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# Broccoli Florets f/Frz (Seasoned Broccoli Florets)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
10 Min	180.0 °F	63 °C	Steam	4z Spoodle	1/2 Cup	<b>ⓘ Contains: Broccoli; AllergenMilk; AllergenSoy</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	5 g	3 g	1 g	50 mg	35 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 Salted	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.

# 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	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.

# Pears Diced f/Cnd (Chilled Diced Pears)

COOK TEMP	SERVING UTENSIL	SERVING SIZE	ALLERGIES
0.0 °F	#10 scoop	1/2 Cup	<b>ⓘ Contains: Pear</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	15 g	0 g	0 g	10 mg	0 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> Pears, Diced JcPk	1 1/4 Qt	3 Qt	1 Gal 8 Cup	3 Gal	Drained	Portion using 1/2 cup solid spoodle or #10 scoop.
<b>3</b>						Refrigerate at <40F until service.

# 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	<b>ⓘ Contains: AllergenMilk; Pork &amp; Products; Mushroom; AllergenWheat</b>

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		
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> 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.
<b>3</b> 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		
<b>4</b> Mushrooms, Fresh	3 Oz	8 Oz	1 lb	2 lb	Sliced	Put in layers in deep pan. Add mushrooms to milk, pour over meat.
Milk, 2% Bulk	3/4 Cup	2 Cup	1 Qt	2 Qt		

# Pork Tenderloin Medallions f/Loin (Pork Medallions)

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

# Potato Bkd f/Fresh (Baked Potato)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
75 Min	375.0 °F	63 °C	Bake	1 each	<b>ⓘ Contains: Potatoes</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
240 kcal	54 g	5 g	1.5 g	10 mg	15 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> Potato, Russet/Baking Fresh	10 each	25 each	50 each	100 each	Scrub potatoes and remove blemishes. Rinse in cold running water.
<b>3</b> Oil, Vegetable	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup	Rub or brush lightly with oil and place on greased baking pan(s) and bake until tender.
<b>4</b>					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
<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.
<b>6</b>					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>7</b>					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

# Roll Wheat (Wheat Roll)

COOK-END TEMP	SERVING UTENSIL	SERVING SIZE	ALLERGIES
63 °C	Tongs	1 each	<b>ⓘ Contains: AllergenWheat</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	14 g	2 g	1.5 g	30 mg	150 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare product as per package instructions.
3					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
4					Portion according to serving size.
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.

## Roll Wheat (Wheat Roll)

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

# Sour Cream PC (Sour Cream)

SERVING SIZE	ALLERGIES
1 each	ⓘ Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	1 g	1 g	6 g	30 mg	10 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)