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Baklava (Baklava)

SERVING SIZE		ALLERGIES				
1 piece		ⓘ Contains: Chocolate; AllergenWheat; AllergenSoy; AllergenTreeNuts				
NUTRIENTS PER SERVING						
CALORIES	CARBOHYDRATES		PROTEIN	TOTAL FAT	CALCIUM	SODIUM
260 kcal	37 g		4 g	11 g	60 mg	280 mg
INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP	
	10	25	50	100		
1						

Chips Pita f/Bulk (Pita Chips)

SERVING SIZE	ALLERGIES
1 Oz	ⓘ Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	19 g	3 g	5 g	10 mg	200 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP	
	10	25	50	100		
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Chips, Pita Bulk	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz	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.

Lamb Chop Herb Roasted f/Loin (Herb Roasted Lamb Chop)



COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
15 Min	400.0 °F	63 °C	Roast	3 Oz	ⓘ Contains: Lamb; Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
300 kcal	2 g	13 g	26 g	30 mg	610 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP	
	10	25	50	100			
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Oil, Olive	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Mix together seasonings and 1st portion of oil. Add lamb; turn to coat. Marinate under refrigeration for 30 minutes or up to one hour.	
	Garlic, Whole Fresh	1/4 Cup	2/3 Cup	1 1/3 Cup	2 2/3 Cup		Minced
	Thyme, Fresh	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		Crushed
	Rosemary, Dried Whole	1 1/2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup		
	Salt, Iodized	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
Lamb, Chop Loin BI Raw	10 each	25 each	50 each	100 each			

Lamb Chop Herb Roasted f/Loin (Herb Roasted Lamb Chop)



	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
3	Oil, Olive	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		CCP -- Maintain <40F/4C (FDA)
4							Heat 2nd portion of oil in skillet over high heat. Add lamb and cook until browned, about 3 minutes per side.
5							Transfer to roasting pan and roast in oven about 10-15 minutes. Let rest 5 minutes.
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: 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.

Lamb Chop Herb Roasted f/Loin (Herb Roasted Lamb Chop)



RG7

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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.

Potato Red Roasted Herbed f/Fresh (Roasted Red Potatoes)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
30 Min	375.0 °F	63 °C	Bake	4z Spoodle	1/2 Cup	ⓘ Contains: Potatoes; AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	27 g	3 g	1 g	20 mg	55 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						*WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Potato, Red Fresh	3 lb	7 lb 8 Oz	15 lb	30 lb	Peeled & Sliced	Peel potatoes & cut into wedges.
3 Oil, Olive	1 3/4 tsp	1 Tbsp 2 tsp	3 Tbsp	1/3 Cup		Combine all ingredients except potatoes in a bowl.
Cheese, Parmesan Grated/Shredded	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
Thyme, Dried Leaves	1/8 tsp	1/2 tsp	3/4 tsp	1 1/2 tsp		
Parsley, Fresh	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp	Minced	
Salt, Iodized	1/8 tsp	1/2 tsp	3/4 tsp	1 1/2 tsp		
Pepper, Black Ground	1/8 tsp	1/2 tsp	3/4 tsp	1 1/2 tsp		

Potato Red Roasted Herbed f/Fresh (Roasted Red Potatoes)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
4							Add potatoes. Toss evenly to coat potatoes. Arrange in single layer on parchment-lined sheet pans. Roast in until tender, approximately 30 min.
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.
9							Discard unused product.

Sauce Tzatziki Hmd (Tzatziki Sauce)



EC7



RG7

COOK METHOD	SERVING SIZE	ALLERGIES
Mix & Chill	2 Tbsp	ⓘ Contains: AllergenMilk; Cucumber; Onion; Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
15 kcal	2 g	1 g	0 g	40 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 Cucumber, Whole Fresh	2 Oz	5 Oz	10 Oz	1 lb 4 Oz	Shredded	Combine shredded cucumber and salt and let sit for 10-15 min. Drain well.
Salt, Iodized	1/8 tsp	1/2 tsp	3/4 tsp	1 1/2 tsp		
3 Yogurt, Plain LF Bulk	1.0 Cup	2 1/4 Cup	1 1/8 Qt	2 1/4 Qt		Combine all remaining ingredients with cucumber and refrigerate until use.
Garlic, Whole Fresh	1/4 tsp	1/2 tsp	1 tsp	2 tsp	Minced	
Mint, Fresh	3/4 tsp	2 1/8 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	Minced	
Onion, Green/Spring/Scallions	3/4 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	Sliced Thin	

Sauce Tzatziki Hmd (Tzatziki Sauce)



EC7



RG7

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
Pepper, Black Ground	1/8 tsp	1/2 tsp	3/4 tsp	1 1/2 tsp		
4						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.

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