TABLE OF CONTENTS

Milk 1% PC (1% Milk) 2

Cornbread f/Mix (Cornbread) 3

Margarine Spread Cup PC (Soft Margarine Cup) 5

Turkey & Dressing Cornbread Cass f/Pulled (Turkey & Dressing Casserole) 6

Cornbread f/Mix (Cornbread) 9

Gravy Poultry f/Mix (Poultry Gravy) 11

Potato Mashed f/Inst Granules (Mashed Potatoes) 14

Greens Collard f/Frz (Collard Greens) 16

Milk 1% PC (1% Milk)

SERVING SIZE	ALLERGIES
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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						Portion according to serving size.
3						CCP -- Maintain <40F/4C.
4						Discard unused product.

Cornbread f/Mix (Cornbread)

7 EC7 7 RG7

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE
18 Min	425.0 °F	63 °C	Bake	1 (2x3)

ALLERGIES
Contains: AllergenWheat; Corn; AllergenEggs; AllergenSoy; AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	20 g	3 g	4.5 g	50 mg	220 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Egg, Liquid Non-Dairy	3 Tbsp	1/2 Cup	1.0 Cup	2.0 Cup	Thawed	Prepare product as per package instructions.
	Water, Tap	1 Cup	2 1/2 Cup	1 1/4 Qt	2 1/2 Qt		
	Baking Mix, Corn Muffin	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz		
3							Mix just until smooth. Spread batter into well-greased baking sheet(s). Bake as directed or until golden brown, approximately 12-18 minutes. Cut into 2x3" squares.
4							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

Cornbread f/Mix (Cornbread)

7 EC7 7 RG7

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
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 -- Maintain <40F/4C (FDA)

Regular Easy to Chew (EC7): • Normal everyday foods of soft/tender texture that are developmentally & age appropriate • Any method may be used to eat these foods • Sample size is not restricted at Level 7 • Doesn't include: hard, tough, chewy, fibrous, stringy, crunchy, or crumbly bits, pips, seeds, fibrous parts of fruit, husks or bones • May include 'dual consistency'/'mixed consistency' foods & liquids if also safe for Level 0, at clinician discretion. If unsafe for Level 0 Thin, liquid portion can be thickened to clinician's recommended thickness level Note: This recipe is for Level 7 Regular Easy To Chew and must be tested to meet the appropriate IDDSI level at service. Level may vary based on ingredients, preparation, equipment, temperature, holding time

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.

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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						Portion according to serving size.
3						Discard unused product.

Turkey & Dressing Cornbread Cass f/Pulled (Turkey & Dressing Casserole)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE
45 Min	350.0 °F	74 °C	Bake	1 Cup

ALLERGIES
Contains: Turkey; Corn; Onion; AllergenEggs; Chicken; AllergenWheat; Celery; AllergenMilk; Garlic; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
340 kcal	38 g	24 g	10 g	125 mg	680 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Cornbread f/Mix	1 lb 2 Oz	2 lb 13 Oz	5 lb 11 Oz	11 lb 5 Oz	Prepared	Grind prepared cornbread & bread together. Stir in sage, poultry seasoning, & pepper.
	Bread White	10 slice	25 slice	50 slice	100 slice		
	Sage, Rubbed	3/4 tsp	2.0 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp		
	Seasoning, Poultry	3/4 tsp	2.0 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp		
	Pepper, Black Ground	1/2 tsp	1 1/8 tsp	2 1/8 tsp	1 Tbsp 1 tsp		
3	Onion, Yellow	1/3 Cup	1.0 Cup	2.0 Cup	3 3/4 Cup	Diced	Saute onions & celery in margarine until tender. Add to bread mixture. Mix lightly.

Turkey & Dressing Cornbread Cass f/Pulled (Turkey & Dressing Casserole)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Celery, Fresh	1/3 Cup	1.0 Cup	2.0 Cup	3 3/4 Cup	Diced	
	Margarine, Solids	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	Melted	
4	Base, Chicken Paste LS G-F	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		Mix base & water to form stock. Add stock & eggs to bread mixture. Toss lightly. Avoid overmixing. Refigerate if not baking immediately.
	Water, Tap	1 1/2 Cup	3 3/4 Cup	2.0 Qt	3 3/4 Qt		
	Egg, Liquid Non-Dairy	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	Beaten	
5	Turkey, Pulled/Shredded	1 lb 4 Oz	3 lb 3 Oz	6 lb 6 Oz	12 lb 12 Oz		Place 1/2 dressing in greased pan(s). Spread turkey over dressing. Cover with other 1/2 of dressing. Bake, approximately 45 min.
6	Gravy Poultry f/Mix	2 1/8 Cup	1 1/4 Qt	2 3/4 Qt	1 Gal 5 Cup	Prepared	Ladle 2 fl oz gravy over each portion at time of service.
7							Casseroles & Precooked Foods: Cook to internal temp of 165F/74C held for 15 sec.
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.
9							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

Turkey & Dressing Cornbread Cass f/Pulled (Turkey & Dressing Casserole)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
10							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
11							Discard unused product.

Cornbread f/Mix (Cornbread)

7 EC7 7 RG7

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE
18 Min	425.0 °F	63 °C	Bake	1 (2x3)

ALLERGIES
Contains: AllergenWheat; Corn; AllergenEggs; AllergenSoy; AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	20 g	3 g	4.5 g	50 mg	220 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 24	SERVINGS 48	SERVINGS 96	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Egg, Liquid Non-Dairy	2 Tbsp 3 tsp	1/2 Cup	1.0 Cup	1 3/4 Cup	Thawed	Prepare product as per package instructions.
	Water, Tap	1.0 Cup	2 1/3 Cup	1 1/4 Qt	2 1/2 Qt		
	Baking Mix, Corn Muffin	9.5 Oz	1 lb 8 Oz	3 lb	5 lb 15 Oz		
3							Mix just until smooth. Spread batter into well-greased baking sheet(s). Bake as directed or until golden brown, approximately 12-18 minutes. Cut into 2x3" squares.
4							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

Cornbread f/Mix (Cornbread)

7 EC7 7 RG7

	INGREDIENTS	SERVINGS 10	SERVINGS 24	SERVINGS 48	SERVINGS 96	INGREDIENT PREP	PREPARATION STEP
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 -- Maintain <40F/4C (FDA)

Regular Easy to Chew (EC7): • Normal everyday foods of soft/tender texture that are developmentally & age appropriate • Any method may be used to eat these foods • Sample size is not restricted at Level 7 • Doesn't include: hard, tough, chewy, fibrous, stringy, crunchy, or crumbly bits, pips, seeds, fibrous parts of fruit, husks or bones • May include 'dual consistency'/'mixed consistency' foods & liquids if also safe for Level 0, at clinician discretion. If unsafe for Level 0 Thin, liquid portion can be thickened to clinician's recommended thickness level Note: This recipe is for Level 7 Regular Easy To Chew and must be tested to meet the appropriate IDDSI level at service. Level may vary based on ingredients, preparation, equipment, temperature, holding time

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.

Gravy Poultry f/Mix (Poultry Gravy)

4 PU4 5 MM5 6 SB6 7 EC7

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE
5 Min	200.0 °F	63 °C	Simmer	2 fl. oz

ALLERGIES
Contains: AllergenWheat; AllergenSoy; AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
20 kcal	4 g	1 g	0 g	20 mg	270 mg

	INGREDIENTS	SERVINGS 9	SERVINGS 22	SERVINGS 43	SERVINGS 86	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap	2 1/4 Cup	1 1/2 Qt	2 3/4 Qt	1 Gal 6 Cup	Prepare product as per package instructions.
	Gravy Mix, Poultry Dry	2 Oz	4.5 Oz	9 Oz	1 lb 2 Oz	
3						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
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.

Gravy Poultry f/Mix (Poultry Gravy)

4 PU4 5 MM5 6 SB6 7 EC7

	INGREDIENTS	SERVINGS 9	SERVINGS 22	SERVINGS 43	SERVINGS 86	PREPARATION STEP
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.

Pureed (PU4): • Usually eaten with a spoon (a fork is possible) • Cannot be drunk from a cup because it does not flow easily • Cannot be sucked through a straw • Does not require chewing • Can be piped, layered or molded because it retains its shape, but should not require chewing if presented in this form • Shows some very slow movement under gravity but cannot be poured • Falls off spoon in a single spoonful when tilted and continues to hold shape on a plate • No lumps • Not sticky • Liquid must not separate from solid Level 4 Pureed. Note: This recipe is for Level 4 Pureed and must be tested to meet the appropriate IDDSI level at service. Level may vary based on ingredients, preparation, equipment, temperature, and holding time.

Minced & Moist (MM5): • Can be eaten with a fork or spoon • Could be eaten with chopsticks in some cases, if the individual has very good hand control • Can be scooped and shaped (e.g. into a ball shape) on a plate • Soft and moist with no separate thin liquid • Small lumps visible within the food Ø Paediatric, equal to or less than 2 mm width and no longer than 8mm in length Ø Adult, equal to or less than 4mm width and no longer than 15mm in length • Lumps are easy to squash with tongue Note: This recipe is for Level 5 Minced & Moist and must be tested to meet the appropriate IDDSI level at service. Level may vary based on ingredients, preparation, equipment, temperature, and holding time.

Soft & Bite-Sized (SB6): • Can be eaten with a fork, spoon or chopsticks • Can be mashed/broken down with pressure from fork, spoon or chopsticks • A knife is not required to cut this food, but may be used to help load a fork or spoon • Soft, tender and moist throughout but with no separate thin liquid • Chewing is required before swallowing • 'Bite-sized' pieces as appropriate for size and oral processing skills Ø Paediatric, 8mm pieces (no larger than) Ø Adults, 15 mm = 1.5 cm pieces (no larger than) Note: This recipe is for Level 6 Soft & Bite Sized and must be tested to meet the appropriate IDDSI level at service. Level may vary based on ingredients, preparation, equipment, temperature, and holding time.

Gravy Poultry f/Mix (Poultry Gravy)

4 PU4 5 MM5 6 SB6 7 EC7

Regular Easy to Chew (EC7): • Normal everyday foods of soft/tender texture that are developmentally & age appropriate • Any method may be used to eat these foods • Sample size is not restricted at Level 7 • Doesn't include: hard, tough, chewy, fibrous, stringy, crunchy, or crumbly bits, pips, seeds, fibrous parts of fruit, husks or bones • May include 'dual consistency'/'mixed consistency' foods & liquids if also safe for Level 0, at clinician discretion. If unsafe for Level 0 Thin, liquid portion can be thickened to clinician's recommended thickness level Note: This recipe is for Level 7 Regular Easy To Chew and must be tested to meet the appropriate IDDSI level at service. Level may vary based on ingredients, preparation, equipment, temperature, holding time

Potato Mashed f/Inst Granules (Mashed Potatoes)

COOK METHOD	SERVING SIZE	ALLERGIES
Make	**1/2 Cup**	**Contains: Potatoes; AllergenMilk; AllergenSoy**

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	24 g	3 g	1 g	20 mg	80 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap	2 3/4 Cup	1 3/4 Qt	3 1/2 Qt	1 Gal 12 Cup	Heat water to boil. Add potato flakes. Stir constantly using wire whip.
	Potato, Mashed Granules Non-Dairy	9.5 Oz	1 lb 8 Oz	3 lb	6 lb	
3	Margarine, Solids	0.5 Oz	1.5 Oz	2.5 Oz	5 Oz	Add seasonings.
	Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
4						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
5						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/Inst Granules (Mashed Potatoes)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
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.

Greens Collard f/Frz (Collard Greens)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE
60 Min	63 °C	Boil	1/2 Cup

ALLERGIES
Contains: Garlic; Carrots; AllergenMilk; Onion; Corn; AllergenSoy; Celery; Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	8 g	3 g	2 g	225 mg	80 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap	1 1/4 Qt	3 1/4 Qt	1 Gal 11 Cup	3 Gal 5 Cup	Bring water to a boil in a large pot.
3	Greens, Collard Chopped Frz	2 lb 3 Oz	5 lb 7 Oz	10 lb 13 Oz	21 lb 11 Oz	Add collard greens, sugar, pepper, base and margarine. SImmer uncovered for 50-60 min or until greens are very tender. Drain remaining liquid.
	Sugar, Granulated Bulk	1/2 tsp	1 1/4 tsp	2 3/4 tsp	1 Tbsp 2 tsp	
	Pepper, Black Ground	1/8 tsp	1/4 tsp	1/2 tsp	3/4 tsp	
	Base, Vegetable Paste LS G-F	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
	Margarine, Solids	2 Tbsp	1/3 Cup	2/3 Cup	1 1/3 Cup	
4						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

Greens Collard f/Frz (Collard Greens)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
5						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.
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.