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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	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Portion according to serving size.
3					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.

Oranges Mandarin Chilled JcPk Cnd (Chilled Mandarin Oranges)

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
Chill	4z Spoodle	1/2 Cup	ⓘ Contains: Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	12 g	1 g	0 g	10 mg	5 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Orange, Mandarin JcPk	1 1/4 Qt	3 1/8 Qt	1 Gal 9 Cup	3 Gal 2 Cup	Drained	Serve according to portion size.
3						CCP -- Maintain <40F/4C (FDA)

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	ⓘ Contains: Peas; AllergenMilk; AllergenSoy

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		
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	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.
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.	

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.

Potato Sliced Parslied f/Fresh (Parslied Potatoes)

COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
350.0 °F	Bake	4z Spoodle	1/2 Cup	ⓘ Contains: Potatoes; AllergenMilk; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	29 g	3 g	1 g	10 mg	65 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Potato, Russet/Baking Fresh	3 lb	7 lb 8 Oz	15 lb	30 lb	Peeled & Sliced	Boil potatoes until just tender.
3 Parsley, Dried	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup		Place potatoes in greased counter pan. Melt margarine; add seasoning and margarine; drizzle over potatoes and cover with foil. Bake until tender and cooked through.
Margarine, Solids Salted	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup		
Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
4						*CCP--Maintain>140F. Temperature should be taken every 2 hours during holding.
5						CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

Potato Sliced Parslied f/Fresh (Parslied Potatoes)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
6							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
7							Cook Time: 15-25 min

Steak & Mushroom Sauce f/Cubed (Steak & Mushroom Sauce)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
20 Min	74.0 °F	74 °C	Saute	3 Oz	ⓘ Contains: Onion; AllergenSoy; Corn; Beef; Mushroom; AllergenWheat; AllergenMilk

NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
160 kcal	4 g		21 g	7 g	20 mg	140 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Beef, Steak Cubed Raw	2 lb 10 Oz	6 lb 8 Oz	13 lb	26 lb		Combine water and base to make broth. Sauté or bake steaks to internal temp. Add 1st portion onions and beef broth to steaks. Simmer about 10 min. Strain off liquid to use in gravy.
Onion, Yellow	1 Oz	2.5 Oz	5 Oz	10 Oz	Diced	
Base, Beef Paste G-F LS	2.0 tsp	1 Tbsp 2 tsp	3 Tbsp 1 tsp	1/3 Cup		
Water, Tap	2 Cup	1 1/4 Qt	2 1/2 Qt	1 Gal 4 Cup		
3						For Fresh Beef, Veal, and Lamb Cuts (Steaks, Roasts, Chops): Cook to internal temp of 145F/63C held for 15 sec.
4 Margarine, Solids Salted	1/4 Cup	2/3 Cup	1 1/3 Cup	2 2/3 Cup		Heat margarine and blend with flour & pepper. Cook until it becomes uniformly brown in color. Add hot stock while stirring. Cook until thickened.

Steak & Mushroom Sauce f/Cubed (Steak & Mushroom Sauce)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
Flour, All Purpose	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		
Pepper, Black Ground	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp		
Margarine, Solids Salted	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		Sauté 2nd portion onions and mushrooms with remaining margarine. Add to sauce. Simmer for 10 min.
5 Onion, Yellow	0.5 Oz	1.5 Oz	2.5 Oz	5 Oz	Diced	
Mushrooms, Pieces Cnd	2/3 Cup	1 1/2 Cup	3 1/8 Cup	1 1/2 Qt	Drained	
6						Serve each steak with 2 oz mushroom sauce.
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 140F/60C 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.

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
10							Discard unused product.