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# 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 4 Cup	3 Gal 1 Cup	6 Gal 2 Cup	Pour milk cups.
<b>3</b>					CCP -- Maintain <40F/4C; discard unused product. (FDA)

# Margarine Pat (Margarine)

SERVING SIZE	ALLERGIES
1 each	ⓘ Contains: AllergenMilk; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	0 g	0 g	4 g	0 mg	35 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					CCP -- Maintain <40F/4C; discard unused product. (FDA)
4					Discard unused product.

# Beef Stroganoff f/Cubes (Beef Stroganoff)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
40 Min	63 °C	Simmer	3/4 Cup	<b>ⓘ Contains: Onion; Beef; Mushroom; AllergenMilk; AllergenWheat; AllergenFish; AllergenSoy; Corn; Garlic</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	8 g	19 g	8 g	40 mg	200 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.
Beef, Cubes Raw	2 lb 2 Oz	5 lb 5 Oz	10 lb 11 Oz	21 lb 5 Oz	Thawed	Cut meat in 1" cubes. Brown meat in margarine. Add onion and seasonings.
Onion, Yellow	4 Oz	10 Oz	1 lb 4 Oz	2 lb 8 Oz	Minced	
<b>2</b> Margarine, Solids	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Melted	
Garlic, Powder	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
<b>3</b> Water, Tap	1 3/4 Cup	1 1/8 Qt	2 1/4 Qt	1 Gal 1 Cup		Make beef stock from water & base. Heat stock; add to meat. Simmer 35-40 min, until meat is tender.

# Beef Stroganoff f/Cubes (Beef Stroganoff)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
	Base, Beef Paste LS G-F	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
<b>4</b>							For Fresh Beef, Veal, and Lamb Cuts (Steaks, Roasts, Chops): Cook to internal temp of 145F/63C held for 15 sec.
	Sauce, Worcestershire	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		Mix flour, water and worcestershire sauce. Stir until smooth. Add to meat while stirring and cook until thickened.
<b>5</b>	Water, Tap	1/3 Cup	1 Cup	2 Cup	1 Qt		
	Flour, All Purpose	1.5 Oz	4 Oz	8 Oz	1 lb		
<b>6</b>	Mushrooms, Pieces Cnd	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt		Add mushrooms to meat.
<b>7</b>	Sour Cream, Real Bulk	3/4 Cup	2 Cup	1 Qt	2 Qt		Just before serving, add sour cream to meat mixture, stirring constantly. Cook and stir until thickened.
<b>8</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>9</b>							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

# Beef Stroganoff f/Cubes (Beef Stroganoff)

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

# Pear Whole Fresh (Fresh Whole Pear)

SERVING SIZE	ALLERGIES
1 each	ⓘ Contains: Pear

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	24 g	1 g	0 g	20 mg	5 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.

# Potato Mashed f/Pearls (Mashed Potatoes)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	23 g	3 g	1 g	10 mg	130 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.	
<b>2</b>	Water, Tap	3.0 Cup	1 3/4 Qt	3 1/2 Qt	1 Gal 5 Cup	Boiled	Heat water to boil. Stir in potato pearls, or prepare product as per package instructions.
	Potato, Pearls	9.5 Oz	1 lb 8 Oz	3 lb	6 lb		
<b>3</b>	Margarine, Solids	3 tsp	2 Tbsp 1 tsp	1/3 Cup	2/3 Cup		Add margarine and seasonings, then remove from heat and stir until desired consistency. Fluff with fork before serving.
	Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
<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.

## Potato Mashed f/Pearls (Mashed Potatoes)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
5							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
7							Discard unused product.

# Zucchini & Squash Yellow Sauteed f/Fresh (Squash Medley)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
15 Min	57 °C	Saute	1/2 Cup	<b>ⓘ Contains: Onion; Garlic; AllergenMilk; AllergenSoy</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	6 g	2 g	2 g	30 mg	25 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.	
<b>2</b>	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Melt margarine; sauté onion in margarine until tender.	
	Onion, Yellow	9.5 Oz	1 lb 8 Oz	3 lb	6 lb		Diced
<b>3</b>	Zucchini, Fresh	1 lb	2 lb 8 Oz	5 lb	10 lb	Sliced	Add zucchini and squash and sauté until tender and *internal temp >145F/63C has been reached; about 10-15 min
	Squash, Yellow Fresh	1 lb	2 lb 8 Oz	5 lb	10 lb		
<b>4</b>	Garlic, Powder	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		Add seasonings and fold carefully to mix well.
	Paprika	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		

# Zucchini & Squash Yellow Sauteed f/Fresh (Squash Medley)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
Pepper, White	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
5						Portion 1/2 cup per serving.
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.