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Chicken Paprikash f/Pulled (Chicken Paprikash)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
40 Min	400.0 °F	74 °C	Simmer	3 Oz	ⓘ Contains: Onion; AllergenMilk; AllergenSulphites; Chicken; Corn; Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
240 kcal	4 g	21 g	14 g	40 mg	160 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						Heat oil. Brown chicken. Season with salt and pepper. Remove chicken and set aside until needed.
Chicken, Pulled/Shredded w/o Sauce Ckd	1 lb 11 Oz	4 lb 3 Oz	8 lb 5 Oz	16 lb 11 Oz		
Oil, Olive	3 Tbsp 1 tsp	1/2 Cup	1 1/8 Cup	2 1/8 Cup		
Salt, Iodized	1/2 tsp	1 1/8 tsp	2 tsp	1 Tbsp 1 tsp		
Pepper, Black Ground	1/4 tsp	1/2 tsp	1.0 tsp	2.0 tsp		
3						Saute onions. Cook until tender. Stir in paprika. Return chicken to skillet. Add wine and chicken broth. Bring to a boil; reduce heat and cover and simmer for 40 min until internal temp is reached. Remove chicken.
Onion, Yellow	2.5 Oz	6 Oz	12.5 Oz	1 lb 9 Oz	Diced	
Paprika	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		

Chicken Paprikash f/Pulled (Chicken Paprikash)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
Wine, Cooking White	1/3 Cup	1.0 Cup	2 1/8 Cup	1.0 Qt		
Soup Broth Chicken f/Base	1/3 Cup	1.0 Cup	2 1/8 Cup	1.0 Qt		
4 Sour Cream, Real Bulk	3/4 Cup	2 1/8 Cup	1.0 Qt	2 1/8 Qt		Boil skillet drippings. Stir in sour cream and heat through. Pour over chicken.
5						For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): 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.

Soup Broth Chicken f/Base (Chicken Broth)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
8 Min	200.0 °F	63 °C	Boil	6 fl. oz	ⓘ Contains: Chicken; Onion; Corn; Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
15 kcal	3 g	1 g	0.5 g	10 mg	45 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	1	2	3	6	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Base, Chicken Paste G-F LS	1/4 tsp	1.0 tsp	1 3/4 tsp	Heat water and add base, stirring until well dissolved, heated through.
	Water, Tap	1/3 Cup	1.0 Cup	2.0 Cup	
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.
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.

Corn Whole Kernel f/Frz (Whole Kernel Corn)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
6 Min	63 °C	Steam	1/2 Cup	ⓘ Contains: Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	16 g	2 g	0.5 g	0 mg	0 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP	
	10	25	50	100		
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Water, Tap	3/4 Cup	2 1/8 Cup	1.0 Qt	2 1/8 Qt	Place corn in cooking pan. Add water. Steam for 4-6 min or until tender.
	Corn, Yellow/Sweet Frz	1 lb 13 Oz	4 lb 9 Oz	9 lb 2 Oz	18 lb 4 Oz	
3	Pepper, White	1/2 tsp	1 1/8 tsp	2 1/4 tsp	1 Tbsp 1 tsp	Sprinkle with pepper.
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.

Corn Whole Kernel f/Frz (Whole Kernel Corn)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	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.

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	ⓘ 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 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.

Orange Fresh Whole (Fresh Whole Orange)

SERVING SIZE	ALLERGIES
1 whole	ⓘ Contains: Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	17 g	1 g	0 g	60 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.

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Potato Mashed f/Pearls (Mashed Potatoes)

COOK TIME	COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
1 Min	212.0 °F	Boil	#8 scoop	1/2 Cup	ⓘ Contains: Potatoes; AllergenMilk; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	22 g	2 g	1 g	10 mg	125 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP	
	10	25	50	100			
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	Boiled	Heat water to boil. Stir in potato pearls, or prepare product as per package instructions.
	Potato, Pearls	9.5 Oz	1 lb 8 Oz	3 lb	6 lb		
3	Margarine, Solids Salted	3 tsp	2 Tbsp 1 tsp	1/3 Cup	2/3 Cup		Add margarine and seasonings, then remove from heat and stir until desired consistency. Fluff with fork before serving.
	Salt, Iodized	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.

Potato Mashed f/Pearls (Mashed Potatoes)

	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.

Roll Wheat f/RTB Dough (Wheat Dinner Roll)



EC7



RG7

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
20 Min	350.0 °F	63 °C	Bake	1 each	ⓘ Contains: AllergenWheat; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	22 g	4 g	2 g	50 mg	220 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 Roll Dough, Whole Wheat	10 each	25 each	50 each	100 each	Place rolls 2 inches apart on baking sheet and bake at 350F/177C until golden brown.
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 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6					CCP -- Maintain <40F/4C (FDA)

Roll Wheat f/RTB Dough (Wheat Dinner Roll)



EC7



RG7

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.

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