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Carrot Seasoned Diced f/Frz (Seasoned Carrots)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
10 Min	187.0 °F	63 °C	Steam	4z Spoodle	1/2 Cup	ⓘ Contains: Carrots; AllergenMilk; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	7 g	1 g	2 g	30 mg	65 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Carrots, Diced Frz	2 lb	5 lb	10 lb	20 lb	Steam vegetable.
3 Parsley, Dried	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Add seasonings and margarine
Margarine, Solids Salted	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
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.
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.

Chicken & Dumplings f/Pulled (Chicken & Dumplings)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
50 Min	180.0 °F	74 °C	Simmer	8z Spoodle	1 Cup	ⓘ Contains: AllergenMilk; Onion; AllergenEggs; Celery; AllergenWheat; Chicken; Corn; Garlic; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
300 kcal	28 g	25 g	9 g	70 mg	190 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						Combine base and water to make stock. Heat to simmer.
Water, Tap	1 1/4 Qt	3 Qt	1 Gal 8 Cup	3 Gal		
Base, Chicken Paste G-F LS	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		
3						Add onions and celery. Add seasonings, simmering for 20 min. Add meat, cook 10 min on low heat.
Onion, Yellow	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt	Diced	
Celery, Whole Fresh	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt	Diced	
Chicken, Pulled/Shredded w/o Sauce Ckd	1 lb 9 Oz	3 lb 15 Oz	7 lb 14 Oz	15 lb 12 Oz	Chopped	
Paprika	1/4 tsp	1.0 tsp	1 3/4 tsp	1 Tbsp		

Chicken & Dumplings f/Pulled (Chicken & Dumplings)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
4	Margarine, Solids Salted	3 Tbsp 2 tsp	1/2 Cup	1 1/8 Cup	2 1/4 Cup	Thawed	Casseroles & Precooked Foods: Cook to internal temp of 165F/74C held for 15 sec.
	Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
	Eggs, Liquid Non-Dairy	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		
	Milk, 2% Bulk	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt		
5	Flour, All Purpose	11 Oz	1 lb 12 Oz	3 lb 8 Oz	7 lb		DUMPLINGS: Cut margarine into flour, baking powder and salt. Combine eggs and milk and add to dry ingredients. Roll out on floured board into 1/2" thickness. Cut into 1.5 x 1.5" squares.
	Baking Powder	3/4 tsp	1 3/4 tsp	1 Tbsp	2 Tbsp 1 tsp		
6							Add dumplings into stock. Cook 15-20 min.
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.

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.

Raisins Seedless PC (Raisins)

SERVING SIZE	ALLERGIES
2 each	ⓘ Contains: AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	44 g	2 g	0 g	30 mg	15 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
1					

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.

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 Wilted w/Dressing (Spinach Salad w/Dressing)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
Make	Tongs	1 Cup	ⓘ Contains: AllergenEggs; Tomato; Spinach; AllergenSulphites; Onion; Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	14 g	4 g	13 g	30 mg	400 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						WASH ALL PRODUCE under cool, running water. Drain well.
3						Combine Spinach, Water Chestnuts, Red Onions, Bacon Bits, Mandarin Oranges and Hardboiled Eggs. Refrigerate at <40F until time of service.
Spinach, Fresh	6.5 Oz	1 lb	2 lb	4 lb	Trimmed	
Water Chestnuts, Sliced Cnd	1 Cup	2 1/2 Cup	1 1/4 Qt	2 1/2 Qt	Drained	
Onion, Red/Burmuda	2.5 Oz	6.5 Oz	13 Oz	1 lb 10 Oz	Sliced Thin	
Bacon, Bits Real	1.5 Oz	4 Oz	8 Oz	1 lb		
Eggs Boiled Hard Whole	3 each	7.5 each	15 each	30 each		

Spinach Salad Wilted w/Dressing (Spinach Salad w/Dressing)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
Orange, Mandarin JcPk	1 Cup	2 1/2 Cup	1 1/4 Qt	2 1/2 Qt	Drained	
Sugar, Granulated Bulk	1/3 Cup	1.0 Cup	1 3/4 Cup	3 1/2 Cup		Heat remaining ingredients to boiling, maintain >140F until needed.
Vinegar, Wine White	1/4 Cup	2/3 Cup	1 1/3 Cup	2 2/3 Cup		
4 Salt, Iodized	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
Ketchup, Bulk	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		
Oil, Vegetable	1/2 Cup	1 1/8 Cup	2 1/8 Cup	1 1/8 Qt		
5						At time of service, pour hot Dressing over Salad, approximately 2 fl oz over each 1 cup of Spinach Salad.
6						CCP -- Maintain <40F/4C (FDA)