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Carrot Parsley f/Frz (Parslied Carrots)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE
10 Min	180.0 °F	63 °C	Steam	4z Spoodle	1/2 Cup

ALLERGIES
Contains: Carrots; AllergenMilk; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	9 g	1 g	1.5 g	30 mg	75 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Carrots, Sliced Frz	2 lb	5 lb	10 lb	20 lb	Steam or boil vegetables until tender.
3	Margarine, Solids Salted	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Add seasonings & margarine. Mix well.
	Parsley, Dried	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 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.

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Carrot Parsley f/Frz (Parslied Carrots)

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

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Kjottkaker (Norwegian Meatballs) (Kjottkaker (Norwegian Meatbals))

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE
15 Min	325.0 °F	71 °C	Pan Fry	3 each

ALLERGIES

Contains: Beef; Onion; AllergenEggs; AllergenMilk; AllergenSoy; AllergenWheat; Corn; AllergenFish; Carrots; Celery

NUTRIENTS PER SERVING

CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
340 kcal	9 g	16 g	27 g	40 mg	1110 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1	Cornstarch	1/3 Cup	1.0 Cup	2.0 Cup	4.0 Cup		WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Nutmeg, Ground	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
	Allspice, Ground	3/4 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
	Eggs, Shell Large	2.5 each	6.25 each	12.5 each	25 each		
	Cream, Whipping Heavy	2/3 Cup	1 1/2 Cup	3 1/8 Cup	1 1/2 Qt		
	Oil, Olive	2 Tbsp 2 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		
	Gravy (Brun Saus)	10 fl. oz	25 fl. oz	50 fl. oz	100 fl. oz		

Kjottkaker (Norwegian Meatballs) (Kjottkaker (Norwegian Meatbals))

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
2	Beef, Ground 80-89/20-11 Raw	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb		Mix together all ingredients until well blended. Do not overmix.
	Salt, Iodized	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup		
	Onion, Yellow	1 1/4 Cup	3 1/8 Cup	1 1/2 Qt	3 1/8 Qt	Grated	
	Pepper, Black Ground	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
3							Shape into 1 1/2 oz balls using a level #24 scoop. Place them in a hot skillet with olive oil.
4							Use a spatula and flatten the meatballs into a patty shape.
5							Cook until golden brown on both sides, and completely cooked through. Set aside.
6							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
7							Discard unused product.
8							For Ground Meat (Beef, Pork, Veal, Lamb) and Meat Mixtures: Cook to internal temp of 160F/71C held for 3 minutes.
9							+CCP - Serve Hot >140F/60C

Kjottkaker (Norwegian Meatballs) (Kjottkaker (Norwegian Meatbals))

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

Gravy (Brun Saus) (Brun Saus (Gravy))

COOK-END TEMP	COOK METHOD	SERVING SIZE
63 °C	Simmer	2 fl. oz

ALLERGIES
Contains: Beef; AllergenSoy; AllergenWheat; AllergenMilk; AllergenFish; Carrots; Celery; Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	2 g	1 g	1.5 g	0 mg	320 mg

	INGREDIENTS	SERVINGS 5	SERVINGS 13	SERVINGS 25	SERVINGS 50	PREPARATION STEP
1	Butter, Salted Bulk	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup	WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
	Broth, Beef	1 Cup	2 1/2 Cup	1 1/4 Qt	2 1/2 Qt	
	Sauce, Worcestershire	3/4 tsp	2.0 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	
	Salt, Iodized	1/4 tsp	3/4 tsp	1 1/4 tsp	2 1/2 tsp	
	Onion, Powder	1/4 tsp	3/4 tsp	1 1/4 tsp	2 1/2 tsp	
2	Flour, All Purpose	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 1/8 Cup	Blend flour into melted margarine to make a roux.
3						Cook, stirring often, until the flour has deepened in color, about 10-15 minutes, being careful not to burn. We do want a deep golden brown color
4	Pepper, Black Ground	1/8 tsp	1/4 tsp	3/4 tsp	1 1/4 tsp	Slowly stream in the beef broth, stirring constantly to prevent lumps. (Bring the mixture to a simmer to thicken.)

Gravy (Brun Saus) (Brun Saus (Gravy))

	INGREDIENTS	SERVINGS 5	SERVINGS 13	SERVINGS 25	SERVINGS 50	PREPARATION STEP
5						After the gravy has thickened considerably (after about 7-9 minutes), stir in the Worcestershire sauce, and season to taste with salt and pepper.
6						Add the cooked meatballs into the sauce for a few minutes to warm through and coat in the gravy.
7						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
8						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.
9						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
10						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 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.

Orange Fresh Whole (Fresh Whole Orange)

7 RG7

SERVING SIZE	ALLERGIES
1 whole	Contains: Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	17 g	1 g	0 g	60 mg	0 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						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.

Potato Mashed f/Pearls (Mashed Potatoes)

COOK TIME	COOK TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
1 Min	212.0 °F	Boil	#8 scoop	1/2 Cup	Contains: Potatoes; AllergenMilk; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	22 g	2 g	1 g	10 mg	125 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap	2 3/4 Cup	1 3/4 Qt	3 1/2 Qt	1 Gal 12 Cup	Boiled	Heat water to boil. Stir in potato pearls, or prepare product as per package instructions.
	Potato, Pearls	9.5 Oz	1 lb 8 Oz	3 lb	6 lb		
3	Margarine, Solids Salted	3 tsp	2 Tbsp 1 tsp	1/3 Cup	2/3 Cup		Add margarine and seasonings, then remove from heat and stir until desired consistency. Fluff with fork before serving.
	Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
4							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

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Potato Mashed f/Pearls (Mashed Potatoes)

	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.

Roll Multigrain (Multigrain Roll)

SERVING SIZE	ALLERGIES
1 each	**Contains: AllergenWheat**

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	12 g	3 g	1.5 g	30 mg	125 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.