

TABLE OF CONTENTS

Milk 1% Bulk 8 flz (1% Milk)	2
Bread Wheat (Wheat Bread)	3
Margarine Spread Cup PC (Soft Margarine Cup)	4
Meatballs Swedish w/Sauce (Swedish Meatballs)	5
Plums f/Fresh (Fresh Plums)	8
Potato Mashed f/Pearls (Mashed Potatoes)	9
Vegetable Mix Stir Fry (Stir Fry Vegetable Blend)	11
Soup Broth Chicken f/Base (Chicken Broth)	13

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.

Meatballs Swedish w/Sauce (Swedish Meatballs)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
60 Min	325.0 °F	68 °C	Bake	3 each	ⓘ Contains: Potatoes; AllergenWheat; Beef; Onion; AllergenMilk; Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
290 kcal	17 g	18 g	17 g	125 mg	350 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP	
	10	25	50	100			
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Bread White	6.5 Oz	1 lb	2 lb	4 lb	Soak bread in milk for 1 hr.	
	Milk, 2% Bulk	3/4 Cup	2 Cup	1 Qt	2 Qt		
3	Beef, Ground 80-85/20-15 Raw	2 lb 6 Oz	6 lb	12 lb	24 lb	Combine meat, potatoes, onion and seasonings in mixer bowl. Refrigerate until ready to cook.	
	Potato, Russet/Baking Fresh	3 Oz	8 Oz	1 lb	2 lb		Grated Fine
	Onion, Yellow	0.5 Oz	1.5 Oz	3 Oz	5.5 Oz		Chopped Fine
	Garlic, Powder	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		

Meatballs Swedish w/Sauce (Swedish Meatballs)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
4							Make Meatballs: Add bread to meat mixture. Mix to blend, do not overmix. Working 1/4 cup at a time, shape meat-bread mixture into balls. Place on baking pan(s) in a single layer. Bake 400F/204C to brown. Transfer to steamtable pans, reserving drippings.
5	Salt, Iodized	3/4 tsp	2.0 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp		Gravy: Whisk flour into meat drippings and blend. Add salt and pepper. Add milk gradually, stirring constantly. Cook until smooth and thickened.
	Pepper, Black Ground	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
	Flour, All Purpose	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		
	Milk, 2% Bulk	1 2/3 Cup	1 Qt	2 Qt	1 Gal		
6							Pour gravy over meatballs. Bake at 325F/162C, approximately 1 hr.
7							For Ground Meat (Beef, Pork, Veal, Lamb, Fish) and Eggs: Cook to internal temp of 155F/68C held for 17 seconds.
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.

Meatballs Swedish w/Sauce (Swedish Meatballs)

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

Plums f/Fresh (Fresh Plums)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	1/2 Cup	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	13 g	1 g	0 g	10 mg	0 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation. SANITIZE surfaces & equipment.
2	Plums, Fresh	20 each	50 each	100 each	200 each	Bite Size Wash plums. Dice into bite-sized pieces for serving.
3						CCP - Maintain <40F.

Potato Mashed f/Pearls (Mashed Potatoes)

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

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			
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Water, Tap	3.0 Cup	1 3/4 Qt	3 1/2 Qt	1 Gal 12 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		
3	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		
4							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.

Vegetable Mix Stir Fry (Stir Fry Vegetable Blend)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
20 Min	350.0 °F	63 °C	Stir Fry	1/2 Cup	ⓘ Contains: AllergenWheat; Peppers Bell; Onion; Carrots; Corn; AllergenSoy; Celery; Mushroom; Broccoli; Garlic; Chicken

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
30 kcal	6 g	2 g	0 g	30 mg	120 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Vegetable Mix, Stir Fry	1 lb 2 Oz	2 lb 12 Oz	5 lb 8 Oz	10 lb 15 Oz	Thawed	Frozen vegetables thaw and pat dry before frying.
3 Oil, Vegetable	0.5 Oz	0.5 Oz	0.5 Oz	1 Oz	Minced	Combine oil and garlic in frying pan, or on grill. Heat to 350F/180C and cook slightly.
Garlic, Whole Fresh	3/4 tsp	2.0 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp		
4 Water Chestnuts, Sliced Cnd	1.5 Oz	4 Oz	8 Oz	16 Oz	Drained	Add water chestnuts, ginger, & prepared vegetables to heated oil. Stir with long spatula in a folding motion. Cook until vegetables are tender-crisp.
Ginger, Ground	1/8 tsp	1/4 tsp	1/2 tsp	1.0 tsp		
Cornstarch	3 tsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		

Vegetable Mix Stir Fry (Stir Fry Vegetable Blend)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
	Water, Tap	3 Tbsp	1/2 Cup	1.0 Cup	2.0 Cup		
5	Soup Broth Chicken f/Base	2/3 Cup	1 1/2 Cup	3 1/8 Cup	1 1/2 Qt		Combine soy sauce and broth. Mix quickly into vegetables. Reduce heat. Mix cornstarch and water to make a paste. Pour cornstarch mixture over vegetables cook to internal temp. Cook and stir just until sauce thickens and vegetables are glazed.
	Sauce, Soy Bulk LS	1 Tbsp 1 tsp	3 Tbsp 3 tsp	1/2 Cup	1.0 Cup		
6							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C 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.
9							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
10							Discard unused product.

Soup Broth Chicken f/Base (Chicken Broth)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
0.0 °F	Boil	6 fl. oz	ⓘ Contains: Chicken; Onion; Corn; Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
15 kcal	2 g	1 g	0 g	10 mg	120 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP	
	10	25	50	100		
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Base, Chicken Paste LS G-F	2 Tbsp	1/3 Cup	2/3 Cup	1 1/3 Cup	Heat Water and add Base, stirring until well dissolved, heated to *internal temp of 145F/62C held for 15 sec.
	Water, Tap	1 3/4 Qt	1 Gal 2 Cup	2 Gal 4 Cup	4 Gal 8 Cup	
3						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.
4						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
5						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.