

# TABLE OF CONTENTS

---

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

Toast Wheat Dry (Dry Wheat Toast) ..... 3

Egg Mushroom Pepper Bake (Egg Mushroom Bake) ..... 4

Margarine Pat (Margarine) ..... 6

Jelly Assorted PC (Jelly) ..... 7

Pineapple Blushing Chunks f/Cnd (Blushing Pineapple) ..... 8

Bean Tomato Salad (Tomato Bean Salad) ..... 9

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

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	8 fl. oz	<b>ⓘ Contains: AllergenMilk</b>

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

# Toast Wheat Dry (Dry Wheat Toast)

COOK METHOD	SERVING SIZE	ALLERGIES
Heat	1 slice	<b>!</b> Contains: AllergenWheat

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	12 g	3 g	1 g	40 mg	120 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Bread Wheat	10 slice	25 slice	50 slice	100 slice	Run bread through toaster until heated and slightly browned. Prepare as close to service as possible.
<b>3</b>					Discard unused product.

**Regular (RG7):** NOTE: This Recipe should be appropriate for those on a Level 7 Regular Texture only. To determine if this Recipe is appropriate for an IDDSI level, this Recipe must be tested and pass the appropriate IDDSI Level test at point of service. Actual IDDSI level may vary depending on type and quantity of ingredients used, preparation method, equipment used, temperature and length of holding time. See IDDSI Framework for detailed instructions on IDDSI testing methods.

# Egg Mushroom Pepper Bake (Egg Mushroom Bake)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
45 Min	325.0 °F	68 °C	Bake	1/2 Cup	<b>ⓘ Contains: Peppers Bell; AllergenMilk; AllergenEggs; Mushroom; AllergenWheat; AllergenSoy</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
150 kcal	6 g	9 g	10 g	100 mg	410 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP	
	10	25	50	100			
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
Margarine, Solids	2 Oz	5 Oz	10 Oz	1 lb 4 Oz		Heat margarine over medium heat until warm & bubbly but not brown. Add flour; stir until smooth. Add salt & pepper.	
Flour, All Purpose	2 Tbsp 3 tsp	1/2 Cup	1.0 Cup	1 3/4 Cup			
Salt, Iodized	1.0 tsp	2 tsp	1 Tbsp 2 tsp	3 Tbsp 1 tsp			
Pepper, White	1/8 tsp	1/8 tsp	1/4 tsp	3/4 tsp			
<b>3</b>	Milk, 2% Bulk	2 Cup	1 1/4 Qt	2 1/2 Qt	1 Gal 4 Cup	Scalded	Add milk gradually, stirring constantly. Cook, stirring until smooth & thick, about 15-20 minutes.
<b>4</b>	Egg, Shell Large	10 each	25 each	50 each	100 each	Separated	Beat egg yolks. Add egg yolks to flour mixture & mix well with a whisk. Beat egg whites until firm. Fold into flour mixture.

# Egg Mushroom Pepper Bake (Egg Mushroom Bake)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
5	Parsley, Dried	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		Stir in mushrooms, pepper & parsley. Pour into baking pan(s) & set in a larger pan(s) containing a small amount of hot water.
	Peppers, Red Fresh	1.5 Oz	3.5 Oz	6.5 Oz	13 Oz	Diced	
	Mushrooms, Pieces Cnd	3 Oz	8 Oz	1 lb	2 lb		
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							Discard unused product.

# 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				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.

# Jelly Assorted PC (Jelly)

SERVING SIZE	ALLERGIES
1 each	None

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	10 g	0 g	0 g	0 mg	5 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					Discard unused product.

# Pineapple Blushing Chunks f/Cnd (Blushing Pineapple)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
0.0 °F	Mix & Chill	1/2 Cup	<b>ⓘ Contains: Strawberry; Pork &amp; Products; Pineapple</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
110 kcal	29 g	1 g	0 g	30 mg	15 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Pineapple, Chunks JcPk	1 3/4 Qt	1 Gal 1 Cup	2 Gal 1 Cup	4 Gal 3 Cup	Drained	Sprinkle gelatin powder over fruit and stir gently.
<b>2</b>						
Gelatin, Strawberry Dry	1 Oz	2 Oz	4 Oz	8 Oz		
<b>3</b>						Let fruit stand for 30 min before serving.
<b>4</b>						CCP -- Maintain <40F/4C; discard unused product. (FDA)

# Bean Tomato Salad (Tomato Bean Salad)

COOK METHOD	SERVING SIZE	ALLERGIES
Make	1/2 Cup	<b>ⓘ Contains: AllergenWheat; AllergenSoy; Tomato; Onion; AllergenSulphites; Beans/Legumes</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	22 g	2 g	4 g	40 mg	350 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Vinegar, White	2/3 Cup	1 1/2 Cup	3 1/8 Cup	1 1/2 Qt		Mix Vinegar, Sugar and Seasoning until Sugar dissolves. Combine Green Beans, Onions and Seasonings. Cover and marinate overnight in refrigerator.
Sugar, Granulated Bulk	5.5 Oz	13 Oz	1 lb 10 Oz	3 lb 4 Oz		
<b>2</b> Pepper, Black Ground	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
Onion, Powder	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
Salt, Iodized	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		

# Bean Tomato Salad (Tomato Bean Salad)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
Green Beans, Cut Frz	1 lb 6 Oz	3 lb 8 Oz	7 lb	14 lb		
Onion, Yellow	5.5 Oz	13 Oz	1 lb 10 Oz	3 lb 4 Oz	Diced	
Sauce, Soy Bulk LS	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
<b>3</b> Oil, Vegetable	2 Tbsp 3 tsp	1/2 Cup	1.0 Cup	1 3/4 Cup		Just before serving, drain the marinade. Add tomatoes and oil.
	Tomato, Fresh	7.5 Oz	1 lb 3 Oz	2 lb 5 Oz	4 lb 11 Oz	
<b>4</b>						CCP -- Maintain <40F/4C; discard unused product. (FDA)