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Bagel WhIG (Whole Grain Bagel)

SERVING SIZE	ALLERGIES
1 each	ⓘ Contains: AllergenWheat; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	28 g	6 g	1 g	10 mg	250 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.

Crisp Plum Hmd (Plum Crisp)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
40 Min	350.0 °F	63 °C	Bake	1/2 Cup	ⓘ 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	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP	
	10	25	50	100		
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	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
		10	25	50	100	
	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	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
		10	25	50	100	
9						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
10						Discard unused product.

Garnish Avocado Slices (Fresh Avocado Slices)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	2 slice	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
30 kcal	2 g	0 g	3 g	0 mg	0 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Avocado, Whole Fresh	1.25 whole	3.13 whole	6.25 whole	12.5 whole	Carefully cut avocado in half lengthwise, discarding pit. With a large spoon, scoop the flesh out of each half as one piece. Lay each half flat on a work surface, and slice in to 8 slices of similar size to yield 16 slices per avocado. Serve 2 slices as a garnish.
3					CCP -- Maintain <40F/4C (FDA)

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.

Salmon Lox Plate (Lox Plate)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	4 Oz	ⓘ Contains: Onion; AllergenFish

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	5 g	16 g	4 g	20 mg	1730 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Capers	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup	Drained	Portion 1 tbsp capers into a ramekin.
3 Fish, Salmon Lox Smoked Sliced	1 lb 14 Oz	4 lb 11 Oz	9 lb 6 Oz	18 lb 13 Oz	Sliced Thin	Portion 3 oz lox , 1 oz onion, and ramekin of capers on plate.
Onion, Red/Burmuda	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz	Sliced Thin	
4						CCP -- Maintain <40F/4C (FDA)

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.

Tomato Marinated Salad f/Fresh (Marinated Tomato Salad)

COOK METHOD	SERVING SIZE	ALLERGIES
Mix & Chill	1/2 Cup	ⓘ Contains: Tomato; Onion; Peppers Bell; Allergen Sulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
80 kcal	6 g	1 g	7 g	10 mg	40 mg

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Peppers, Green Fresh	3 Oz	8 Oz	15.5 Oz	1 lb 15 Oz	Diced	Combine all vegetables.
	Onion, Yellow	3 Oz	8 Oz	15.5 Oz	1 lb 15 Oz	Diced	
	Tomato, Fresh	1 lb 9 Oz	3 lb 14 Oz	7 lb 12 Oz	15 lb 8 Oz	Diced	
3	Vinegar, White	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		Combine seasoning, vinegar and oil. Add dressing to vegetables. Marinate in refrigerator for 3-4 hr or overnight.
	Oil, Vegetable	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		
	Pepper, White	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		

Tomato Marinated Salad f/Fresh (Marinated Tomato Salad)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
Sugar, Granulated Bulk	1 Tbsp 1 tsp	3 Tbsp 1 tsp	1/3 Cup	3/4 Cup		
Salt, Iodized	1/8 tsp	1/2 tsp	3/4 tsp	1 1/2 tsp		
4						CCP -- Maintain <40F/4C (FDA)