

# TABLE OF CONTENTS

---

Crisp Apricot Hmd (Apricot Crisp) ..... 2

Margarine Pat (Margarine) ..... 4

Milk 2% Bulk L & D 8 flz (2% Milk) ..... 5

Peas Green w/Paprika f/Frz (Seasoned Green Peas) ..... 6

Roll Wheat f/RTB Dough (Wheat Dinner Roll) ..... 8

Spinach Salad w/Egg (Spinach Salad) ..... 10

Turkey Noodle Casserole f/Pulled (Turkey Noodle Casserole) ..... 11

# Crisp Apricot Hmd (Apricot Crisp)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
50 Min	350.0 °F	63 °C	Bake	#10 scoop	1/2 Cup	<b>ⓘ Contains: AllergenWheat; AllergenSoy; AllergenMilk; Citrus; Cinnamon; Apricots; AllergenSulphites</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	37 g	2 g	4 g	30 mg	50 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> Apricot, Halves JcPk	1 1/2 Qt	3 3/4 Qt	1 Gal 14 Cup	3 Gal 12 Cup	Mix sugar, lemon juice and fruit.
Sugar, Granulated Bulk	1/4 Cup	2/3 Cup	1 1/4 Cup	2 1/2 Cup	
Juice, Lemon Bulk	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup	
<b>3</b> Margarine, Solids Salted	1/3 Cup	3/4 Cup	1 1/2 Cup	3 1/8 Cup	Combine remaining ingredients and mix until crumbly. Sprinkle evenly over fruit.
Flour, All Purpose	1/3 Cup	3/4 Cup	1 1/2 Cup	3 1/8 Cup	
Sugar, Brown Light	1/3 Cup	3/4 Cup	1 1/2 Cup	3 1/8 Cup	

# Crisp Apricot Hmd (Apricot Crisp)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
Cinnamon, Ground	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup	
Cereal, Oats Inst/Quick Bulk	2/3 Cup	1 1/2 Cup	3 1/8 Cup	1 1/2 Qt	
<b>4</b>					Bake 350F/177C for 45-50 minutes, until top is browned; checking periodically to avoid excessive browning.
<b>5</b>					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
<b>6</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>7</b>					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
<b>8</b>					CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
<b>9</b>					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.

# Peas Green w/Paprika f/Frz (Seasoned Green Peas)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
6 Min	180.0 °F	63 °C	Steam	1/2 Cup	<b>ⓘ Contains: Peas; AllergenMilk; AllergenSoy</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	12 g	5 g	1.5 g	20 mg	110 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>	Peas, Green Frz Margarine, Solids Salted Paprika	2 lb 1 Tbsp 2 tsp 1/2 tsp	5 lb 1/4 Cup 1 tsp	10 lb 1/2 Cup 2 tsp	20 lb 1 Cup 1 Tbsp 1 tsp	Steam or boil peas until tender. Add seasonings and mix well.
<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.	
<b>5</b>					CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.	

## Peas Green w/Paprika f/Frz (Seasoned Green Peas)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
		10	25	50	100	
6						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
7						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	<b>ⓘ Contains: AllergenWheat; AllergenSoy</b>

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.

**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 Salad w/Egg (Spinach Salad)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	1 Cup	<b>ⓘ Contains: Onion; AllergenEggs; Spinach; Celery</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	3 g	4 g	1.5 g	90 mg	80 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 12 Oz	4 lb 6 Oz	8 lb 12 Oz	17 lb 8 Oz	Trimmed	Combine all ingredients and mix lightly.
	Eggs Boiled Hard Whole	2 each	5 each	10 each	20 each	Chopped	
	Onion, Yellow	1 Oz	3 Oz	6 Oz	12 Oz	Chopped	
	Celery, Whole Fresh	1.5 Oz	4 Oz	8 Oz	1 lb	Chopped	
<b>3</b>							CCP -- Maintain <40F/4C (FDA)
<b>4</b>							Discard unused product.

# Turkey Noodle Casserole f/Pulled (Turkey Noodle Casserole)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
30 Min	350.0 °F	74 °C	Bake	1 Cup	<b>Contains: Turkey; Peppers Bell; Onion; AllergenEggs; AllergenWheat; Celery; AllergenMilk; AllergenSoy; Garlic; Chicken; Corn; AllergenSesame</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
320 kcal	31 g	26 g	10 g	90 mg	210 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>						Cook noodles per package instructions. Drain.
Water, Tap	2 3/4 Qt	1 Gal 12 Cup	3 Gal 8 Cup	7 Gal		
Noodles, Egg Dry	11 Oz	1 lb 12 Oz	3 lb 8 Oz	7 lb		
<b>3</b>						Sauté onions, celery and peppers in margarine until tender.
Celery, Whole Fresh	1 Oz	2 Oz	4 Oz	8 Oz	Chopped	
Peppers, Green Fresh	1 Oz	3 Oz	6 Oz	12 Oz	Chopped	
Onion, Yellow	1.5 Oz	3 Oz	6.5 Oz	12.5 Oz	Chopped	
Margarine, Solids Salted	1/3 Cup	1.0 Cup	1 3/4 Cup	3 1/2 Cup	Melted	

# Turkey Noodle Casserole f/Pulled (Turkey Noodle Casserole)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
4	Flour, All Purpose	1 Oz	2.5 Oz	5 Oz	10 Oz		Add flour and stir until blended.
5	Water, Tap	1 2/3 Cup	1 Qt	2 Qt	1 Gal		Add base, water and milk slowly, stirring constantly. Cook until thickened.
	Milk, 2% Bulk	1 2/3 Cup	1 Qt	2 Qt	1 Gal		
	Base, Chicken Paste G-F LS	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
6	Turkey, Pulled/Shredded	1 lb 7 Oz	3 lb 11 Oz	7 lb 5 Oz	14 lb 11 Oz		Combine meat, cooked noodles & sauce; scale into counter pans.
7	Margarine, Solids Salted	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup	Melted	Combine bread crumbs with melted margarine. Sprinkle evenly over turkey noodle mixture. Bake at 350F/177C for 30 minutes.
	Bread Crumbs, Plain	1/3 Cup	1 Cup	2 Cup	1 Qt		
8							For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C 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.

# Turkey Noodle Casserole f/Pulled (Turkey Noodle Casserole)

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