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Fiskesuppe (Norwegian Fish Soup) (Fiskesuppe (Norwegian Fish Soup))

COOK METHOD	SERVING SIZE	ALLERGIES
Simmer	6 fl. oz	**Contains:** AllergenShellfish; AllergenCrustacean; Onion; AllergenFish; AllergenMilk; AllergenWheat; Carrots; Garlic; Potatoes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
560 kcal	44 g	33 g	28 g	220 mg	680 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1	Fish, Cod Raw	1 lb 4 Oz	3 lb 2 Oz	6 lb 4 Oz	12 lb 8 Oz	Cubed	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Salmon, Fillet Raw	1 lb 4 Oz	3 lb 2 Oz	6 lb 4 Oz	12 lb 8 Oz	Cubed	
	Garlic, Cloves Fresh	2.5 each	6.25 each	12.5 each	25 each	Minced	
	Potato, Russet/Baking Fresh	5 each	12.5 each	25 each	50 each	Julienne	
	Carrots, Orange Whole Fresh	5 each	12.5 each	25 each	50 each	Cut into Matchsticks	
	Leeks, Fresh	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz	Julienne	
	Butter, Salted Bulk	1/2 Cup	1 1/8 Cup	2 1/3 Cup	1 1/8 Qt		

Fiskesuppe (Norwegian Fish Soup) (Fiskesuppe (Norwegian Fish Soup))

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Flour, All Purpose	3/4 Cup	2.0 Cup	4.0 Cup	2.0 Qt		
	Stock, Seafood Liquid	2 3/4 Qt	1 Gal 11 Cup	3 Gal 5 Cup	6 Gal 10 Cup		
	Sour Cream, Real Bulk	3 1/8 Cup	2.0 Qt	4.0 Qt	1 Gal 15 Cup		
	Milk 2% Bulk 8 flz	20 fl. oz	50 fl. oz	100 fl. oz	200 fl. oz		
	Shrimp, P&D Tail Off 31-40 ct	2 1/2 Cup	1 1/2 Qt	3 1/8 Qt	1 Gal 9 Cup	Cooked	
	Chives, Dry	2 Tbsp 2 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		
2							WASH ALL PRODUCE under cool, running water. Drain well.
3							Cut Fish into Cubes or strips. Peel Potatoes and carrots and cut into strips, Cut leeks into strips.
4							Heat butter in pot, add garlic. Once garlic turns golden, add flour. (Wisk) . Add fish stock and whisk until there are no lumps.
5							Add the vegetables and milk and bring to a boil. Cook for about 10 minutes.

Fiskesuppe (Norwegian Fish Soup) (Fiskesuppe (Norwegian Fish Soup))

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
7							Sprinkle with chives (or dill or parsley) before serving.
8							Fish: Cook to internal temp of 145F/63C held for 15 sec.
9							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
10							CCP -- Maintain >140F/60C; discard unused product.
11							+CCP - Serve Hot >140F/60C
12							*CCP--Maintain>140F. Temperature should be taken every 2 hours during holding.
13							CCP -- Cool: Product must reach 140F/60C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
14							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Milk 2% Bulk 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 3	SERVINGS 7	SERVINGS 13	SERVINGS 25	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Milk, 2% Bulk	2 1/2 Cup	1 1/2 Qt	3 1/8 Qt	1 Gal 9 Cup	Pour milk into sanitary drinking cups.
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.

Lettuce Tossed Salad/Dressing on Side (Tossed Salad w/Dressing)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	1 Cup	**Contains:** Carrots; AllergenEggs; AllergenMilk; Onion; Garlic; AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	5 g	1 g	7 g	30 mg	160 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2							WASH ALL PRODUCE under cool, running water. Drain well.
3	Lettuce, Iceberg Whole	1 lb	2 lb 9 Oz	5 lb 2 Oz	10 lb 4 Oz	Bite Size	Combine lettuces and carrots, mix lightly.
	Lettuce, Green Leaf	7.5 Oz	1 lb 3 Oz	2 lb 5 Oz	4 lb 11 Oz	Bite Size	
	Lettuce, Romaine Whole	7.5 Oz	1 lb 3 Oz	2 lb 5 Oz	4 lb 11 Oz	Bite Size	
	Carrots, Orange Whole Fresh	5 Oz	13 Oz	1 lb 10 Oz	3 lb 4 Oz	Shredded	

Lettuce Tossed Salad/Dressing on Side (Tossed Salad w/Dressing)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Dressing, Ranch Bulk	2/3 Cup	1 1/2 Cup	3 1/8 Cup	1 1/2 Qt		Portion 1 cup of Salad per serving. Salad should be served with a package of Dressing or 2 fl oz cup of bulk Dressing on the side.
5							CCP -- Maintain <40F/4C (FDA)

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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
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% PC 8 flz (2% Milk)

SERVING SIZE	ALLERGIES
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						Portion according to serving size.
3						CCP -- Maintain <40F/4C (FDA)
4						Discard unused product.

Pears Diced f/Cnd (Chilled Diced Pears)

COOK TEMP	SERVING UTENSIL	SERVING SIZE
0.0 °F	**#10 scoop**	**1/2 Cup**

ALLERGIES
Contains: Pear

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	15 g	0 g	0 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	Pears, Diced JcPk	1 1/4 Qt	3 Qt	1 Gal 8 Cup	3 Gal	Drained	Portion using 1/2 cup solid spoodle or #10 scoop.
3							Refrigerate at <40F until service.

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