TABLE OF CONTENTS

Banana Cinnamon (Cinnamon Bananas)

7 RG7 7 EC7

COOK METHOD	SERVING SIZE	ALLERGIES
Mix & Chill	1/2 Cup	Contains: Cinnamon; Bananas; Citrus; Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	20 g	1 g	0.5 g	10 mg	0 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Banana Whole Fresh	1 lb 10 Oz	4 lb 2 Oz	8 lb 4 Oz	16 lb 8 Oz	Peeled & Sliced	Fold bananas into juice to keep from discoloring. Drain juice before continue to next step.
	Juice Orange f/BIB 8 flz	3.2 fl. oz	8 fl. oz	16 fl. oz	32 fl. oz	Prepared	
3	Sugar, Brown Light	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		Combine brown sugar and cinnamon. Mix well to break up lumps. Sprinkle sugar mixture over bananas and mix lightly. Top with dollop of whipped topping. Garnish with dusting of cinnamon.
	Cinnamon, Ground	1.0 tsp	2 tsp	1 Tbsp 2 tsp	3 Tbsp		
	Topping, Whip Non-Dairy	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		

Banana Cinnamon (Cinnamon Bananas)

7 RG7 7 EC7

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4							CCP -- Maintain <40F/4C (FDA)
5							Note: Prepare as close to service as possible.

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.

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.

Juice Orange f/BIB 8 flz (Orange Juice)

COOK METHOD	SERVING SIZE	ALLERGIES
Mix & Chill	8 fl. oz	Contains: Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	22 g	2 g	0 g	30 mg	10 mg

	INGREDIENTS	SERVINGS 1	SERVINGS 1	SERVINGS 2	SERVINGS 4	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap	1/3 Cup	3/4 Cup	1 1/2 Cup	3.0 Cup	Prepare product as per package instructions.
	Juice, Orange Conc 4:1	1 Tbsp 2 tsp	3 Tbsp 3 tsp	1/2 Cup	1.0 Cup	
3						CCP -- Maintain <40F/4C (FDA)

Bean Black Salad (Black Bean Salad)

COOK METHOD	SERVING SIZE	ALLERGIES
Mix & Chill	1/2 Cup	**Contains:** Peppers Bell; Onion; Beans/Legumes; Mustard; AllergenSulphites; Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	4 g	1 g	5 g	10 mg	85 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Peppers, Green Fresh	1.5 Oz	4 Oz	8 Oz	1 lb	Chopped Fine	Mix pepper, onions, and tomatoes.
	Onion, Red/Burmuda	1.5 Oz	4 Oz	8 Oz	1 lb	Chopped Fine	
	Tomato, Fresh	7 Oz	1 lb 2 Oz	2 lb 4 Oz	4 lb 8 Oz	Diced	
3	Vinegar, Wine White	2 Tbsp	1/3 Cup	2/3 Cup	1 1/3 Cup		Whisk together vinegar, oil, molasses, mustard, salt & hot sauce.
	Oil, Vegetable	3 Tbsp 2 tsp	1/2 Cup	1 1/8 Cup	2 1/4 Cup		
	Molasses, Blackstrap	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		

Bean Black Salad (Black Bean Salad)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Mustard, Yellow Prepared	1 1/4 tsp	1 Tbsp	2 Tbsp 1 tsp	1/4 Cup		
	Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
	Sauce, Hot	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
4	Beans Black f/Dry	8.5 Oz	1 lb 5 Oz	2 lb 10 Oz	5 lb 3 Oz	Cooked/Chilled	Combine chilled beans, vegetables, & oil mixture. Gently mix. Chill prior to service.
5							CCP -- Maintain <40F/4C (FDA)

Beans Black f/Dry (Black Beans)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
120 Min	63 °C	Boil	1/2 Cup	Contains: Beans/Legumes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	6 g	2 g	0 g	20 mg	250 mg

	INGREDIENTS	SERVINGS 2	SERVINGS 5	SERVINGS 10	SERVINGS 20	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Beans, Black Dry	2.5 Oz	6.5 Oz	13.5 Oz	1 lb 11 Oz	Sort through dried beans to remove any debris. Rinse thoroughly.
	Water, Tap	1 2/3 Cup	4.0 Cup	2.0 Qt	4.0 Qt	
3						Place beans in a large pot or steam-jacketed kettle and cover with water.
4						Bring water to a boil and skim any foam off the top. Reduce heat to a slow simmer and occasionally stir gently.
5	Salt, Iodized	1/8 tsp	1/4 tsp	1/2 tsp	3/4 tsp	Cook for approximately 2 hours or until beans are just slightly tender. Add salt and continue cooking until desired consistency is reached. Drain well.
6						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
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.

Beans Black f/Dry (Black Beans)

	INGREDIENTS	SERVINGS 2	SERVINGS 5	SERVINGS 10	SERVINGS 20	PREPARATION STEP
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.
10						Discard unused product.

Beef Taco Flour Tortilla (Beef Soft Taco)

COOK METHOD	SERVING SIZE	ALLERGIES
Make	2 each	**Contains:** Onion; Beef; Corn; AllergenWheat; AllergenMilk; Garlic; Tomato

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
470 kcal	33 g	23 g	27 g	230 mg	640 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Beef Taco Filling	1 lb 14 Oz	4 lb 11 Oz	9 lb 5 Oz	18 lb 11 Oz	Prepared	Prepare filling as per separate recipe.
3	Tortilla Flour 6 in	20 each	50 each	100 each	200 each		Heat flour tortillas in oven until warm.
4	Lettuce, Shredded	13 Oz	2 lb 1 Oz	4 lb 2 Oz	8 lb 4 Oz		To serve, fill each tortilla with 1.5 oz meat mixture. Cover meat mixture with shredded lettuce and diced tomatoes. Top with 1 tbsp shredded cheese.
	Tomato, Fresh	9.5 Oz	1 lb 8 Oz	3 lb	6 lb	Diced	
	Cheese, Cheddar Shredded	5.5 Oz	14 Oz	1 lb 12 Oz	3 lb 8 Oz		

Beef Taco Flour Tortilla (Beef Soft Taco)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
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.

Beef Taco Filling (Beef Taco Filling)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
60 Min	350.0 °F	68 °C	Simmer	3 Oz	Contains: Corn; Beef; Garlic; Onion

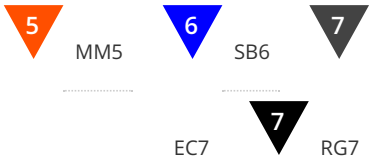
NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
220 kcal	2 g	15 g	17 g	20 mg	115 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Beef, Ground 80-89/20-11 Raw	2 lb 9 Oz	6 lb 8 Oz	12 lb 15 Oz	25 lb 14 Oz		Brown meat. Drain off fat. Add chopped onions to meat & cook until onions are softened.
	Onion, Yellow	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt	Minced	
3							For Ground Meat (Beef, Pork, Veal, Lamb, Fish) and Eggs: Cook to internal temp of 155F/68C held for 17 seconds.
4	Cornstarch	1 3/4 tsp	1 Tbsp 1 tsp	2 Tbsp 3 tsp	1/3 Cup		Combine cornstarch & seasonings in a bowl; mix thoroughly. Add this mixture to meat & mix well.
	Chili Powder, Mild	1 Tbsp 2 tsp	3 Tbsp 3 tsp	1/2 Cup	1.0 Cup		

Beef Taco Filling (Beef Taco Filling)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Garlic, Powder	1 1/4 tsp	3 tsp	1 Tbsp 3 tsp	3 Tbsp 3 tsp		
	Salt, Iodized	1/8 tsp	1/4 tsp	1/2 tsp	1.0 tsp		
	Oregano, Dry	1/2 tsp	1 1/2 tsp	3 tsp	1 Tbsp 3 tsp		
	Pepper, Black Ground	1/2 tsp	1.0 tsp	2.0 tsp	1 Tbsp 1 tsp		
	Cumin, Ground	1 1/4 tsp	3 tsp	1 Tbsp 3 tsp	3 Tbsp 3 tsp		
5	Water, Tap	1 1/4 Cup	3.0 Cup	1 1/2 Qt	3.0 Qt		Add water to meat mixture. Stir. Simmer for 45 minutes, stirring frequently.
6							CCP -- Maintain >140F/60C; discard unused product.
7							CCP -- Cool: Product must reach 140F/60C 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.

Guacamole f/Fresh (Guacamole)



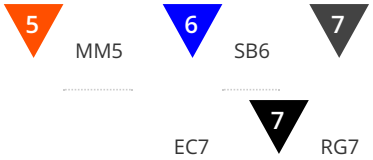
COOK METHOD	SERVING UTENSIL	SERVING SIZE
Chill	#60 scoop	1 #60 sc.

ALLERGIES
Contains: Tomato; Citrus; Onion; AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
30 kcal	2 g	0 g	2.5 g	0 mg	50 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Avocado, Whole Fresh	1.25 each	3.13 each	6.25 each	12.5 each	Peeled, Seeded, & Cubed	Coarsely chop avocado and mash slightly.
3	Tomato, Fresh	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt	Chopped Fine	Add remaining ingredients to avocado and mix well. Place in suitable covered container in refrigerator to chill.
	Onion, Yellow	3 Tbsp	1/2 Cup	1.0 Cup	2.0 Cup	Chopped Fine	
	Juice, Lemon Bulk	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup		
	Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp		

Guacamole f/Fresh (Guacamole)



	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4							Portion: Serve #60 scoop.
5							CCP -- Maintain <40F/4C (FDA)

Minced & Moist (MM5): • Can be eaten with a fork or spoon • Could be eaten with chopsticks in some cases, if the individual has very good hand control • Can be scooped and shaped (e.g. into a ball shape) on a plate • Soft and moist with no separate thin liquid • Small lumps visible within the food Ø Paediatric, equal to or less than 2 mm width and no longer than 8mm in length Ø Adult, equal to or less than 4mm width and no longer than 15mm in length • Lumps are easy to squash with tongue Note: This recipe is for Level 5 Minced & Moist and must be tested to meet the appropriate IDDSI level at service. Level may vary based on ingredients, preparation, equipment, temperature, and holding time.

Soft & Bite-Sized (SB6): • Can be eaten with a fork, spoon or chopsticks • Can be mashed/broken down with pressure from fork, spoon or chopsticks • A knife is not required to cut this food, but may be used to help load a fork or spoon • Soft, tender and moist throughout but with no separate thin liquid • Chewing is required before swallowing • 'Bite-sized' pieces as appropriate for size and oral processing skills Ø Paediatric, 8mm pieces (no larger than) Ø Adults, 15 mm = 1.5 cm pieces (no larger than) Note: This recipe is for Level 6 Soft & Bite Sized and must be tested to meet the appropriate IDDSI level at service. Level may vary based on ingredients, preparation, equipment, temperature, and holding time.

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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 fl oz (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.

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.

Rice Spanish w/Veg Base (Spanish Rice)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE
33 Min	0.0 °F	63 °C	Steam	1/2 Cup

ALLERGIES
Contains: Tomato; Peppers Bell; Onion; Garlic; Corn; Rice; Celery; Carrots

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	23 g	2 g	2 g	30 mg	95 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Onion, Yellow	3 Oz	7 Oz	14.5 Oz	1 lb 13 Oz	Diced	Saute onion, celery, and bell pepper in oil.
	Celery, Whole Fresh	2 Oz	5.5 Oz	10.5 Oz	1 lb 5 Oz	Diced	
	Peppers, Green Fresh	2.5 Oz	5.5 Oz	11.5 Oz	1 lb 7 Oz	Diced	
	Oil, Vegetable	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup		
3	Rice, White Parboiled	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt		Add raw rice and stir 2-3 min until grains are coated with oil.
4	Parsley, Dried	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		Stir in seasonings. Place rice in steam table pan.
	Paprika	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		

Rice Spanish w/Veg Base (Spanish Rice)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Cumin, Ground	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
5	Tomato, Diced Cnd	1 Cup	2 1/2 Cup	1 1/4 Qt	2 1/2 Qt		Combine tomatoes, base, and water; mix well.
	Base, Vegetable G-F LS	1 3/4 tsp	1 Tbsp 2 tsp	3 Tbsp	1/3 Cup		
	Water, Tap	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 8 Cup		
6							Pour Tomato Mixture over Rice.
7							Steam or bake 25-30 min. Stir before serving.
8							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C 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.

Rice Spanish w/Veg Base (Spanish Rice)

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

Sauce Salsa f/RTS (Salsa)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	2 Tbsp	**Contains:** Tomato; Onion; AllergenSulphites; Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
10 kcal	2 g	0 g	0 g	10 mg	210 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Sauce, Salsa Mild	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt	Portion 2 Tbsp (#30 scoop) per serving.
3						CCP -- Maintain <40F/4C (FDA)