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# Milk 1% PC (1% Milk)

SERVING SIZE	ALLERGIES
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	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					CCP -- Maintain <40F/4C.
4					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	
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>					Portion according to serving size.
<b>3</b>					Discard unused product.

# Meatloaf Sandwich (Meatloaf Sandwich)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
90 Min	325.0 °F	71 °C	Bake	1 each	<b>ⓘ Contains: AllergenWheat; AllergenMilk; AllergenEggs; Beef; Onion; Garlic</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
320 kcal	33 g	16 g	13 g	125 mg	510 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.
Egg, Liquid Non-Dairy	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		Beat eggs. Mix all ingredients on low speed until blended. Do not over mix.
Beef, Ground 80-85/20-15 Raw	1 lb 10 Oz	4 lb	8 lb	16 lb		
Onion, Yellow	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Chopped Fine	
<b>2</b> Bread White	2 slice	5 slice	10 slice	20 slice	Chopped Fine	
Milk, 2% Bulk	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt		
Pepper, Black Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		

# Meatloaf Sandwich (Meatloaf Sandwich)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
	Garlic, Powder	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
<b>3</b>							For Ground Meat (Beef, Pork, Veal, Lamb) and Meat Mixtures: Cook to internal temp of 160F/71C held for 3 minutes.
<b>4</b>							Press mixture into loaf pans. Bake at 325F/163C for 1 1/2 hrs to internal temp. Drain grease.
<b>5</b>	Bread White	20 slice	50 slice	100 slice	200 slice		Slice meatloaf in 2 oz. portions. At time of service place between 2 bread slices.
<b>6</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>7</b>							Discard unused product.

# Orange Fresh Whole (Fresh Whole Orange)

SERVING SIZE	ALLERGIES
1 whole	ⓘ <b>Contains: Citrus</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	17 g	2 g	0 g	75 mg	0 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.

**Regular (RG7):** • Normal, everyday foods of various textures that are developmentally and age appropriate • Any method may be used to eat these foods • Foods may be hard and crunchy or naturally soft • Sample size is not restricted at Level 7. • Includes hard, tough, chewy, fibrous, stringy, dry, crispy, crunchy, or crumbly bits • Includes food that contains pips, seeds, pith inside skin, husks or bones • Includes 'dual consistency' or 'mixed consistency' foods and liquids Note: This recipe is for Level 7 Regular Texture only and must be tested to meet the appropriate IDDSI level at service. Level may vary based on ingredients, preparation, equipment, temperature, and holding time.

# Potato Mashed Herbed f/Inst (Mashed Potatoes)

COOK METHOD	SERVING SIZE	ALLERGIES
Make	1/2 Cup	<b>ⓘ Contains: Potatoes; AllergenMilk; AllergenSoy; Garlic</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	24 g	3 g	1 g	20 mg	125 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.
Water, Tap	2 3/4 Cup	1 3/4 Qt	3 1/2 Qt	1 Gal 12 Cup	Boiled	Add potato flakes. Stir constantly using wire whip.
<b>2</b> Potato, Mashed Granules Non-Dairy	9.5 Oz	1 lb 8 Oz	3 lb	6 lb		
Margarine, Solids	0.5 Oz	1.5 Oz	2.5 Oz	5 Oz		Add margarine and seasonings.
<b>3</b> Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
Garlic, Powder	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
Rosemary, Dried Whole	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		

## Potato Mashed Herbed f/Inst (Mashed Potatoes)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
	Thyme, Dried Leaves	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
4							*CCP--Maintain>140F. Temperature should be taken every 2 hours during holding.
5							CCP -- Cool: Product must reach 140F/60C 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.

# Spinach Sauteed f/Fresh (Sauteed Spinach)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
10 Min	63 °C	Saute	1/2 Cup	<b>ⓘ Contains: Spinach; Garlic</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	5 g	4 g	1.5 g	125 mg	240 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>	Oil, Vegetable	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Saute garlic, briefly, in oil. DO NOT brown.
	Garlic, Whole Fresh	3/4 tsp	2.0 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	
<b>3</b>	Spinach, Fresh	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb	Add spinach & saute just until tender.
<b>4</b>	Salt, Iodized	3/4 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	Season with salt & pepper.
	Pepper, Black Ground	1/2 tsp	1 1/8 tsp	2 1/8 tsp	1 Tbsp 1 tsp	
<b>5</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.

# Spinach Sauteed f/Fresh (Sauteed Spinach)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
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.
9							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.