

TABLE OF CONTENTS

Milk 1% Bulk 8 flz (1% Milk) 2

Margarine Pat (Margarine) 3

Beef & Broccoli f/Cubes (Beef & Broccoli) 4

Egg Roll Vegetable 1.5z (Vegetable Egg Roll) 7

Melon Honeydew Cubes f/Fresh (Fresh Honeydew Cubes) 9

Rice Fluffy (Fluffy Rice) 10

Peas Snow Ginger & Shallots f/Frz (Seasoned Snow Peas) 12

Milk 1% Bulk 8 flz (1% Milk)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	8 fl. oz	ⓘ Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Milk, 1% Bulk	2 1/2 Qt	1 Gal 9 Cup	3 Gal 2 Cup	6 Gal 4 Cup	Pour milk cups.
3					CCP -- Maintain <40F/4C; discard unused product. (FDA)

Margarine Pat (Margarine)

SERVING SIZE	ALLERGIES
1 each	ⓘ Contains: AllergenMilk; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	0 g	0 g	4 g	0 mg	35 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; discard unused product. (FDA)
4					Discard unused product.

Beef & Broccoli f/Cubes (Beef & Broccoli)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
10 Min	350.0 °F	63 °C	Cook	6z Spoodle	3/4 Cup	ⓘ Contains: AllergenWheat; AllergenSoy; Onion; AllergenSulphites; Broccoli; Beef; Garlic; Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	11 g	20 g	3.5 g	75 mg	370 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Beef, Cubes Raw	2 lb	5 lb	10 lb	20 lb		Cut meat into small bite-sized pieces.
3 Sauce, Soy Bulk LS	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		Combine soy sauce, wine, and sugar. Pour over beef. Marinate in refrigerator.
Wine, Cooking Sherry	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		
Sugar, Granulated Bulk	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
4						CCP -- Maintain <40F/4C; discard unused product. (FDA)

Beef & Broccoli f/Cubes (Beef & Broccoli)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
5	Onion, Yellow	6.5 Oz	1 lb	2 lb	4 lb	Sliced Thin	Place meat mixture in kettle and brown all sides. Add onions and continue cooking until tender.
6	Ginger, Ground	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		Combine cornstarch, base, seasonings and water. Pour over meat and cook until juices are thickened and beef is cooked through.
	Garlic, Powder	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp		
	Cornstarch	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup		
	Water, Tap	1/3 Cup	1 Cup	2 Cup	1 Qt		
	Base, Beef Paste LS G-F	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
7	Broccoli, Florets Frz	1 lb 10 Oz	4 lb	8 lb	16 lb	Thawed	Add broccoli and cook until tender.
8							For Fresh Beef, Veal, and Lamb Cuts (Steaks, Roasts, Chops): Cook to internal temp of 145F/63C held for 15 sec.
9							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.
10							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.

Beef & Broccoli f/Cubes (Beef & Broccoli)

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

Egg Roll Vegetable 1.5z (Vegetable Egg Roll)

COOK-END TEMP	SERVING SIZE	ALLERGIES
68 °C	1 each	ⓘ Contains: Celery; AllergenWheat; AllergenEggs; Cabbage; Carrots

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
90 kcal	14 g	3 g	3 g	30 mg	210 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					For Ground Meat (Beef, Pork, Veal, Lamb, Fish) and Eggs: Cook to internal temp of 155F/68C held for 17 seconds.
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.

Egg Roll Vegetable 1.5z (Vegetable Egg Roll)

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

Melon Honeydew Cubes f/Fresh (Fresh Honeydew Cubes)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	1 Cup	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	16 g	1 g	0 g	20 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.
2 Melon, Honeydew Fresh	3 lb 12 Oz	9 lb 6 Oz	18 lb 13 Oz	37 lb 10 Oz	Cubed	Remove peel. Remove seeds in center. Rinse. Cut into 1/2" cubes.
3						CCP -- Maintain <40F/4C; discard unused product. (FDA)

Rice Fluffy (Fluffy Rice)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
35 Min	350.0 °F	63 °C	Bake	1/2 Cup	ⓘ Contains: AllergenMilk; Rice; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	23 g	3 g	2 g	30 mg	65 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Rice, White Parboiled	9.5 Oz	1 lb 8 Oz	3 lb	6 lb	Place rice, margarine and salt in shallow baking pan. Add water amount per manufacturer's instruction. Stir. Cover pan with heavy duty foil. Bake until liquid is absorbed. Fluff with fork, and serve.
	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
	Salt, Iodized	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
	Water, Tap	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 8 Cup	Boiled
3						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

Rice Fluffy (Fluffy Rice)

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

Peas Snow Ginger & Shallots f/Frz (Seasoned Snow Peas)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	11 g	4 g	2 g	75 mg	135 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Margarine, Solids	1 Tbsp 1 tsp	3 Tbsp	1/3 Cup	3/4 Cup		Sauté shallots in melted margarine until softened. Add ginger.
2 Ginger, Ground	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp		
Shallots, Peeled Fresh	0.5 Oz	1 Oz	2 Oz	4.5 Oz	Minced	
3 Pepper, Black Ground	1/4 tsp	3/4 tsp	1 1/4 tsp	2 1/2 tsp		Steam peas until tender. Steam in small batches. Season with margarine mixture, salt and pepper.
Salt, Iodized	1/2 tsp	1 1/4 tsp	2 1/2 tsp	1 Tbsp 2 tsp		
Peas, Snow Frz	2 lb 7 Oz	6 lb 2 Oz	12 lb 4 Oz	24 lb 8 Oz	Trimmed	

Peas Snow Ginger & Shallots f/Frz (Seasoned Snow Peas)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
4							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C 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.
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.