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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 9 Cup	3 Gal 2 Cup	6 Gal 4 Cup	Pour milk cups.
<b>3</b>					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.

# 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 Pear & Marshmallows In Red (Fruited Mallow Gelatin)

COOK METHOD	SERVING SIZE	ALLERGIES
Mix & Chill	1 (2x3)	<b>ⓘ Contains: Strawberry; Pork &amp; Products; Pear</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	22 g	2 g	0 g	10 mg	70 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> Gelatin, Strawberry Dry	4.5 Oz	11.5 Oz	1 lb 7 Oz	2 lb 13 Oz		Mix gelatin according to package directions. Cool to thick liquid.
Water, Tap	2 1/4 Cup	1 1/2 Qt	2 3/4 Qt	1 Gal 7 Cup		
<b>3</b> Pears, Diced JcPk	14.5 Oz	2 lb 5 Oz	4 lb 10 Oz	9 lb 3 Oz	Drained	Place pears in counter pans. Pour cooled gelatin over pears.
<b>4</b> Marshmallows, Mini	2 Oz	4.5 Oz	9 Oz	1 lb 2 Oz		Drop marshmallows on top of liquid gelatin. Allow to set.
<b>5</b>						Cut into 2x3" portions.
<b>6</b>						CCP -- Maintain <40F/4C; discard unused product. (FDA)

# Fish Tilapia Lemon (Baked Lemon Tilapia)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
0.0 °F	Saute	3 Oz	<b>ⓘ Contains: AllergenMilk; AllergenFish; Citrus; AllergenSulphites; AllergenSoy</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	2 g	18 g	5 g	20 mg	135 mg

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
1	Parsley, Fresh	1/2 Cup	1 1/8 Cup	2 1/3 Cup	1 1/8 Qt	Chopped Fine	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Pepper, Black Ground	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
	Fish, Tilapia 4z	10 each	25 each	50 each	100 each		
	Margarine, Solids	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
2	Wine, Chardonnay	2/3 Cup	1 1/2 Cup	3 1/8 Cup	1 1/2 Qt		Season Fish with Seasonings. Melt 1/3 of Butter. Add Fish to pan; cook 1 1/2 min on each side until *internal temp >145F/63C held for 15 sec.
	Juice, Lemon Bulk	1/2 Cup	1 1/8 Cup	2 1/3 Cup	1 1/8 Qt		
	Capers	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		

# Fish Tilapia Lemon (Baked Lemon Tilapia)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
3							Remove Fish from pan and keep >135F. Add Wine, Lemon Juice, and Capers to pan. Cook for 30 sec. Remove from heat and add remaining Butter; stir until Butter melts. Serve Fish with Sauce.
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.
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.

# Potato Red Roasted Herbed f/Fresh (Roasted Red Potatoes)

COOK TIME	COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
30 Min	375.0 °F	Bake	4z Spoodle	1/2 Cup	<b>ⓘ Contains: Potatoes; AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	28 g	3 g	1 g	30 mg	60 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>						WASH ALL PRODUCE under cool, running water. Drain well.
<b>3</b> Potato, Red Fresh	3 lb	7 lb 8 Oz	15 lb	30 lb	Peeled & Sliced	Peel potatoes & cut into wedges.
Oil, Olive	1 3/4 tsp	1 Tbsp 2 tsp	3 Tbsp	1/3 Cup		Combine all ingredients except potatoes in a bowl.
Cheese, Parmesan Grated	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
<b>4</b> Thyme, Fresh	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
Parsley, Fresh	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp	Minced	
Salt, Iodized	1/8 tsp	1/2 tsp	3/4 tsp	1 1/2 tsp		

## Potato Red Roasted Herbed f/Fresh (Roasted Red Potatoes)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
Pepper, Black Ground	1/8 tsp	1/2 tsp	3/4 tsp	1 1/2 tsp		
<b>5</b>						Add potatoes. Toss evenly to coat potatoes. Arrange in single layer on parchment-lined sheet pans. Roast in until tender, approximately 30 min.
<b>6</b>						*CCP--Maintain>140F. Temperature should be taken every 2 hours during holding.

# Broccoli Florets f/Frz (Seasoned Broccoli Florets)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
10 Min	63 °C	Steam	4z Spoodle	1/2 Cup	<b>Contains: Broccoli; AllergenMilk; AllergenSoy</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	5 g	3 g	2 g	50 mg	40 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.
Broccoli, Florets Frz	2 lb	5 lb	10 lb	20 lb	Thawed	Steam broccoli until tender, approximately 8-10 minutes. Add seasoning & margarine and mix well. Toss broccoli in margarine mixture to coat evenly.
2 Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
Parsley, Dried	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
<b>3</b>						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
<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.

## Broccoli Florets f/Frz (Seasoned Broccoli Florets)

	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.