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Beef Tips & Mushrooms in Gravy f/Cubes (Beef Tips & Mushrooms in Gravy)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
20 Min	300.0 °F	63 °C	Simmer	4z Spoodle	1/2 Cup	ⓘ Contains: Onion; Beef; Mushroom; AllergenWheat; AllergenSoy; AllergenMilk; Corn; Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	8 g	31 g	7 g	20 mg	220 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Beef, Diced/Stew Meat Raw	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb		Over medium heat, brown beef tips and chopped onion until meat loses red color. Do not overcook.
2 Onion, Yellow	4 Oz	9.5 Oz	1 lb 3 Oz	2 lb 6 Oz	Chopped	
Pan Coating, Spray	5 g	5 g	5 g	5 g		
3 Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		Combine seasonings and flour. Add to meat and mix well, about 5 min.
Garlic, Powder	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
Flour, All Purpose	2/3 Cup	1 2/3 Cup	3 1/4 Cup	1 3/4 Qt		

Beef Tips & Mushrooms in Gravy f/Cubes (Beef Tips & Mushrooms in Gravy)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
4	Base, Beef Paste G-F LS	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	Prepared	Combine base and water and add to meat and stir until gravy thickens and comes to a boil. Add mushrooms.
	Water, Tap	3 1/4 Cup	2 Qt	1 Gal	2 Gal		
	Mushrooms Sauteed f/Fresh	3 Oz	8 Oz	1 lb	2 lb		
5							Cover and simmer until meat is tender.
6							For Fresh Beef, Veal, and Lamb Cuts (Steaks, Roasts, Chops): Cook to internal temp of 145F/63C held for 15 sec.
7							CCP -- Maintain >140F/60C; discard unused product.
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.
10							Discard unused product.

Mushrooms Sauteed f/Fresh (Sauteed Mushrooms)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
5 Min	57 °C	Saute	1/2 Cup	ⓘ Contains: AllergenSoy; Mushroom; AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	4 g	4 g	4 g	0 mg	140 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	1	2	4	8		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						WASH ALL PRODUCE under cool, running water. Drain well.
3	Margarine, Solids Salted	0.5 Oz	0.5 Oz	1 Oz	2 Oz	Heat margarine, saute mushrooms until tender.
	Mushrooms, Fresh	3 Oz	7.5 Oz	15 Oz	1 lb 15 Oz Diced	
4	Pepper, Black Ground	1/8 tsp	1/8 tsp	1/8 tsp	1/8 tsp	Toss with salt and pepper.
	Salt, Iodized	1/8 tsp	1/8 tsp	1/8 tsp	1/4 tsp	
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.

Mushrooms Sauteed f/Fresh (Sauteed Mushrooms)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		1	2	4	8		
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.

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	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					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				PREPARATION STEP
	10	25	50	100	
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)

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	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.

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.

Roll Wheat (Wheat Roll)

COOK-END TEMP	SERVING UTENSIL	SERVING SIZE	ALLERGIES
63 °C	Tongs	1 each	ⓘ Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	14 g	2 g	1.5 g	30 mg	150 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					Prepare product as per package instructions.
3					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
4					Portion according to serving size.
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.

Roll Wheat (Wheat Roll)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
		10	25	50	100	
7						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
8						Discard unused product.

Spaetzle Hmd (Spaetzle)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
0.0 °F	Boil	1/2 Cup	ⓘ Contains: AllergenEggs; AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
220 kcal	39 g	8 g	2.5 g	10 mg	105 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP	
	10	25	50	100		
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Flour, All Purpose	1 Qt	2 1/2 Qt	1 Gal 4 Cup	In large bowl, combine flour, eggs, nutmeg and salt.	
	Eggs, Shell Large	5 each	12.5 each	25 each		
	Salt, Iodized	1/4 tsp	3/4 tsp	1 1/2 tsp		
	Nutmeg, Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
3	Water, Tap	3/4 Cup	2.0 Cup	3 3/4 Cup	2.0 Qt	Add water a little at a time to for a soft dough.
4						Boil an appropriate amount of water in large pot. Squeeze dough out into the water using noodle or fruit press or by pressing through a colander with large holes. When noodles float to the top of the water, they are done (3-4 min).
5						*CCP--Maintain>140F. Temperature should be taken every 2 hours during holding.

Spaetzle Hmd (Spaetzle)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
		10	25	50	100	
6						CCP -- Cool: Product must reach 140F/60C 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.

Tomato Stewed f/Cnd (Stewed Tomatoes)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
20 Min	63 °C	Saute	1/2 Cup	ⓘ Contains: Tomato; Peppers Bell; Onion; Celery; Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	12 g	1 g	0 g	50 mg	300 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP	
	10	25	50	100			
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Onion, Yellow	2 Oz	5 Oz	10 Oz	1 lb 4 Oz	Diced	Saute vegetables until tender.
	Celery, Whole Fresh	2 Oz	5 Oz	10 Oz	1 lb 4 Oz	Diced	
	Peppers, Green Fresh	2 Oz	5 Oz	10 Oz	1 lb 4 Oz	Diced	
3	Cornstarch	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup		Add cornstarch to small amount of juice from tomatoes; make paste. Combine tomatoes with seasonings and heat to boiling. Add cornstarch paste; stirring constantly cook until thick and clear.
	Tomato, Diced Cnd	1 1/4 Qt	3 1/4 Qt	1 Gal 10 Cup	3 Gal 3 Cup		
	Sugar, Granulated Bulk	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		

Tomato Stewed f/Cnd (Stewed Tomatoes)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
	Pepper, Black Ground	1/4 tsp	3/4 tsp	1 3/4 tsp	1 Tbsp		
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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8							Discard unused product.