

TABLE OF CONTENTS

| | |
|---|----|
| Broccoli Florets f/Frz (Seasoned Broccoli Florets)..... | 2 |
| Dressing Stuffing Bread Sage (Sage Bread Dressing)..... | 4 |
| Gravy Poultry f/Mix (Poultry Gravy)..... | 6 |
| Margarine Pat (Margarine)..... | 8 |
| Milk 2% PC 8 flz (2% Milk)..... | 9 |
| Pie Pumpkin (Pumpkin Pie)..... | 10 |
| Potato Mashed f/Pearls (Mashed Potatoes)..... | 11 |
| Turkey Roast Herb f/Bnls (Herb Roasted Turkey)..... | 13 |

Broccoli Florets f/Frz (Seasoned Broccoli Florets)

| COOK TIME | COOK TEMP | COOK-END TEMP | COOK METHOD | SERVING UTENSIL | SERVING SIZE | ALLERGIES |
|-----------|-----------|---------------|-------------|-----------------|--------------|--|
| 10 Min | 180.0 °F | 63 °C | Steam | 4z Spoodle | 1/2 Cup | ⓘ Contains: Broccoli; AllergenMilk; AllergenSoy |

| NUTRIENTS PER SERVING | | | | | |
|-----------------------|---------------|---------|-----------|---------|--------|
| CALORIES | CARBOHYDRATES | PROTEIN | TOTAL FAT | CALCIUM | SODIUM |
| 35 kcal | 5 g | 3 g | 1 g | 50 mg | 35 mg |

| INGREDIENTS | SERVINGS | SERVINGS | SERVINGS | SERVINGS | INGREDIENT PREP | PREPARATION STEP |
|----------------------------|--------------|-----------|----------|----------|-----------------|--|
| | 10 | 25 | 50 | 100 | | |
| 1 | | | | | | WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. |
| Broccoli, Florets Frz | 2 lb | 5 lb | 10 lb | 20 lb | Thawed | Steam broccoli until tender, approximately 8-10 minutes. Add seasoning & margarine and mix well. Toss broccoli in margarine mixture to coat evenly. |
| 2 Margarine, Solids Salted | 1 Tbsp 2 tsp | 1/4 Cup | 1/2 Cup | 1 Cup | | |
| Parsley, Dried | 1/2 tsp | 1 1/2 tsp | 1 Tbsp | 2 Tbsp | | |
| 3 | | | | | | For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec. |
| 4 | | | | | | 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. |

Broccoli Florets f/Frz (Seasoned Broccoli Florets)

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

Dressing Stuffing Bread Sage (Sage Bread Dressing)

| COOK TIME | COOK TEMP | COOK-END TEMP | COOK METHOD | SERVING SIZE | ALLERGIES |
|-----------|-----------|---------------|-------------|--------------|---|
| 60 Min | 325.0 °F | 63 °C | Bake | 1/2 Cup | ⓘ Contains: Onion; AllergenWheat; AllergenSoy; Celery; AllergenMilk; Corn; Carrots; Garlic; Tomato |

| NUTRIENTS PER SERVING | | | | | |
|-----------------------|---------------|---------|-----------|---------|--------|
| CALORIES | CARBOHYDRATES | PROTEIN | TOTAL FAT | CALCIUM | SODIUM |
| 120 kcal | 16 g | 3 g | 6 g | 50 mg | 270 mg |

| | INGREDIENTS | SERVINGS | SERVINGS | SERVINGS | SERVINGS | INGREDIENT PREP | PREPARATION STEP |
|----------|------------------------------|-----------|--------------|-----------|----------|-----------------|--|
| | | 10 | 25 | 50 | 100 | | |
| 1 | | | | | | | WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. |
| 2 | Celery, Whole Fresh | 1/3 Cup | 3/4 Cup | 1 1/2 Cup | 3 Cup | Diced | Saute onions & celery in margarine until light browned. |
| | Onion, Yellow | 1 Oz | 3 Oz | 5.5 Oz | 11 Oz | Diced | |
| | Margarine, Solids Salted | 1/3 Cup | 1 Cup | 2 Cup | 1 Qt | | |
| 3 | Water, Tap | 3 1/4 Cup | 2 Qt | 1 Gal | 2 Gal | | Add water, base and seasonings to vegetables. |
| | Base, Vegetable Paste G-F LS | 1 Tbsp | 2 Tbsp 2 tsp | 1/3 Cup | 2/3 Cup | | |
| | Seasoning, Poultry | 1/2 tsp | 1 1/2 tsp | 1 Tbsp | 2 Tbsp | | |

Dressing Stuffing Bread Sage (Sage Bread Dressing)

| INGREDIENTS | SERVINGS | SERVINGS | SERVINGS | SERVINGS | INGREDIENT PREP | PREPARATION STEP |
|----------------------|----------|----------|----------|--------------|-----------------|--|
| | 10 | 25 | 50 | 100 | | |
| Pepper, Black Ground | 1/2 tsp | 1 tsp | 2 tsp | 1 Tbsp 1 tsp | | |
| Sage, Rubbed | 2 tsp | 2 Tbsp | 1/4 Cup | 1/2 Cup | | |
| 4 Bread White | 10 slice | 25 slice | 50 slice | 100 slice | Cubed | Add bread gradually to base mixture, tossing until thoroughly mixed. Scale dressing into greased pan(s). Bake for approximately 1 hour. |
| 5 | | | | | | For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec. |
| 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 | | | | | | CCP -- Cool: Product must reach 135F/57C 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. |

Gravy Poultry f/Mix (Poultry Gravy)



| COOK TIME | COOK TEMP | COOK-END TEMP | COOK METHOD | SERVING SIZE | ALLERGIES |
|-----------|-----------|---------------|-------------|--------------|---|
| 5 Min | 200.0 °F | 63 °C | Simmer | 2 fl. oz | ⓘ Contains: AllergenWheat; AllergenSoy; AllergenMilk |

| NUTRIENTS PER SERVING | | | | | |
|-----------------------|---------------|---------|-----------|---------|--------|
| CALORIES | CARBOHYDRATES | PROTEIN | TOTAL FAT | CALCIUM | SODIUM |
| 20 kcal | 4 g | 1 g | 0 g | 10 mg | 270 mg |

| INGREDIENTS | SERVINGS | SERVINGS | SERVINGS | SERVINGS | PREPARATION STEP |
|-------------|--------------------------------|----------|----------|--------------|--|
| | 10 | 25 | 50 | 100 | |
| 1 | | | | | WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. |
| 2 | Water, Tap 2 2/3 Cup | 1 3/4 Qt | 3 1/4 Qt | 1 Gal 10 Cup | Prepare product as per package instructions. |
| | Gravy Mix, Poultry Dry 2 Oz | 5.5 Oz | 11 Oz | 1 lb 6 Oz | |
| 3 | | | | | For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec. |
| 4 | | | | | 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. |

Gravy Poultry f/Mix (Poultry Gravy)



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

Pureed (PU4): • Usually eaten with a spoon (a fork is possible) • Cannot be drunk from a cup because it does not flow easily • Cannot be sucked through a straw • Does not require chewing • Can be piped, layered or molded because it retains its shape, but should not require chewing if presented in this form • Shows some very slow movement under gravity but cannot be poured • Falls off spoon in a single spoonful when tilted and continues to hold shape on a plate • No lumps • Not sticky • Liquid must not separate from solid Level 4 Pureed. Note: This recipe is for Level 4 Pureed and must be tested to meet the appropriate IDDSI level at service. Level may vary based on ingredients, preparation, equipment, temperature, and holding time.

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.

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.

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. |

Pie Pumpkin (Pumpkin Pie)

| COOK METHOD | SERVING SIZE | ALLERGIES |
|-------------|--------------|--|
| Thaw | 1 slice | ⓘ Contains: AllergenEggs; AllergenWheat; AllergenMilk |

| NUTRIENTS PER SERVING | | | | | |
|-----------------------|---------------|---------|-----------|---------|--------|
| CALORIES | CARBOHYDRATES | PROTEIN | TOTAL FAT | CALCIUM | SODIUM |
| 300 kcal | 42 g | 5 g | 12 g | 80 mg | 290 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 | | | | | Portion according to serving size. |
| 4 | | | | | Discard unused product. |

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

Potato Mashed f/Pearls (Mashed Potatoes)

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

Turkey Roast Herb f/Bnls (Herb Roasted Turkey)

| COOK TIME | COOK TEMP | COOK-END TEMP | COOK METHOD | SERVING UTENSIL | SERVING SIZE | ALLERGIES |
|-----------|-----------|---------------|-------------|-----------------|--------------|--|
| 90 Min | 350.0 °F | 74 °C | Bake | Spatula | 3 Oz | Contains: Turkey; Onion; Citrus; Garlic; AllergenMilk; AllergenSoy; AllergenSulphites |

| NUTRIENTS PER SERVING | | | | | |
|-----------------------|---------------|---------|-----------|---------|--------|
| CALORIES | CARBOHYDRATES | PROTEIN | TOTAL FAT | CALCIUM | SODIUM |
| 140 kcal | 1 g | 18 g | 7 g | 10 mg | 120 mg |

| INGREDIENTS | SERVINGS | SERVINGS | SERVINGS | SERVINGS | INGREDIENT PREP | PREPARATION STEP | |
|---------------------------------------|--------------------------|--------------|--------------|--------------|-----------------|---|--|
| | 10 | 25 | 50 | 100 | | | |
| 1 | | | | | | WASH HANDS before beginning preparation & SANITIZE surfaces & equipment. | |
| 2 Turkey, Roast Whole Bnls Raw | 2 lb 10 Oz | 6 lb 8 Oz | 13 lb | 26 lb | | Roast turkey for 45-60 min, or prepare turkey per manufacturer's instructions. Let rest for at least 10 minutes before slicing and layer in shallow pan(s). | |
| 3 | Margarine, Solids Salted | 3 Tbsp 1 tsp | 1/2 Cup | 1 Cup | 2 Cup | Melted | Melt margarine and stir in all remaining ingredients. Coat each slice of turkey with the herb mixture. |
| | Onion, Yellow | 2 Oz | 4.5 Oz | 9.5 Oz | 1 lb 3 Oz | Diced | |
| | Juice, Lemon Bulk | 2 Tbsp 1 tsp | 1/3 Cup | 3/4 Cup | 1 1/2 Cup | | |
| | Garlic, Powder | 1/2 tsp | 1 1/4 tsp | 2 1/2 tsp | 1 Tbsp 2 tsp | | |
| | Parsley, Dried | 2.0 tsp | 1 Tbsp 2 tsp | 3 Tbsp 1 tsp | 1/3 Cup | | |

Turkey Roast Herb f/Bnls (Herb Roasted Turkey)

| INGREDIENTS | SERVINGS | SERVINGS | SERVINGS | SERVINGS | INGREDIENT PREP | PREPARATION STEP |
|---------------------|----------|----------|--------------|--------------|-----------------|--|
| | 10 | 25 | 50 | 100 | | |
| Paprika | 1.0 tsp | 2 tsp | 1 Tbsp 2 tsp | 3 Tbsp | | |
| Basil, Leaves Dried | 1/4 tsp | 1/2 tsp | 1 tsp | 2 tsp | | |
| Oregano, Dry | 1/2 tsp | 1 tsp | 2 tsp | 1 Tbsp 1 tsp | | |
| 4 | | | | | | Bake uncovered at 350F/177C for 25-30 min. |
| 5 | | | | | | For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec. |
| 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 | | | | | | CCP -- Cool: Product must reach 135F/57C 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. |