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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	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.

Pear Halves Ginger Cinnamon Nutmeg Whip (Ginger Baked Pears with Spiced Whip)



EC7



RG7

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
30 Min	350.0 °F	63 °C	Bake	1/2 Cup	ⓘ Contains: Cinnamon; AllergenWheat; AllergenMilk; AllergenSoy; Pear; Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	29 g	1 g	3 g	30 mg	30 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Topping, Whip Non-Dairy Bag	1/2 Cup	1 1/8 Cup	2 1/3 Cup	1 1/8 Qt		Prepare whipped topping as per package instructions.
3 Sugar, Powdered	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		Combine powdered sugar, cinnamon and nutmeg. Carefully fold spice mixture into whipped topping.
Cinnamon, Ground	1/4 tsp	3/4 tsp	1 3/4 tsp	1 Tbsp		
Nutmeg, Ground	1/8 tsp	1/4 tsp	3/4 tsp	1 1/4 tsp		
4 Pears, Halves JcPk	1 1/4 Qt	3 Qt	1 Gal 8 Cup	3 Gal		Drain pears, reserve juice. Arrange pear halves cut side up in a shallow baking dish. Add reserved juice to create a 1/4 inch deep bath for pears (add water if not enough juice).

Pear Halves Ginger Cinnamon Nutmeg Whip (Ginger Baked Pears with Spiced Whip)



EC7



RG7

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
5	Sugar, Brown Light	1/2 Cup	1.0 Cup	2 1/8 Cup	1.0 Qt		In a medium bowl, combine brown sugar, ginger, oats and margarine to make crumble. Spoon approximately 1 teaspoon crumble in to center of each pear, pressing down lightly if needed. Sprinkle remaining crumble evenly over pan of pears. Bake until softened.
	Ginger, Ground	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 1 tsp	1/3 Cup		
	Cereal, Oatmeal Quick	1/2 Cup	1.0 Cup	2 1/8 Cup	1 1/8 Qt		
	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
6							Let pears cool slightly. Place 1/2 cup pears in a serving dish. Just before serving, top each pear with 1 Tbsp spiced whipped topping and serve immediately.
7							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
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.

Pear Halves Ginger Cinnamon Nutmeg Whip (Ginger Baked Pears with Spiced Whip)



EC7



RG7

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

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.

Noodles Parmesan & Broccoli (Broccoli & Noodles Parmesan)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
30 Min	350.0 °F	74 °C	Bake	1 Cup	ⓘ Contains: AllergenMilk; AllergenWheat; AllergenEggs; Broccoli; AllergenSoy; Onion; Mushroom; Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
330 kcal	39 g	15 g	13 g	250 mg	360 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 Frz	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz		Steam broccoli until nearly done.
3 Noodles, Egg Dry	1 lb	2 lb 8 Oz	5 lb	10 lb		Cook noodles to al dente.
4 Margarine, Solids	2 Tbsp 2 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		Heat margarine in a large skillet. Sauté onion until softened. Add soup, garlic powder, and basil, stir to combine and bring to a simmer. Add cheese and stir until melted. Remove from heat.
Onion, Yellow	2.5 Oz	6.5 Oz	12.5 Oz	1 lb 9 Oz	Diced	
Soup, Cream of Mushroom Cnd Cond	2/3 Cup	1 1/2 Cup	3 1/8 Cup	1 1/2 Qt		

Noodles Parmesan & Broccoli (Broccoli & Noodles Parmesan)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
Garlic, Powder	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
Basil, Dried Leaves	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
Cheese, Cheddar Shredded	6.5 Oz	1 lb	2 lb	4 lb		
Cheese, Parmesan Grated	1.5 Oz	3.5 Oz	6.5 Oz	13 Oz		
5 Yogurt, Plain LF Bulk	1.0 Cup	2 1/4 Cup	1 1/8 Qt	2 1/4 Qt		Add yogurt, broccoli and noodles. Stir to combine, divide among baking pans. Cover and bake at 350F/177C for approximately 30 min.
6						Casseroles & Precooked Foods: Cook to internal temp of 165F/74C held for 15 sec.
7						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.
8						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

Noodles Parmesan & Broccoli (Broccoli & Noodles Parmesan)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
10							Discard unused product.

Chicken Breast Roasted Herb Tarragon (Tarragon Roast Chicken)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
60 Min	350.0 °F	74 °C	Roast	3 Oz	ⓘ Contains: AllergenMilk; Chicken; AllergenSoy; Garlic

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	1 g		20 g	4.5 g	20 mg	95 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Chicken, Breast Bnls Sknls Large	2 lb 10 Oz	6 lb 8 Oz	13 lb	26 lb		Thaw chicken, trim off skin and fat. Arrange on baking sheet and sprinkle salt and pepper over chicken.
2 Pepper, Black Ground	1/8 tsp	1/4 tsp	3/4 tsp	1 1/4 tsp		
Salt, Iodized	1/8 tsp	1/4 tsp	3/4 tsp	1 1/4 tsp		
3 Garlic, Whole Fresh	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup	Minced	In a bowl, mix butter, parsley, tarragon and garlic. Spread the mixture over the chicken.
Tarragon, Fresh	2 Tbsp	1/3 Cup	2/3 Cup	1 1/3 Cup	Chopped	
Parsley, Fresh	2 Tbsp	1/3 Cup	2/3 Cup	1 1/3 Cup	Chopped	

Chicken Breast Roasted Herb Tarragon (Tarragon Roast Chicken)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
	Margarine, Solids	2 Tbsp	1/3 Cup	2/3 Cup	1 1/3 Cup		
4							Bake uncovered for 30 min at 350F/176C. Turn chicken and continue baking until chicken is brown about 30 min longer.
5							For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C 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.

Tomato Onion Salad f/Fresh (Tomato & Onion Salad)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	1/2 Cup	ⓘ Contains: Tomato; Onion; Allergen Sulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	8 g	2 g	5 g	20 mg	110 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Vinegar, White	3 Tbsp 2 tsp	1/2 Cup	1 1/8 Cup	2 1/4 Cup		Mix Vinegar, Oil and Spices until thoroughly blended.
Oil, Vegetable	3 Tbsp 2 tsp	1/2 Cup	1 1/8 Cup	2 1/4 Cup		
2 Salt, Iodized	1/2 tsp	1 1/8 tsp	2 1/8 tsp	1 Tbsp 1 tsp		
Dill, Weed Dried	1/2 tsp	1 1/8 tsp	2 1/8 tsp	1 Tbsp 1 tsp		
Sugar, Granulated Bulk	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup		
3 Tomato, Fresh	1 Qt	2 1/2 Qt	1 Gal 4 Cup	2 Gal 8 Cup	Diced	Add remaining ingredients to above and toss until well blended.

Tomato Onion Salad f/Fresh (Tomato & Onion Salad)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
	Onion, Yellow	2/3 Cup	1 2/3 Cup	3 1/3 Cup	1 3/4 Qt	Diced	
4							CCP -- Maintain <40F/4C; discard unused product. (FDA)