

## TABLE OF CONTENTS

---

Milk 1% Bulk 8 flz (1% Milk)	2
Bread Wheat (Wheat Bread)	3
Margarine Spread Cup PC (Soft Margarine Cup)	4
Fruit Cup Soft Cnd No Banana (Soft Fruit Cup)	5
Steak Salisbury w/Gravy Hmd f/Hmd Patty (Salisbury Steak & Gravy)	6
Gravy Brown Hmd (Brown Gravy)	8
Potato Mashed f/Fresh (Mashed Potatoes)	10
Vegetable Mix Key West Blend (Key West Blend Vegetables)	12

# Milk 1% Bulk 8 flz (1% Milk)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	8 fl. oz	<b>ⓘ Contains: AllergenMilk</b>

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	
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Milk, 1% Bulk	2 1/2 Qt	1 Gal 9 Cup	3 Gal 2 Cup	6 Gal 4 Cup	Pour milk cups.
<b>3</b>					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.

# Fruit Cup Soft Cnd No Banana (Soft Fruit Cup)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	13 g	0 g	0 g	10 mg	5 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Peaches, Diced JcPk	1 3/4 Cup	1 1/8 Qt	2 1/8 Qt	1 Gal 1 Cup	Combine drained canned fruit and 1 cup drained juice. Chill fruit.
Pears, Diced JcPk	1 3/4 Cup	1 1/8 Qt	2 1/8 Qt	1 Gal 1 Cup	
Apple, Slices Unswt Cnd	3/4 Cup	2 1/8 Cup	1 1/8 Qt	2 1/8 Qt	
<b>3</b>					Portion 1/2 cup into serving bowls.
<b>4</b>					CCP -- Maintain <40F/4C; discard unused product. (FDA)

# Steak Salisbury w/Gravy Hmd f/Hmd Patty (Salisbury Steak & Gravy)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE
35 Min	325.0 °F	71 °C	Bake	Solid Spoon	3 Oz

ALLERGIES
<b>ⓘ Contains: Peppers Bell; Onion; Beef; AllergenMilk; AllergenWheat; AllergenSoy; Garlic; Corn; AllergenSesame</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
250 kcal	7 g	15 g	18 g	40 mg	180 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Onion, Yellow	2.5 Oz	6.5 Oz	13 Oz	1 lb 10 Oz	Chopped Fine	Mix all ingredients except gravy in mixer. Avoid over mixing.
Peppers, Green Fresh	1 Oz	3 Oz	6 Oz	12.5 Oz	Chopped Fine	
<b>2</b> Bread Crumbs, Plain	1/3 Cup	1 Cup	2 Cup	1 Qt		
Milk, 2% Bulk	1/3 Cup	1 Cup	2 Cup	1 Qt		
Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
Pepper, Black Ground	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		

# Steak Salisbury w/Gravy Hmd f/Hmd Patty (Salisbury Steak & Gravy)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
Garlic, Powder	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
Beef, Ground 80-85/20-15 Raw	2 lb 6 Oz	6 lb	12 lb	24 lb		
<b>3</b> Gravy Brown Hmd	1 2/3 Cup	1 Qt	2 Qt	1 Gal	Prepared	Prepare gravy as per separate recipe.
<b>4</b>						Portion into baking pans using #8 scoop and flatten slightly. Cook to internal temp. Transfer to steam table pans, overlapping slightly. Cover with prepared gravy.
<b>5</b>						For Ground Meat (Beef, Pork, Veal, Lamb) and Meat Mixtures: Cook to internal temp of 160F/71C held for 3 minutes.
<b>6</b>						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.
<b>7</b>						CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

# Gravy Brown Hmd (Brown Gravy)

COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
63 °C	Simmer	2 fl. oz	<b>ⓘ Contains: Beef; AllergenSoy; AllergenWheat; AllergenMilk; Corn</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	3 g	1 g	3.5 g	0 mg	70 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP	
	10	25	50	100		
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	Margarine, Solids	1.5 Oz	3.5 Oz	7.5 Oz	14.5 Oz	Blend flour into melted margarine to make a roux.
	Flour, All Purpose	1 Oz	2.5 Oz	4.5 Oz	9.5 Oz	
<b>3</b>	Base, Beef Paste LS G-F	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Combine base and hot water to make a stock. Mix well and bring to boil. Stir stock into roux stirring constantly with wire whip until thickened and smooth, about 5-10 min.
	Water, Tap	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 8 Cup	
<b>4</b>	Pepper, Black Ground	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp	Add pepper and kitchen bouquet; mix well.
<b>5</b>						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

# Gravy Brown Hmd (Brown Gravy)

	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.

# Potato Mashed f/Fresh (Mashed Potatoes)

COOK TIME	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
20 Min	Simmer	#8 scoop	1/2 Cup	<b>ⓘ Contains: Potatoes; AllergenMilk; AllergenSoy</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	26 g	4 g	8 g	75 mg	170 mg

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
2	1 Potato, Russet/Baking Fresh	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb	Peeled & Cubed	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.  Place potatoes in large pot and cover with water. Bring to a boil, then reduce heat and simmer until tender and drain.
	Water, Tap	2 Gal 6 Cup	6 Gal	12 Gal	24 Gal		
	Milk, 2% Bulk	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt	Hot	
	Margarine, Solids	3 Oz	8 Oz	1 lb	2 lb		
	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		
3							Heat milk with margarine, salt, and pepper; heat just until scalded.
4							Combine potatoes and milk mixture with a mixer on medium speed until fluffy. Serve 1/2 c. potatoes with 2 Fl Oz Gravy.

# Potato Mashed f/Fresh (Mashed Potatoes)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
5							*CCP--Maintain>140F. Temperature should be taken every 2 hours during holding.
6							CCP -- Cool: Product must reach 140F/60C 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.

# Vegetable Mix Key West Blend (Key West Blend Vegetables)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
10 Min	63 °C	Steam	1/2 Cup	<b>ⓘ Contains: Carrots; AllergenMilk; AllergenSoy; Peppers Bell</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	13 g	4 g	2 g	30 mg	65 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP	
	10	25	50	100		
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	Vegetable Mix, Key West	2 lb	5 lb	10 lb	20 lb	Steam vegetables until tender. Add seasoning and gently mix.
	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
	Parsley, Dried	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	
<b>3</b>						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
<b>4</b>						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.
<b>5</b>						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

## Vegetable Mix Key West Blend (Key West Blend Vegetables)

	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.