

TABLE OF CONTENTS

Milk 1% Bulk 8 flz (1% Milk) 2

Margarine Spread Cup PC (Soft Margarine Cup) 3

Berries Mixed Fresh w/Whip Topping (Fresh Berries w/Whip Topping) 4

Beef Burgundy f/Cubes (Beef Burgundy) 5

Spinach Orange Salad w/Dressing (Spinach Orange Salad with Dressing) 7

Noodles Parslied (Parslied Noodles) 9

Green Beans Herb f/Frz (Herbed Green Beans) 11

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)

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.

Berries Mixed Fresh w/Whip Topping (Fresh Berries w/Whip Topping)

COOK METHOD	SERVING SIZE	ALLERGIES
Mix & Chill	1 Cup	ⓘ Contains: Strawberry; Blueberry; Raspberry; Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	14 g	2 g	3 g	20 mg	10 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Raspberries, Red Fresh	12 Oz	1 lb 14 Oz	3 lb 12 Oz	7 lb 8 Oz	WASH ALL PRODUCE under cool, running water. Drain well.
3 Blueberries, Fresh	12 Oz	1 lb 14 Oz	3 lb 12 Oz	7 lb 8 Oz	Remove tops and hulls from strawberries and cut into quarters.
Strawberries, Fresh	12 Oz	1 lb 14 Oz	3 lb 12 Oz	7 lb 8 Oz	
4 Topping, Whip Non-Dairy Bag	1 3/4 Cup	1 1/8 Qt	2 1/4 Qt	1 Gal 2 Cup	Mix all berries together and portion into 4z tulip cups and top with a dollop of whipped cream on top.
5					CCP -- Maintain <40F/4C; discard unused product. (FDA)

Beef Burgundy f/Cubes (Beef Burgundy)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
90 Min	400.0 °F	63 °C	Simmer	3/4 Cup	ⓘ Contains: Tomato; Corn; Beef; Mushroom; Allergen Sulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	5 g	17 g	3.5 g	20 mg	160 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						
Beef, Cubes Raw	2 lb	5 lb	10 lb	20 lb		Heat beef cubes until brown. Add first portion of water, turn heat to high until water comes to a boil. Reduce heat and cover pan. Let simmer until beef cubes are tender (approximately 1 1/2 hrs).
Water, Tap	3 1/4 Cup	2 Qt	1 Gal	2 Gal		
3						
Mushrooms, Pieces Cnd	3/4 Cup	2 Cup	1 Qt	2 Qt	Drained	Add mushrooms, beef base, black pepper, burgundy wine, and tomato paste to beef mixture.
Base, Beef Paste LS G-F	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
Wine, Burgundy	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		

Beef Burgundy f/Cubes (Beef Burgundy)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
	Tomato, Paste Cnd	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
4	Cornstarch	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		Mix cornstarch with cold water to form a smooth paste. Add to beef and cook to desired consistency.
	Water, Tap	1/3 Cup	1 Cup	2 Cup	1 Qt	Cold	
5							For Fresh Beef, Veal, and Lamb Cuts (Steaks, Roasts, Chops): 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.

Spinach Orange Salad w/Dressing (Spinach Orange Salad with Dressing)

COOK METHOD	SERVING SIZE	ALLERGIES
Mix & Chill	1 Cup	ⓘ Contains: Onion; AllergenFish; Spinach; AllergenSoy; AllergenSulphites; Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	12 g	2 g	9 g	50 mg	40 mg

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Spinach, Fresh	14 Oz	2 lb 2 Oz	4 lb 5 Oz	8 lb 10 Oz	Bite Size	Thinly slice red onion in rings. Combine lettuce, spinach, sliced onion and orange slices. Toss salad well to mix greens.
	Lettuce, Iceberg	3 Oz	8 Oz	1 lb	2 lb	Bite Size	
	Onion, Red/Burmuda	2.5 Oz	6.5 Oz	13.5 Oz	1 lb 11 Oz	Sliced Thin	
	Orange, Mandarin Cnd Syrup	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup	Drained	
3	Sugar, Granulated Bulk	1/3 Cup	1 Cup	2 Cup	1 Qt		Dressing: Combine sugar, paprika, minced onion and Worcestershire. Using a whip, add vinegar and oil in slow stream. Whip at least 2 min to dissolve sugar.
	Paprika	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		

Spinach Orange Salad w/Dressing (Spinach Orange Salad with Dressing)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
Onion, Yellow	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Minced	
Sauce, Worcestershire	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
Oil, Vegetable	1/3 Cup	1 Cup	2 Cup	1 Qt		
Vinegar, White	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
4						Serve 1 cup salad with 1/4 cup dressing.
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.

Green Beans Herb f/Frz (Herbed Green Beans)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	6 g	2 g	1.5 g	40 mg	15 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Green Beans, Cut Frz	2 lb	5 lb	10 lb	20 lb	Steam vegetables until tender.
3 Margarine, Solids	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup	Add margarine and seasonings and mix well.
Paprika	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
Rosemary, Dried Whole	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp	
Basil, Dried Leaves	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp	
Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
4					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

Green Beans Herb f/Frz (Herbed Green Beans)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
		10	25	50	100	
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.