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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.

Sauce Tartar PC (Tartar Sauce)

SERVING SIZE	ALLERGIES
1 each	ⓘ Contains: AllergenEggs

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	2 g	0 g	2 g	0 mg	85 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.

Gelatin Cranberry & Fruit Salad (Cranberry Fruit Salad Gelatin)

COOK METHOD	SERVING SIZE	ALLERGIES
Mix & Chill	1 (2x3)	ⓘ Contains: Pork & Products; Strawberry; Pineapple; AllergenWheat; Citrus; Apples

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	29 g	3 g	0 g	20 mg	90 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP	
	10	25	50	100			
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Gelatin, Strawberry Dry	6 Oz	0 lb 15 Oz	1 lb 14 Oz	3 lb 12 Oz	Boiled	Combine gelatin with boiling water until dissolved.
	Water, Tap	2 1/2 Cup	1 1/2 Qt	3 1/8 Qt	1 Gal 9 Cup		
3	Apple Red Delicious	4 Oz	10 Oz	1 lb 4 Oz	2 lb 8 Oz	Diced Small	Stir apples, pineapple, cranberry sauce and oranges into dissolved gelatin mixture.
	Pineapple, Chunks JcPk	1 Cup	2 1/2 Cup	1 1/4 Qt	2 1/2 Qt		
	Cranberry Sauce, Jellied Cnd	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt		
	Orange Fresh Whole	6 Oz	0 lb 15 Oz	1 lb 14 Oz	3 lb 12 Oz		

Gelatin Cranberry & Fruit Salad (Cranberry Fruit Salad Gelatin)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
4	Lettuce, Iceberg	12 Oz	1 lb 14 Oz	3 lb 12 Oz	7 lb 8 Oz		Pour into individual ring molds or counter pans. Chill until firm. Serve 2x3" square on lettuce leaf liner.
5							CCP -- Maintain <40F/4C; discard unused product. (FDA)

Fish Cod Lemon Bake (Baked Lemon Cod)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
30 Min	375.0 °F	63 °C	Bake	Off-Set Spatula	3 Oz	ⓘ Contains: AllergenFish; AllergenMilk; Citrus; AllergenSoy; AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	0 g	12 g	8 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.
Fish, Cod Raw	1 lb 14 Oz	4 lb 11 Oz	9 lb 6 Oz	18 lb 13 Oz		Portion fish into serving size pieces onto baking sheet and sprinkle with seasonings. Melt margarine combine with lemon juice. Drizzle over fish. Bake until fish flakes easily.
2 Margarine, Solids	1/3 Cup	1 Cup	2 Cup	1 Qt	Melted	
Juice, Lemon Bulk	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		
3 Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp		Combine margarine with lemon juice. Drizzle over fish. Bake at 375F/190C until fish flakes easily.
Pepper, White	1/4 tsp	1/2 tsp	1 tsp	2 tsp		

Fish Cod Lemon Bake (Baked Lemon Cod)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
4							Season with salt & pepper to taste after cooking if desired.
5							Fish: 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.

Potato Red Roasted f/Fresh (Roasted Red Potatoes)

COOK TIME	COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
30 Min	375.0 °F	Bake	#8 scoop	1/2 Cup	ⓘ Contains: Potatoes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	23 g	3 g	4.5 g	20 mg	55 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Oil, Olive	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Combine oil, paprika, salt and pepper.
	Paprika	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	
	Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
3	Pepper, Black Ground	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	Trimmed
	Potato, Red Fresh	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb	
4						Trim imperfections off potatoes. Cut each potato into halves or quarters depending on size.
5						Put potatoes in a bowl. Pour oil mixture over potatoes and toss to evenly coat potatoes. Arrange potatoes in single layer on parchment-lined sheet pans.
						Roast in 375F/191C oven until tender, approximately 30 min.

Potato Red Roasted f/Fresh (Roasted Red Potatoes)

	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							Discard unused product.

Broccoli w/Parmesan Bread Crumbs (Parmesan Broccoli)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	20 g	9 g	11 g	175 mg	460 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Margarine, Solids	1/3 Cup	1 Cup	2 Cup	1 Qt	Melted	Mix melted margarine with bread crumbs. Toast until golden brown. Add garlic and salt and pepper to taste. Toast for 30 more seconds.
Bread Crumbs, Plain	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt		
2 Garlic, Whole Fresh	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup	Minced	
Salt, Iodized	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
Pepper, Black Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
3 Broccoli, Florets Fresh	2 lb 13 Oz	7 lb	14 lb	28 lb		Steam broccoli 8-10 minutes until tender.

Broccoli w/Parmesan Bread Crumbs (Parmesan Broccoli)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
4	Cheese, Parmesan Grated	1 Cup	2 1/2 Cup	1 1/4 Qt	2 1/2 Qt		Toss hot broccoli with cheese until cheese is melted. Top with bread crumbs.
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.