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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				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 Bkd Mediterranean (Mediterranean Baked Fish)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
30 Min	350.0 °F	63 °C	Bake	Spatula	3 Oz	ⓘ Contains: Tomato; AllergenSoy; AllergenSulphites; AllergenFish; Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	4 g	18 g	4 g	75 mg	180 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Pan Coating, Spray	10 g	25 g	50 g	100 g		Spray sheet pan(s) with pan coating spray and portion fish onto pan(s). Brush fish with oil, splash with wine and sprinkle with garlic. Chill if not using right away.
Fish, Pollock 2-4z	2 lb 6 Oz	6 lb	12 lb	24 lb		
2 Oil, Olive	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
Wine, White	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
Garlic, Powder	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
3 Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		Top fish with remaining ingredients, and cook.

Fish Pollock Bkd Mediterranean (Mediterranean Baked Fish)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
	Tomato, Fresh	1 lb 4 Oz	3 lb 2 Oz	6 lb 4 Oz	12 lb 8 Oz	Chopped	
	Chives, Fresh	1/3 Cup	1 Cup	2 Cup	1 Qt	Chopped Fine	
	Pepper, Black Ground	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
4							Fish: Cook to internal temp of 145F/63C held for 15 sec.
5							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.
6							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
8							Discard unused product.

Melon Watermelon Cubes f/Fresh (Fresh Watermelon Cubes)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	1 Cup	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	12 g	1 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 Watermelon, Seedless	3 lb 5 Oz	8 lb 5 Oz	16 lb 11 Oz	33 lb 5 Oz	Cubed	Remove rind from fruit. Cut in cubes, less than 1/2 inch.
3						CCP -- Maintain <40F/4C; discard unused product. (FDA)

Potato Salad Tuscan Soft f/Fresh (Soft Tuscan Potato Salad)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	1/2 Cup	ⓘ Contains: AllergenSulphites; Potatoes; Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	25 g	3 g	4 g	40 mg	115 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Potato, Gold Fresh	2 lb 7 Oz	6 lb 2 Oz	12 lb 4 Oz	24 lb 8 Oz	Peeled & Cubed	Peel and dice potatoes to 1/2" or smaller dice. Place potatoes in a large pot with water; bring to a boil. Reduce heat to medium and simmer until potatoes are tender, approximately 12-15 minutes. Carefully drain potatoes.
Water, Tap	2 Gal 6 Cup	6 Gal	12 Gal	24 Gal		
3 Dressing Vinaigrette Wine	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup	Prepared	Whisk basil with vinaigrette to make a dressing, then toss potatoes in mixture. Stir to coat evenly. Drain any excess liquid and serve.
Basil, Dried Leaves	1 3/4 tsp	1 Tbsp 2 tsp	3 Tbsp	1/3 Cup		
4						CCP -- Maintain <40F/4C; discard unused product. (FDA)

Dressing Vinaigrette Wine (Wine Vinaigrette)

COOK METHOD	SERVING SIZE	ALLERGIES
Blenderize	2 Tbsp	ⓘ Contains: Allergen Sulphites; Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	2 g	0 g	15 g	0 mg	330 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Mix vinegar, lemon juice, honey, salt, and pepper in a blender.
Vinegar, Wine White	1/3 Cup	1.0 Cup	1 3/4 Cup	3 1/2 Cup	
Juice, Lemon Bulk	2 Tbsp	1/3 Cup	2/3 Cup	1 1/3 Cup	
Honey, Bulk	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 1 tsp	1/3 Cup	
Salt, Iodized	1 1/2 tsp	1 Tbsp	2 Tbsp 1 tsp	1/4 Cup	
Pepper, Black Ground	1/8 tsp	1/4 tsp	1/2 tsp	3/4 tsp	
3					While blending, gradually add in the oil. Mix until blended.
Oil, Olive	3/4 Cup	1 3/4 Cup	3 1/2 Cup	1 3/4 Qt	
4					CCP -- Maintain <40F/4C; discard unused product. (FDA)

Asparagus Seasoned f/Fresh (Lemon-Garlic Asparagus)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	4 g	3 g	2 g	30 mg	300 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP	
	10	25	50	100			
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Asparagus, Fresh	2 lb	5 lb	10 lb	20 lb	Cut 1/2" Pieces	Steam or boil asparagus about 5-10 minutes or until tender. Add remaining ingredients. Mix well.
	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
	Juice, Lemon Bulk	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
	Salt, Iodized	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
	Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
Garlic, Whole Fresh	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	Minced		

Asparagus Seasoned f/Fresh (Lemon-Garlic Asparagus)

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