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Brussels Sprouts w/Bacon f/Frz (Brussels Sprouts with Bacon)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE
20 Min	200.0 °F	63 °C	Cook	1/2 Cup

ALLERGIES
Contains: Pork & Products

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	8 g	4 g	1.5 g	20 mg	40 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Bacon, Pork 18-26 ct	3 Oz	8 Oz	1 lb	2 lb	Dice bacon. Add to skillet and cook until bacon is browned.
3	Paprika	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	Steam brussels sprouts until tender; drain. Combine bacon and bacon fat, seasoning and vegetables, toss lightly to distribute.
	Brussels Sprouts, Frz	2 lb	5 lb	10 lb	20 lb	
4						For Fresh Pork and Ham Cuts: Cook to internal temp of 145F/63C 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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Brussels Sprouts w/Bacon f/Frz (Brussels Sprouts with Bacon)

	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.

Crisp Plum Hmd (Plum Crisp)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE
40 Min	350.0 °F	63 °C	Bake	1/2 Cup

ALLERGIES
Contains: AllergenWheat; AllergenSoy; AllergenMilk; Cinnamon

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	41 g	3 g	4 g	20 mg	140 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Plums, JcPk	1 Qt	2 1/2 Qt	1 Gal 4 Cup	2 Gal 8 Cup	Drain fruit, reserve juice. Arrange fruit in baking pan(s) - 18x26". Pour 3 cups reserved juice per pan.
	Sugar, Granulated Bulk	3 Tbsp 2 tsp	1/2 Cup	1 1/8 Cup	2 1/4 Cup	
	Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
	Cereal, Oats Inst/Quick Bulk	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt	
	Sugar, Brown Light	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt	
	Margarine, Solids Salted	1/3 Cup	3/4 Cup	1 2/3 Cup	3 1/3 Cup	
	Flour, All Purpose	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt	

Crisp Plum Hmd (Plum Crisp)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
	Salt, Iodized	1/8 tsp	1/4 tsp	1/2 tsp	3/4 tsp	
	Cinnamon, Ground	1/4 tsp	3/4 tsp	1 3/4 tsp	1 Tbsp	
	Nutmeg, Ground	1/4 tsp	1/2 tsp	1 1/8 tsp	2 1/4 tsp	
	Flour, All Purpose	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt	
	Baking Powder	1/8 tsp	1/2 tsp	1.0 tsp	1 3/4 tsp	
	Baking Soda	1/8 tsp	1/2 tsp	1.0 tsp	1 3/4 tsp	
3						Combine sugar, 1st flour, salt, cinnamon and nutmeg; sprinkle about 2 cups per pan. Stir slightly to moisten flour mixture.
4						Cut margarine into remaining dry ingredients until mixture is course and crumbly. Sprinkle mixture evenly over fruit in each pan.
5						Bake 40 min at 375F/190C until top is lightly brown. Serve warm.
6						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
7						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.

Crisp Plum Hmd (Plum Crisp)

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

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Gravy Poultry f/Mix (Poultry Gravy)

4 PU4 5 MM5 6 SB6 7 EC7

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE
5 Min	200.0 °F	63 °C	Simmer	2 fl. oz

ALLERGIES
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 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
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)

4 PU4 5 MM5 6 SB6 7 EC7

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

Margarine Pat (Margarine)

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 clinicians 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.

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.

Potato Sweet Mashed f/Cnd (Mashed Sweet Potatoes)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE
55 Min	350.0 °F	Bake	1/2 Cup

ALLERGIES
Contains: Cinnamon; AllergenMilk; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	28 g	1 g	1.5 g	20 mg	50 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Potato, Sweet Syrup Cnd	0.4 no. 10 can	1 no. 10 can	2 no. 10 can	4 no. 10 can	Drained	Drain 1/2 of liquid from potatoes and place potatoes in mixer bowl. Add margarine, brown sugar and cinnamon to potatoes.
	Sugar, Brown Light	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
	Margarine, Solids Salted	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Melted	
	Cinnamon, Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp		
3							Mash using whip attachment at low speed until there are no lumps.
4							Arrange mashed potatoes in 12x20x2 pan(s). Steam to internal temperature of >140F.

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Potato Sweet Mashed f/Cnd (Mashed Sweet 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							NOTES: 8 lbs fresh =1#10 can Sweet Potatoes = 3 qts canned.

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

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