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Berries w/White Chocolate f/Fresh (Berries & White Chocolate)



EC7



RG7

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
10 Min	110.0 °F	57 °C	Heat	1/2 Cup	ⓘ Contains: Blueberry; AllergenMilk; Strawberry; Chocolate; Raspberry; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	15 g	2 g	7 g	40 mg	15 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Cream, Whipping Heavy	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		Heat cream, chocolate, and vanilla in a heat-proof bowl set over a pan of simmering water. Do not let bowl touch water. Heat just until chocolate melts and mixture is warm to the touch, about 110F/43C.
2 Baking Chips, White Chocolate	4.5 Oz	10.5 Oz	1 lb 5 Oz	2 lb 11 Oz		
Extract, Vanilla	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
3						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

Berries w/White Chocolate f/Fresh (Berries & White Chocolate)



EC7



RG7

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
4	Blackberries, Fresh	6 Oz	15 Oz	1 lb 14 Oz	3 lb 13 Oz	Rinsed/Drained	Combine berries in a large bowl to mix. Portion 1/2 cup mixed berries on each individual serving plate.
	Raspberries, Red Fresh	5 Oz	13 Oz	1 lb 10 Oz	3 lb 4 Oz	Rinsed/Drained	
	Strawberries, Fresh	6 Oz	15 Oz	1 lb 14 Oz	3 lb 13 Oz	Rinsed/Drained	
	Blueberries, Fresh	6.5 Oz	1 lb	1 lb 15 Oz	3 lb 15 Oz	Rinsed/Drained	
5							Pour approximately 2 Tbsp hot chocolate mixture evenly over each plate of berries.
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 -- 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.

Berries w/White Chocolate f/Fresh (Berries & White Chocolate)



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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.

Cabbage Holiday (Holiday Cabbage)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
10 Min	63 °C	Saute	4z Spoodle	1/2 Cup	ⓘ Contains: Peppers Bell; AllergenSoy; AllergenMilk; Cabbage

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	8 g	2 g	3.5 g	50 mg	70 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Cabbage, Green Whole Fresh	2 lb 13 Oz	7 lb	14 lb	28 lb	Chopped	Remove wilted outside leaves of cabbage. Wash and core. Crisp in cold water, if wilted. Chop cabbage coarsely.
Peppers Red Roasted f/Fresh	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup	Chopped	Melt margarine and heat peppers. Add cabbage and seasoning; continue to saute until tender.
3 Margarine, Solids Salted	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		
Paprika	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
4						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

Cabbage Holiday (Holiday Cabbage)

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

Peppers Red Roasted f/Fresh (Roasted Red Peppers)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
25 Min	500.0 °F	57 °C	Roast	1/2 Cup	ⓘ Contains: Peppers Bell

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	7 g	1 g	1.5 g	10 mg	100 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	1	2	3	6	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Peppers, Red Fresh	2.5 Oz	6 Oz	12 Oz	1 lb 8 Oz	Place the whole peppers on a sheet pan and place in the oven heated to 500F/260C until the skins are completely wrinkled and the peppers are charred, turning them twice during roasting. Remove from oven until cool enough to slice. Remove the stem from each pepper and cut them in quarters. Slice pepper lengthwise into 1/8" thick strips discarding any remaining stems, seeds, and ribs.
3 Oil, Olive	1/8 tsp	1/4 tsp	3/4 tsp	1 1/2 tsp	Pour the oil and salt over the sliced peppers. *If preparing ahead, cover and refrigerate and maintain at <40F/4C.
Salt, Iodized	1/8 tsp	1/8 tsp	1/8 tsp	1/4 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.
5					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

Peppers Red Roasted f/Fresh (Roasted Red Peppers)

	INGREDIENTS	SERVINGS 1	SERVINGS 2	SERVINGS 3	SERVINGS 6	PREPARATION STEP
6						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
7						Discard unused product.

Cornbread f/Mix (Cornbread)



EC7



RG7

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
18 Min	425.0 °F	63 °C	Bake	1 (2x3)	ⓘ Contains: AllergenWheat; Corn; AllergenEggs; AllergenSoy; AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	20 g	3 g	4 g	20 mg	240 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Eggs, Liquid Non-Dairy	3 Tbsp	1/2 Cup	1.0 Cup	2.0 Cup	Thawed	Prepare product as per package instructions.
2 Water, Tap	1 Cup	2 1/2 Cup	1 1/4 Qt	2 1/2 Qt		
Baking Mix, Cornbread/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.

Cornbread f/Mix (Cornbread)



EC7



RG7

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

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Margarine Pat (Margarine)

SERVING SIZE	ALLERGIES
1 each	ⓘ Contains: AllergenMilk; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
20 kcal	0 g	0 g	2.5 g	0 mg	30 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					CCP -- Maintain <40F/4C (FDA)
4					Discard unused product.

Milk 2% PC 8 flz (2% Milk)

SERVING SIZE	ALLERGIES
8 fl. oz	ⓘ Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	12 g	8 g	5 g	290 mg	115 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 (FDA)
4					Discard unused product.

Peas Black-eyed Salad f/Cnd (Blackeyed Pea Salad)

COOK METHOD	SERVING SIZE	ALLERGIES
Mix & Chill	1/2 Cup	ⓘ Contains: Tomato; Onion; Peppers Bell; Beans/Legumes; Allergen Sulphites; Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	19 g	6 g	5 g	50 mg	340 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Oil, Vegetable	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Combine oil, seasonings, and vinegar. Mix well.
	Garlic, Powder	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	
	Pepper, Black Ground	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	
	Vinegar, White	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	
3	Peas, Black Eyed Cnd	3 1/3 Cup	2 1/8 Qt	1 Gal 1 Cup	2 Gal 2 Cup	Drain canned tomatoes reserving juice for another purpose. Add all vegetables to peas. Pour vinegar mixture over vegetables and fold to mix well. Marinate for at least 2 hrs or overnight. Refrigerate <40F/4C. Just before serving drain salad and add oil.

Peas Black-eyed Salad f/Cnd (Blackeyed Pea Salad)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
Onion, Yellow	2.5 Oz	6.5 Oz	13 Oz	1 lb 10 Oz	Chopped Fine	
Peppers, Green Fresh	2.5 Oz	6.5 Oz	13 Oz	1 lb 10 Oz	Chopped Fine	
Tomato, Diced Cnd	3 1/3 Cup	2 1/8 Qt	1 Gal 1 Cup	2 Gal 2 Cup		
4						CCP -- Maintain <40F/4C (FDA)

Pork Tenderloin Medallions f/Loin (Pork Medallions)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
90 Min	350.0 °F	63 °C	Bake	3 Oz	ⓘ Contains: AllergenMilk; Pork & Products; Mushroom; AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	5 g	14 g	13 g	40 mg	135 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Pork, Loin Bnls	2 lb	5 lb	10 lb	20 lb	Trimmed	Cut tenderloin crosswise into 3/4" thick medallions. Pound flat. Chill until ready to use.
3 Pepper, Black Ground	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		Mix salt and pepper with flour. Dredge meat very thoroughly with flour. Brown in skillet with oil.
Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
Flour, All Purpose	1.5 Oz	4 Oz	8 Oz	1 lb		
Oil, Vegetable	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
4 Mushrooms, Fresh	3 Oz	8 Oz	1 lb	2 lb	Sliced	Put in layers in deep pan. Add mushrooms to milk, pour over meat.

Pork Tenderloin Medallions f/Loin (Pork Medallions)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
	Milk, 2% Bulk	3/4 Cup	2 Cup	1 Qt	2 Qt		
5							Bake in moderate oven, 350F/177C for 1 1/2 hr or until tender. Serve 3 oz with mushroom sauce.
6							For Fresh Pork and Ham Cuts: Cook to internal temp of 145F/63C 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.