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Beef Taco Salad (Beef Taco Salad)

| COOK TIME | COOK TEMP | COOK-END TEMP | COOK METHOD | SERVING SIZE | ALLERGIES |
|-----------|-----------|---------------|-------------|--------------|--|
| 15 Min | 300.0 °F | 71 °C | Pan Fry | 1 each | ⓘ Contains: Tomato; Beef; AllergenMilk; Onion; Corn |

| NUTRIENTS PER SERVING | | | | | |
|-----------------------|---------------|---------|-----------|---------|--------|
| CALORIES | CARBOHYDRATES | PROTEIN | TOTAL FAT | CALCIUM | SODIUM |
| 330 kcal | 17 g | 18 g | 22 g | 270 mg | 640 mg |

| INGREDIENTS | SERVINGS | SERVINGS | SERVINGS | SERVINGS | INGREDIENT PREP | PREPARATION STEP |
|---------------------------------------|--------------|----------|----------|-------------|-----------------|--|
| | 10 | 25 | 50 | 100 | | |
| 1 | | | | | | WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. |
| 2 Beef, Ground 80-89/20-11 Raw | 1 lb 10 Oz | 4 lb | 8 lb | 16 lb | | Crumble and brown beef with chili powder in skillet. Pour off fat. |
| Chili Powder, Mild | 2 Tbsp 1 tsp | 1/3 Cup | 3/4 Cup | 1 1/2 Cup | | |
| 3 Tomato, Sauce Cnd | 2 1/3 Cup | 1 1/2 Qt | 3 Qt | 1 Gal 8 Cup | | Add sauce and heat to internal temp. |
| 4 | | | | | | For Ground Meat (Beef, Pork, Veal, Lamb) and Meat Mixtures: Cook to internal temp of 160F/71C held for 3 minutes. |
| 5 Lettuce, Iceberg Whole | 2 lb | 5 lb | 10 lb | 20 lb | Shredded | Place 1 1/2 Cup lettuce and 1/2 oz chips on platter. Place #12 Scp meat mixture over lettuce. Top with 1 Tbsp each of tomato, onions and olives. Top with 2 Tbsp (1 oz) shredded cheese. |

Beef Taco Salad (Beef Taco Salad)

| INGREDIENTS | SERVINGS | SERVINGS | SERVINGS | SERVINGS | INGREDIENT PREP | PREPARATION STEP |
|---------------|----------|------------|-----------|-----------|-----------------|------------------|
| | 10 | 25 | 50 | 100 | | |
| Onion, Yellow | 10.5 Oz | 1 lb 10 Oz | 3 lb 4 Oz | 6 lb 8 Oz | Chopped | |

Beef Taco Salad (Beef Taco Salad)

| INGREDIENTS | SERVINGS | SERVINGS | SERVINGS | SERVINGS | INGREDIENT PREP | PREPARATION STEP |
|---------------------------|----------|------------|-----------|-----------|-----------------|--|
| | 10 | 25 | 50 | 100 | | |
| Tomato, Fresh | 10.5 Oz | 1 lb 10 Oz | 3 lb 4 Oz | 6 lb 8 Oz | Chopped | |
| Olives, Black-Ripe Pieces | 2/3 Cup | 1 2/3 Cup | 3 1/4 Cup | 1 3/4 Qt | | |
| Cheese, Cheddar Shredded | 10.5 Oz | 1 lb 10 Oz | 3 lb 4 Oz | 6 lb 8 Oz | | |
| Chips, Tortilla Bulk | 3.5 Oz | 9 Oz | 1 lb 2 Oz | 2 lb 3 Oz | | |
| 6 | | | | | | 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. |
| 7 | | | | | | Discard unused product. |

Cornbread f/Mix (Cornbread)



EC7



RG7

| COOK TIME | COOK TEMP | COOK-END TEMP | COOK METHOD | SERVING SIZE |
|-----------|-----------|---------------|-------------|--------------|
| 18 Min | 425.0 °F | 63 °C | Bake | 1 (2x3) |

| ALLERGIES |
|---|
| ⓘ Contains: AllergenWheat; Corn; AllergenEggs; AllergenSoy; AllergenMilk |

| NUTRIENTS PER SERVING | | | | | |
|-----------------------|---------------|---------|-----------|---------|--------|
| CALORIES | CARBOHYDRATES | PROTEIN | TOTAL FAT | CALCIUM | SODIUM |
| 130 kcal | 20 g | 3 g | 4 g | 20 mg | 240 mg |

| INGREDIENTS | SERVINGS | SERVINGS | SERVINGS | SERVINGS | INGREDIENT PREP | PREPARATION STEP |
|-----------------------------------|----------|-----------|-----------|-----------|-----------------|---|
| | 10 | 25 | 50 | 100 | | |
| 1 | | | | | | WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. |
| Eggs, Liquid Non-Dairy | 3 Tbsp | 1/2 Cup | 1.0 Cup | 2.0 Cup | Thawed | Prepare product as per package instructions. |
| 2 Water, Tap | 1 Cup | 2 1/2 Cup | 1 1/4 Qt | 2 1/2 Qt | | |
| Baking Mix, Cornbread/Corn Muffin | 10 Oz | 1 lb 9 Oz | 3 lb 2 Oz | 6 lb 4 Oz | | |
| 3 | | | | | | Mix just until smooth. Spread batter into well-greased baking sheet(s). Bake as directed or until golden brown, approximately 12-18 minutes. Cut into 2x3" squares. |

Cornbread f/Mix (Cornbread)



EC7



RG7

| | INGREDIENTS | SERVINGS | SERVINGS | SERVINGS | SERVINGS | INGREDIENT PREP | PREPARATION STEP |
|---|-------------|----------|----------|----------|----------|-----------------|--|
| | | 10 | 25 | 50 | 100 | | |
| 4 | | | | | | | For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec. |
| 5 | | | | | | | CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. |
| 6 | | | | | | | CCP -- Maintain <40F/4C (FDA) |

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.

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.

Corn Salad f/Frz (Corn Salad)

| COOK METHOD | SERVING SIZE | ALLERGIES |
|-------------|--------------|---|
| Chill | 1/2 Cup | ⓘ Contains: Corn; Onion; Peppers Bell; AllergenSulphites |

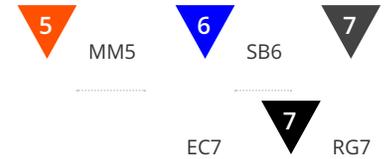
| NUTRIENTS PER SERVING | | | | | |
|-----------------------|---------------|---------|-----------|---------|--------|
| CALORIES | CARBOHYDRATES | PROTEIN | TOTAL FAT | CALCIUM | SODIUM |
| 100 kcal | 17 g | 2 g | 4.5 g | 10 mg | 95 mg |

| INGREDIENTS | SERVINGS | SERVINGS | SERVINGS | SERVINGS | INGREDIENT PREP | PREPARATION STEP |
|-------------------------|--------------|-----------|-----------|-------------|-----------------|--|
| | 10 | 25 | 50 | 100 | | |
| 1 | | | | | | WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. |
| Corn, Yellow/Sweet Frz | 1 lb 11 Oz | 4 lb 3 Oz | 8 lb 5 Oz | 16 lb 11 Oz | Thawed | Cook corn, do not overcook. Combine corn, onions and pepper in a bowl. Chill until cold. |
| 2 Onion, Yellow | 3 Oz | 7 Oz | 14 Oz | 1 lb 12 Oz | Diced | |
| Peppers, Green Fresh | 4 Oz | 10 Oz | 1 lb 4 Oz | 2 lb 8 Oz | Diced | |
| 3 | | | | | | CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs. |
| 4 Vinegar, White | 1/4 Cup | 2/3 Cup | 1 1/4 Cup | 2 1/2 Cup | | Mix together vinegar, oil, sugar, salt, cumin and pepper for dressing. Mix well with wire whip. |
| Oil, Vegetable | 2 Tbsp 2 tsp | 1/2 Cup | 1.0 Cup | 1 3/4 Cup | | |

Corn Salad f/Frz (Corn Salad)

| INGREDIENTS | SERVINGS | SERVINGS | SERVINGS | SERVINGS | INGREDIENT PREP | PREPARATION STEP |
|------------------------|-----------|--------------|--------------|--------------|-----------------|--|
| | 10 | 25 | 50 | 100 | | |
| Sugar, Granulated Bulk | 1 1/2 tsp | 1 Tbsp 1 tsp | 2 Tbsp 2 tsp | 1/3 Cup | | |
| Salt, Iodized | 1/2 tsp | 1 tsp | 2 tsp | 1 Tbsp 1 tsp | | |
| Cumin, Ground | 1/2 tsp | 1 1/4 tsp | 2 1/2 tsp | 1 Tbsp 2 tsp | | |
| Pepper, Black Ground | 1/2 tsp | 1 1/4 tsp | 2 1/2 tsp | 1 Tbsp 2 tsp | | |
| 5 | | | | | | Pour dressing over corn mixture, toss to coat. |
| 6 | | | | | | CCP -- Maintain <40F/4C (FDA) |

Guacamole f/Fresh (Guacamole)

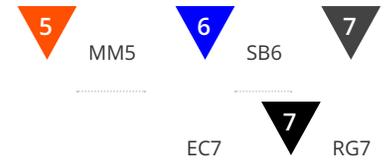


| COOK METHOD | SERVING UTENSIL | SERVING SIZE | ALLERGIES |
|-------------|-----------------|--------------|--|
| Chill | #60 scoop | 1 #60 sc. | ⓘ Contains: Tomato; Citrus; Onion; Allergen Sulphites |

| 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 | SERVINGS | SERVINGS | SERVINGS | INGREDIENT PREP | PREPARATION STEP |
|-------------------------------|-----------|--------------|--------------|-----------|-------------------------|--|
| | 10 | 25 | 50 | 100 | | |
| 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 | SERVINGS | SERVINGS | SERVINGS | INGREDIENT PREP | PREPARATION STEP |
|---|-------------|----------|----------|----------|----------|-----------------|-------------------------------|
| | | 10 | 25 | 50 | 100 | | |
| 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.

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. |

Pineapple Tidbits f/Cnd (Chilled Pineapple)

| COOK METHOD | SERVING UTENSIL | SERVING SIZE | ALLERGIES |
|-------------|-----------------|--------------|------------------------------|
| Chill | 4z Spoodle | 1/2 Cup | ⓘ Contains: Pineapple |

| NUTRIENTS PER SERVING | | | | | |
|-----------------------|---------------|---------|-----------|---------|--------|
| CALORIES | CARBOHYDRATES | PROTEIN | TOTAL FAT | CALCIUM | SODIUM |
| 70 kcal | 19 g | 1 g | 0 g | 20 mg | 0 mg |

| INGREDIENTS | SERVINGS | SERVINGS | SERVINGS | SERVINGS | INGREDIENT PREP | PREPARATION STEP |
|----------------------------------|-----------------|---------------|---------------|---------------|-----------------|--|
| | 10 | 25 | 50 | 100 | | |
| 1 | | | | | | WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. |
| 2 Pineapple, Tidbits JcPk | 0.4 no. 10 cans | 1 no. 10 cans | 2 no. 10 cans | 4 no. 10 cans | Drained | Portion using 1/2 cup solid spoodle or #10 scoop. |
| 3 | | | | | | Refrigerate at <40F until service. |