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Cabbage & Bok Choy Steamed (Cabbage & Bok Choy)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
10 Min	63 °C	Steam	1/2 Cup	ⓘ Contains: AllergenSoy; AllergenMilk; Cabbage

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	5 g	2 g	1.5 g	90 mg	65 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2					WASH ALL PRODUCE under cool, running water. Drain well.
3					Cut vegetables into strips 1 inch x 1/2 inch. Steam vegetables until tender. Add seasonings and mix well.
Cabbage, Green Whole Fresh	1 lb 6 Oz	3 lb 8 Oz	7 lb	14 lb	
Cabbage, Bok Choy/Pak Choi	1 lb 6 Oz	3 lb 8 Oz	7 lb	14 lb	
Margarine, Solids Salted	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
Ginger, Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
4					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

Cabbage & Bok Choy Steamed (Cabbage & Bok Choy)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	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.

Chicken Baked Rotisserie f/8-cut (Rotisserie Chicken)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
55 Min	375.0 °F	74 °C	Bake	3 Oz	ⓘ Contains: Chicken; AllergenMilk; Garlic; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	0 g	11 g	14 g	20 mg	70 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Chicken, 8-Cut Raw	1 lb 14 Oz	4 lb 11 Oz	9 lb 6 Oz	18 lb 12 Oz		Place chicken on baking sheet, skin side up.
3 Margarine, Solids Salted	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		Melt margarine and brush chicken with melted margarine. Evenly coat with seasoning. For more intense flavor, apply seasoning and let sit, refrigerated.
Garlic, Powder	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
Seasoning Mix LS Hmd	1/3 Cup	1 Cup	2 Cup	1 Qt	Prepared	
4						CCP -- Maintain <40F/4C (FDA)
5						Bake uncovered 45-55 minutes or until cooked through.

Chicken Baked Rotisserie f/8-cut (Rotisserie Chicken)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
6							For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C 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.
8							CCP -- Cool: Product must reach 135F/57C 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.

Seasoning Mix LS Hmd (Salt Free Seasoning Mix)

COOK METHOD	SERVING SIZE	ALLERGIES
Dry	1 tsp	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
0 kcal	0 g	0 g	0 g	10 mg	0 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	20	48	96	192	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Parsley, Dried	3 Tbsp	1/2 Cup	1.0 Cup	2.0 Cup	Mix all ingredients well. Store in airtight container and store at room temperature. Discard after 6 months.
Basil, Leaves Dried	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup	
2 Thyme, Dried Leaves	2 tsp	1 Tbsp 2 tsp	3 Tbsp 1 tsp	1/2 Cup	
Oregano, Dry	1 Tbsp	2 Tbsp 2 tsp	1/3 Cup	2/3 Cup	
3					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.

Spring Roll Vegetarian (Vegetarian Spring Roll)

COOK METHOD	SERVING SIZE	ALLERGIES
Heat	3 each, 1.5z	ⓘ Contains: Mushroom; AllergenSoy; Cabbage; AllergenWheat; Carrots

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
220 kcal	28 g	3 g	10 g	20 mg	500 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. Portion according to serving size.
3					Maintain >135F/57C.
4					Discard unused product.