OF CONTENTS

Milk 1% Bulk 8 flz (1% Milk)	2
Roll Wheat f/RTB Dough (Wheat Dinner Roll)	3
Dressing Italian LoCal PC (Choice of Dressing)	5
Margarine Spread Cup PC (Soft Margarine Cup)	6
Pineapple Blushing Chunks f/Cnd (Blushing Pineapple)	7
Beef Stroganoff f/Cubes (Beef Stroganoff)	8
Spinach Salad w/Cheese No Dressing (Spinach Cheese Salad)	11
Noodles Parslied (Parslied Noodles)	12
Carrot Savory f/Frz (Savory Carrots)	14

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.

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	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.

Pineapple Blushing Chunks f/Cnd (Blushing Pineapple)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
0.0 °F	Mix & Chill	1/2 Cup	ⓘ Contains: Strawberry; Pork & Products; Pineapple

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	29 g	1 g	0 g	30 mg	15 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Pineapple, Chunks JcPk	1 3/4 Qt	1 Gal 1 Cup	2 Gal 1 Cup	4 Gal 3 Cup	Drained	Sprinkle gelatin powder over fruit and stir gently.
2						
Gelatin, Strawberry Dry	1 Oz	2 Oz	4 Oz	8 Oz		
3						Let fruit stand for 30 min before serving.
4						CCP -- Maintain <40F/4C; discard unused product. (FDA)

Beef Stroganoff f/Cubes (Beef Stroganoff)

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

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		
1						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	
2 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		
3 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		
4							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.
5	Water, Tap	1/3 Cup	1 Cup	2 Cup	1 Qt		
	Flour, All Purpose	1.5 Oz	4 Oz	8 Oz	1 lb		
6	Mushrooms, Pieces Cnd	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt		Add mushrooms to meat.
7	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.
8							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.
9							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.

Spinach Salad w/Cheese No Dressing (Spinach Cheese Salad)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	1 Cup	ⓘ Contains: AllergenEggs; Onion; Spinach; AllergenMilk; Celery

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	4 g	6 g	4.5 g	175 mg	140 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 Egg Boiled Hard Whole	2 each	5 each	10 each	20 each		Cut Eggs in half lengthwise.
4 Spinach, Fresh	1 lb 12 Oz	4 lb 6 Oz	8 lb 12 Oz	17 lb 8 Oz	Bite Size	Combine all ingredients and mix lightly.
Onion, Yellow	1 Oz	3 Oz	6 Oz	12 Oz	Diced	
Celery, Fresh	1.5 Oz	4 Oz	8 Oz	1 lb	Diced	
Cheese, Cheddar Shredded	3 Oz	8 Oz	1 lb	2 lb		
5						CCP -- Maintain <40F/4C; discard unused product. (FDA)

Noodles Parslied (Parslied Noodles)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
15 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	INGREDIENT PREP	PREPARATION STEP	
	10	25	50	100			
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Water, Tap	2 1/2 Qt	1 Gal 8 Cup	3 Gal	6 Gal	Bring water and 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 pasta gradually while stirring. Reheat to boiling temp. Cook uncovered at a fast boil until tender, about 10 min. Test for doneness. Noodles should still be firm to the bite. Stir occasionally to help prevent sticking. Drain.	
4	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Melted	Stir in margarine and parsley.
	Parsley, Dried	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
5						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.	

Noodles Parslied (Parslied Noodles)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	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.

Carrot Savory f/Frz (Savory Carrots)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
15 Min	63 °C	Boil	1/2 Cup	ⓘ Contains: Carrots; AllergenSoy; Tomato; Corn; Garlic; AllergenMilk; Citrus; Onion; Celery; AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	8 g	1 g	2.5 g	40 mg	80 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Base, Vegetable Paste LS G-F	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	Boil carrots with base.
	Carrot, Sliced Frz	2 lb	5 lb	10 lb	20 lb	
3	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Season with melted margarine, pepper and lemon juice.
	Pepper, Black Ground	1/8 tsp	1/8 tsp	1/4 tsp	3/4 tsp	
	Juice, Lemon Bulk	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	

Carrot Savory f/Frz (Savory Carrots)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
4	Parsley, Dried	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		Sprinkle with parsley.
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.
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.