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Broccoli Marinated Soft Chilled f/Frz (Soft Marinated Broccoli)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE
10 Min	57 °C	Steam	1/2 Cup

ALLERGIES
Contains: AllergenSulphites; Broccoli; Garlic; Peppers Bell; Apples; Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	7 g	3 g	5 g	50 mg	190 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Broccoli, Florets Frz	2 lb	5 lb	10 lb	20 lb	Thawed	Steam or boil broccoli until tender, approximately 8-10 minutes. Drain. Combine all other items except oil with broccoli and mix well. Cover and marinate at least 2 hours or over night in refrigerator.
	Dressing, Italian Bulk	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		
	Vinegar, Cider Apple	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
	Sugar, Granulated Bulk	1 3/4 tsp	1 Tbsp 2 tsp	3 Tbsp	1/3 Cup		
	Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
	Pepper, Black Ground	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		

Broccoli Marinated Soft Chilled f/Frz (Soft Marinated Broccoli)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
3	Oil, Vegetable	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		Just before serving, drain vegetables. Add oil and toss lightly.
4							CCP -- Maintain <40F/4C (FDA)
5							Note: This recipe is intended to be used as a cold soft vegetable option for texture-modified diets.

Cottage Cheese/Diced Melon (Cottage Cheese & Diced Melon)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	1 each	Contains: AllergenMilk; Cherry

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	19 g	15 g	1.5 g	80 mg	280 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1	Cantaloupe, Whole Fresh	2.5 each	6.25 each	12.5 each	25 each	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Cottage Cheese, 2% Bulk	1 1/4 Qt	3 1/8 Qt	1 Gal 9 Cup	3 Gal 2 Cup	
	Cherries, Maraschino Whole	3 Tbsp 2 tsp	1/2 Cup	1 1/8 Cup	2 1/4 Cup	
2						Place a 1/2 cup of cottage cheese on each plate. Place 1 cup melon near cottage cheese. Top cottage cheese with a maraschino cherry.
3						CCP -- Maintain <40F/4C (FDA)

Egg Salad Soft Sndw Wheat (Egg Salad Sndw on Wheat)

COOK METHOD	SERVING UTENSIL	SERVING SIZE
Make	#12 scoop	1 each

ALLERGIES
Contains: AllergenEggs; AllergenWheat; AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
260 kcal	24 g	11 g	13 g	90 mg	370 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Egg Salad Soft Hmd	3 1/4 Cup	2 Qt	1 Gal	2 Gal	Prepared	Prepare filling as per separate recipe and chill.
3	Bread WW	20 each	50 each	100 each	200 each	Sliced	Sandwich Serving: Spread 1/3 cup egg salad filling on 1 slice of bread; top with second slice of bread. Cut sandwich in half and serve immediately or wrap and chill.
4							CCP -- Maintain <40F/4C (FDA)

Egg Salad Soft Hmd (Egg Salad)

COOK METHOD	SERVING SIZE	ALLERGIES
Mix & Chill	1/2 Cup	Contains: AllergenEggs; AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
190 kcal	0 g	10 g	16 g	40 mg	210 mg

	INGREDIENTS	SERVINGS 7	SERVINGS 17	SERVINGS 33	SERVINGS 65	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Eggs Boiled Hard Whole	9.6 each	24 each	48 each	96 each	Ground	Combine eggs and dressing, mix well.
	Mayonnaise, Bulk	1/3 Cup	3/4 Cup	1 2/3 Cup	3 1/4 Cup		
3	Salt, Iodized	1/8 tsp	1/4 tsp	3/4 tsp	1 1/4 tsp		Add spices to egg mixture. Mix well.
	Pepper, White	1/8 tsp	1/4 tsp	3/4 tsp	1 1/4 tsp		
4							CCP -- Maintain <40F/4C (FDA)

Garnish Tomato Wedges f/Fresh (Tomato Wedges)

7 RG7

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	2 each	Contains: Tomato

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

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Tomato, Fresh	2 lb 11 Oz	6 lb 12 Oz	13 lb 8 Oz	27 lb	Wash tomatoes and cut out stems. Cut tomatoes into 6 wedges per tomato. Serve two wedges for each portion.
3						CCP -- Maintain <40F/4C (FDA)

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.

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

7 RG7

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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
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.

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