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# Bread WW (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	30 mg	120 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.

# Cobbler Blueberry f/Frz Fruit (Blueberry Cobbler)



EC7



RG7

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
30 Min	425.0 °F	63 °C	Bake	1/2 Cup	<b>Contains: Pineapple; AllergenWheat; Corn; Blueberry; Citrus; AllergenSulphites</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
270 kcal	52 g	2 g	6 g	20 mg	115 mg

INGREDIENTS	SERVINGS				PREPARATION STEP	
	10	25	50	100		
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	Juice Pineapple f/Frz Conc 6 flz	1 2/3 Cup	1 Qt	2 Qt	1 Gal	Heat both juices to boiling point.
	Juice, Lemon Bulk	2.0 tsp	1 Tbsp 2 tsp	3 Tbsp	1/3 Cup	
<b>3</b>	Cornstarch	3 Tbsp 2 tsp	1/2 Cup	1 1/8 Cup	2 1/4 Cup	Mix cornstarch and water until smooth. Add to hot juice while stirring briskly with a wire whip. Cook until thickened.
	Water, Tap	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup	
<b>4</b>	Sugar, Granulated Bulk	2/3 Cup	1 1/2 Cup	3 1/8 Cup	1 1/2 Qt	Add sugar. Bring to boiling point, stirring often.

# Cobbler Blueberry f/Frz Fruit (Blueberry Cobbler)



EC7



RG7

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
		10	25	50	100	
5	Blueberries, Unswt Frz	1 lb 14 Oz	4 lb 11 Oz	9 lb 6 Oz	18 lb 12 Oz	Add fruit. Mix carefully. Cool. Pour into 12 x 20 x 2-in baking pan(s), 9 lb per pan.
6	Pastry Dough, Sheet 10x15	7.5 Oz	1 lb 3 Oz	2 lb 5 Oz	4 lb 11 Oz	Roll pastry to fit pans. Place on top of fruit. Seal edges to sides of pan. Perforate top.
7						Bake at 425F/218C for 30 min. or until top is browned. Serve 1/2 cup.
8						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
9						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.
10						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
11						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

**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.

# Cobbler Blueberry f/Frz Fruit (Blueberry Cobbler)



EC7



RG7

**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.

# Juice Pineapple f/Frz Conc 6 flz (Pineapple Juice)

COOK METHOD	SERVING SIZE	ALLERGIES
Make	6 fl. oz	<b>ⓘ Contains: Pineapple</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
20 kcal	5 g	0 g	0 g	10 mg	5 mg

INGREDIENTS	SERVINGS				PREPARATION STEP
	3	6	11	22	
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b>	Juice, Pineapple Conc 3:1	2.61 fl. oz	6.53 fl. oz	13.07 fl. oz	Dilute in cool water; stirring well. Refrigerate.
	Water, Tap	1 1/4 Cup	3 1/4 Cup	1 1/2 Qt	
<b>3</b>					CCP -- Maintain <40F/4C (FDA)

# Margarine Pat (Margarine)

SERVING SIZE	ALLERGIES
1 each	<b>ⓘ Contains: AllergenMilk; AllergenSoy</b>

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	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.

# Milk 2% Bulk L & D 8 flz (2% Milk)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	8 fl. oz	<b>ⓘ Contains: AllergenMilk</b>

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 Milk, 2% Bulk	2 1/2 Qt	1 Gal 9 Cup	3 Gal 2 Cup	6 Gal 4 Cup	Pour milk into sanitary drinking cups.
3					CCP -- Maintain <40F/4C (FDA)
4					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.

# Spinach w/Garlic Butter (Spinach with Garlic Butter)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
15 Min	350.0 °F	63 °C	Cook	Slotted Spoon	1/2 Cup	<b>ⓘ Contains: Spinach; Garlic; AllergenMilk</b>

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	3 g		2 g	3.5 g	80 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.
<b>2</b> Spinach, Fresh	1 lb 13 Oz	4 lb 8 Oz	9 lb	18 lb	Trimmed	Blanch spinach in hot water for 2 minutes. Drain and place in ice water bath immediately to cool. Drain thoroughly; squeeze out any remaining liquid.
<b>3</b> Spread Garlic Butter	1 Oz	3 Oz	6 Oz	12 Oz	Prepared	Place spinach in pan(s). Sprinkle with salt and pepper. Dot with garlic butter. Cover and bake at 350F/180C for 10-15 minutes.
Pepper, Black Ground	1/8 tsp	1/2 tsp	3/4 tsp	1 1/2 tsp		
Salt, Iodized	1/8 tsp	1/2 tsp	3/4 tsp	1 1/2 tsp		
<b>4</b>						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

# Spinach w/Garlic Butter (Spinach with Garlic Butter)

	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.

# Spread Garlic Butter (Garlic Butter Spread)

COOK METHOD	SERVING SIZE	ALLERGIES
Mix & Chill	1 Oz	<b>ⓘ Contains: Garlic; AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
220 kcal	0 g	0 g	24 g	0 mg	230 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	2	3	6	12		
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Butter, Unsalted Bulk	1.5 Oz	3 Oz	6.5 Oz	13 Oz		Blend butter with a mixer 10 minutes until light and fluffy.
<b>3</b> Garlic, Whole Fresh	1/2 tsp	1.0 tsp	2.0 tsp	1 Tbsp 1 tsp	Minced	Add garlic and blend for 1 minute. Add thyme and blend for 1 minute. Add parsley and blend for 5 minutes until mixed thoroughly.
Thyme, Ground	1/8 tsp	1/8 tsp	1/4 tsp	3/4 tsp		
Parsley, Fresh	1/4 tsp	1/2 tsp	1.0 tsp	2.0 tsp	Minced	
<b>4</b>						CCP -- Maintain <40F/4C (FDA)

# Stew Beef & Cider f/Cubes (Beef & Cider Stew)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
120 Min	200.0 °F	74 °C	Simmer	1 Cup	<b>ⓘ Contains: Onion; Beef; Potatoes, Sweet; Allergen Sulphites; Pork &amp; Products</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
290 kcal	17 g	32 g	10 g	40 mg	450 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>						Heat oil in a large pot. Brown beef in batches, until all beef is browned. Season with salt and pepper.
Oil, Vegetable	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		
Beef, Diced/Stew Meat Raw	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb		
Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
Pepper, Black Ground	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
<b>3</b>						Combine beef, soup, Canadian bacon, and cider in the pot. Bring to a boil. Once boiling, cover and reduce heat. Simmer for 1 1/2 hours.
Soup, French Onion Cond	13 Oz	2 lb	4 lb	8 lb		
Bacon, Canadian Ckd	2.8 slice	7 slice	14 slice	28 slice	Chopped	

## Stew Beef & Cider f/Cubes (Beef & Cider Stew)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
	Cider Apple	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt		
4	Potato, Sweet/Yam Fresh	1 lb 4 Oz	3 lb 2 Oz	6 lb 4 Oz	12 lb 8 Oz	Cubed	Add sweet potatoes, bring to a boil. Once boiling, cover and reduce heat. Simmer 25 min until beef and potatoes are tender.
5							Casseroles & Precooked Foods: Cook to internal temp of 165F/74C held for 15 sec.
6							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.
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
9							Discard unused product.